

**A.M.D.G.**

# **ATHLETE & PARENT HANDBOOK 2016 - 2017**



**Revised August 2016**

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## **SAINT IGNATIUS COLLEGE PREPARATORY ATHLETE & PARENT HANDBOOK**

1. ATHLETIC DEPARTMENT PHILOSOPHY.....	Page 1
Introduction.....	Page 1
Mission Statement.....	Page 1
The St. Ignatius Student-Athlete Within the St. Ignatius Athletic Philosophy.....	Page 2
Player Commitment.....	Page 3
An Alcohol-and-Drug-Free Department.....	Page 3
Participation in Multiple Sports.....	Page 3
Overnight Trips.....	Page 3
2. TRANSPORTATION.....	Page 4
3. MEDICAL PROCEDURES.....	Page 5
Physical Examinations.....	Page 5
Medical Clearance and Parental Permission to Play Sports.....	Page 5
Health and Nutrition.....	Page 5
Suspected Eating Disorders.....	Page 5
Performance-Enhancing Supplements.....	Page 5
Melanoma Awareness.....	Page 6
4. REGULATIONS GOVERNING THE SEASON.....	Page 7
Signups and Tryouts.....	Page 7
Starting Dates.....	Page 7
Sport Syllabus.....	Page 8
Length of Tryouts.....	Page 8
Cutting of Teams.....	Page 8
Placing Underclassmen on Teams and Moving Underclassmen to Higher Levels.....	Page 9
Playing Two St. Ignatius Sports During the Same Season.....	Page 10
Playing Outside Sports During the Season.....	Page 10
Practices.....	Page 11
Hazing.....	Page 11
Alcohol and Drug Policy.....	Page 11
Sportsmanship.....	Page 12
Overnight Trips.....	Page 13
Player Opinion Questionnaires.....	Page
Quitting a Team/Dismissal From a Team.....	Page 13
Off-Season Activities.....	Page 14
5. ACADEMIC ELIGIBILITY.....	Page 17
Maintaining a "C" Average.....	Page 17
Procedure for Appeal.....	Page 17
Academic Eligibility in the Off-Season.....	Page 18
6. COMMUNICATION WITH THE SCHOOL.....	Page 19
Parental Concerns.....	Page 19
7. AWARDS.....	Page 21
Types of Awards.....	Page 21
Wearing of Blocks by Students.....	Page 21
8. COST OF PARTICIPATION IN ATHLETICS.....	Page 22
9. USE OF SCHOOL NAME AND LOGOS.....	Page 23
10. MODIFICATIONS TO THIS HANDBOOK.....	Page 24

# 1. ATHLETIC DEPARTMENT PHILOSOPHY

## INTRODUCTION

Athletic competition in high schools throughout the United States is an American tradition and institution. We at St. Ignatius recognize the interest in and enthusiasm for athletics that are shown by our students — both those who participate on the various teams and those who participate as spectators. Therefore, efforts must constantly be made to keep our athletic program at its best in order that we may maintain our heritage and tradition.

The Administration of St. Ignatius holds that our objective in athletics should involve the coaches, the athletes, the school, and the community. It is necessary, therefore, that the student-athletes know what is expected of them, not only during the season, but also throughout the school year.

It is a privilege to participate in athletics, and appropriate conduct both on and off the field is imperative in retaining that privilege. This handbook contains information for the student-athlete to read and follow so that his/her experience as a member of the St. Ignatius Athletic Department can be a positive one.

## MISSION STATEMENT

An interscholastic athletic program as a co-curricular activity is an integral part of the total educational and growth experience at St. Ignatius. Athletics is designed to affirm and promote the Ignatian values as stated in the Graduate-at-Graduation document and engage student-athletes fully in mind, body, and spirit. Student-athletes, coaches, and parents are called upon to work together in a true spirit of sportsmanship to assist in creating an environment in which those Ignatian values can be revealed, tested, and proven relevant both to participants and the entire school community. Through participation in athletics at St. Ignatius, students will mature physically, emotionally, socially, and spiritually. They will learn to take responsibility for personal growth by developing loyalty, pride, integrity, and commitment. Athletics provides the opportunity for the student-athlete to exhibit a progression of physical skills and knowledge of a particular sport, enabling him/her to apply these skills and knowledge to new situations and a variety of learning formats. Through participation in athletics the student-athlete learns that God is active in all things and that individual and liturgical prayer will bring him/her closer to God. The student-athlete comes to trust that he/she is known and loved by God, and that this invites a personal response, which is an expression of movement within the individual beyond self-interest or self-centeredness. The student-athlete is called to be conscious of the call to be a leader in service and to acknowledge his/her active commitment toward fostering fairness and justice in society. Every member of the St. Ignatius school community must seek to encourage, instill, and foster such growth and development in all student-athletes.

## THE SAINT IGNATIUS STUDENT-ATHLETE WITHIN THE SAINT IGNATIUS ATHLETIC PHILOSOPHY

The philosophy that guides the St. Ignatius Athletic Department has been shaped by the school's Graduate-at-Graduation document. As the Athletic Department exists because of and for the students, the purpose of the department must be defined through its effects upon the students; its goals and objectives must focus on the product of athletic participation — the St. Ignatius student-athlete.

- I. **OPEN TO GROWTH.** Through participation in athletics, the St. Ignatius student-athlete matures as a person — physically, emotionally, socially, and spiritually — to a degree that reflects a conscious responsibility for his/her growth. Athletic participation begins as a personal choice and continues as an opportunity for the student-athlete to develop his/her body, mind, feelings, and spiritual consciousness — always realizing that the ability to compete stems from a gift of God.
- II. **ATHLETIC COMPETENCY.** Through participation in athletics, the St. Ignatius student-athlete exhibits a progression of physical skills and a knowledge of his/her particular sport itself. While the physical skills required of a specific sport are as varied as the sports themselves, the need for integration of mind and body in competition remains common to all St. Ignatius student-athletes.
- III. **RELIGIOUS.** Athletics at St. Ignatius includes a religious dimension that should permeate the student-athlete's life; thus, through participation in athletics, the student-athlete finds a value in sports as an instrument that can lead him/her closer to God. The student-athlete at St. Ignatius manifests a fundamental orientation toward God in his/her relationship with his/her team and the larger community.
- IV. **LOVING.** As children of God, the St. Ignatius student-athlete is known and loved by God; that love invites a personal response which is an expression of movement within the human heart beyond self-interest or self-centeredness to relationships that insist upon individual care and concern for each person associated with his/her team.
- V. **COMMITTED TO DOING JUSTICE.** Participation in St. Ignatius athletics must not be for selfish reasons or for merely personal satisfaction; rather, such participation and commitment should prepare the student-athlete for further participation and an active life commitment in the church and community in the service of others.
- VI. **PURSUIT OF LEADERSHIP GROWTH.** Traditionally, athletics has been looked upon as a training ground for leadership, for having a positive influence on others. The athlete takes individual skills and applies them toward achieving team goals. Sometimes this achievement of success can promote a sense of self-importance, a sense that the individual becomes greater than the team; on the contrary, the proper role of athletics at St. Ignatius is to promote leaders in service, to work with and positively influence others for the good of all. Athletics, then, must provide an environment in which the student-athlete can develop his/her abilities for the betterment of the community and not for personal gain.

The SI Athletic Department must seek to encourage, instill, and foster such growth and development in its student-athletes.

## **PLAYER COMMITMENT**

Commitment is that person living inside the student-athlete who is proud he/she made the team but who also knows that making the team is not enough. The committed player wants to contribute, wants to play, wants to be as good as he/she possibly can be. And the committed athlete wants to win. Toward that end, he/she is going to work as hard as he/she can and give his/her all. Commitment is that person living inside the player who gets him/her out to practice when others are going home after school. St. Ignatius athletics challenges its athletes to make a commitment. By the very act of committing him/herself, the athlete contributes to the team and his/her own growth.

Furthermore, when a player joins a team, he/she is making a commitment to the program for a specified length of time, the whole of the season.

## **AN ALCOHOL-AND-DRUG-FREE DEPARTMENT**

To support the goal that athletes make positive life-style choices formed by a Christian conscience and a loving responsibility toward the other members of teams, all St. Ignatius athletic teams are alcohol and drug free. To set an example, events such as awards dinners, team dinners, and the like are to be alcohol-free for both student-athletes and adults, including coaches and parents, in order to teach the student-athletes that alcohol-free events are an option and that social events can be enjoyable without the use of alcohol.

## **PARTICIPATION IN MULTIPLE SPORTS**

In keeping with the Ignatian obligation to generously share one's talents, and in order that our athletic teams may be as competitive as possible, student-athletes are strongly encouraged to participate in a variety of sports at St. Ignatius if they are capable of doing so.

## **OVERNIGHT TRIPS**

We schedule overnight trips for our athletic teams as part of our mission to prepare our student-athletes for the independence that they will soon be experiencing at college. In a short time, our young men and women will be on their own, some of them far from home, and an overnight team trip gives them a taste of being independent while still in a supervised environment.

School rules are in effect on these trips. When possible, our coaches plan activities for the student-athletes to occupy time when they are not competing. Coaches will also announce a time for bed check each night. In addition to structured time, we provide the students with time to be on their own. Again, we consider this part of the growing experience. Needless to say, this involves a certain degree of trust: that students will follow the rules and remember that they are representing their school and their families. We look at overnight trips as we do a test in class, which combines supervision with trust that our students will not cheat, even when no one is looking.

## **2. TRANSPORTATION**

**TRANSPORTATION TO AND FROM PRACTICE** — Transportation to and from practice is usually provided by the school. There are some cases where the team will meet at a location for practice on a non-school day and the athlete's family is responsible for transporting the athlete to the location. Additionally, depending on the sport, an athlete might be asked to arrange for his or her own transportation

**STATE LAW REGARDING MINORS WHO DRIVE** — During the first twelve months after a minor is licensed, he/she must be accompanied by a driver 25 years or older if transporting people under the age of 20 at any time.

**TRANSPORTATION TO AND FROM CONTESTS** — When it is necessary for a team to travel away for a contest, school transportation (buses or vans) should be used whenever feasible. If, for some reason, transportation to a competition cannot be provided by the school, a player may drive him/herself (but no other player) to and from the game provided that the player and his/her parents have submitted a "Travel Permission Form, which acknowledges that when a player drives him/herself to and from a game, the responsibility is that of the student-athlete and his/her parents. '

Also, players may be transported to and from games by St. Ignatius parents in private vehicles, provided that:

1. Each player has been given written permission by his/her parent/guardian to travel in a private vehicle driven by a St. Ignatius parent.
2. Each parent volunteer driver has signed the "Travel Permission Form."

**DISTANCE STUDENT-ATHLETES SHOULD DRIVE THEMSELVES** — Student-athletes should not drive themselves to a contest that is more than 25 miles from St. Ignatius.

### **3. MEDICAL PROCEDURES**

#### **PHYSICAL EXAMINATIONS**

The state of California requires physical examinations for all students participating in a sport. This rule is as follows: An annual physical examination or a statement by a medical practitioner certifying that the student is physically fit to participate in athletics is required before a student may try out, practice, or participate in interscholastic athletic competition.

The Athletic Department reserves the right to make an independent determination of a student's fitness for participation in and to prohibit a student from playing in competitive sports if a student exhibits dangerous or potentially dangerous medical, physical, or psychological condition, irrespective of a physician's certificate of fitness.

#### **TICKET TO PLAY MEDICAL FORM**

Prior to the start of the season, each player is to have completed the Ticket To Play Medical Clearance Form and turn it in to the Athletic Trainer. The Athletic Trainer will file the information and give a printout of the information for every player in a given sport to that sport's head coach. The head coach will, in turn, distribute the information to the head coaches of the lower-level teams in the sport.

No student may try out, practice, or play with a team until his/her "Ticket to Play Medical Clearance Form" have been completed and turned in.

#### **HEALTH AND NUTRITION**

Student-athletes should eat healthy, nutritious foods and maintain a weight that is in keeping with their body type. Parents should encourage their son-daughter to develop healthy eating habits and make responsible choices. Coaches should be supportive of this and be aware of the health of their players. Coaches should report to the Athletic Trainer any concerns they may have as to the health (eating habits, etc.) of any student-athlete.

#### **SUSPECTED EATING DISORDERS**

If the Athletic Department suspects that a particular athlete may have an eating disorder, the school will alert the athlete's parents to the concerns of the staff and may require a statement from the athlete's physician that he/she is physically able to participate in athletics.

#### **PERFORMANCE-ENHANCING SUPPLEMENTS**

The Athletic Department opposes the use of performance-enhancing supplements such as creatine, androstenedione, thermogenics, anabolic steroids, etc. Such products may have a damaging effect on the health of those who use them. Further, any advantage a student-athlete may derive from the use of such products will likely be over athletes who do not use them; athletes who are not as willing to take chances with their health. It is hoped that St. Ignatius athletes will compete hard and reach

their full potential, but they should do it based on their natural, God-given abilities, without the introduction of foreign substances into their bodies.

If a student-athlete is found to be in possession of a non-prescription performance-enhancing supplement, it will be confiscated and his/her parents will be informed.

If a student-athlete is found to be in possession of a prescription performance-enhancing supplement, i.e., a drug, for which he/she does not have a prescription, or is using a prescription drug improperly, or is transmitting a prescription drug to another student, then the student(s) involved will be subject to the Drug and Alcohol Policy.

#### **MELANOMA AWARENESS**

Melanoma, a type of skin cancer, is the most common cancer in young adults ages 20 to 30. Melanomas often develop from pre-existing moles but may also arise in normal skin and in freckles, blemishes, birthmarks, and other pigmented areas. Sun exposure is believed to be a factor in about 70% of new melanomas. Student-athletes who spend long amounts of time exposed to the sun should take precautions such as sunscreen and lip balm, even on hazy days or days with light or broken cloud cover. The sunscreen and lip balm should have an SPF factor of 15 or more.

## 4. REGULATIONS GOVERNING THE SEASON

### SIGNUPS AND TRYOUTS

TICKET TO PLAY MEDICAL FORM — No student may try out, practice, or play with a team until his/her “Ticket to Play Medical Clearance Form” has been completed and turned in.

SIGN UP DATES FOR FRESHMEN — Coaches may not have informational or sign up meetings for freshmen prior to these dates:

Fall Sports:	Coaches may contact incoming freshmen through the Athletic Director during the summer.
Winter Sports:	September 10
Spring Sports:	December 10

SKILL EXPECTATIONS — At sign ups, the coach should indicate the physical abilities and general skill level required in order to make the team for which the athlete is trying out. It is for the coach to determine, after the tryout period, whether the student-athlete has demonstrated sufficient ability to compete at that level.

### STARTING DATES, 2016-2017

An organized practice shall be defined as a practice which is attended by coach and players and at which the coach directs, instructs, and drills the player, players, and/or the team. Organized practices for league seasons shall not begin before these starting dates:

#### FALL SPORTS

**Seniors, Juniors, and Sophomores may not begin tryouts prior to Friday, August 5. Freshmen may not begin tryouts prior to Friday, August 12.**

Boys' Cross Country	Girls' Tennis
Girls' Cross Country	Girls' Volleyball
Field Hockey	Boys' Water Polo
Football	Girls' Water Polo
Girls' Golf	

#### WINTER SPORTS

**Seniors, Juniors, Sophomores, and Freshmen may not begin tryouts prior to Monday, October 31.**

Boys' Basketball	Boys' Soccer
Girls' Basketball	Girls' Soccer

#### SPRING SPORTS

**Seniors, Juniors, Sophomores, and Freshmen may not begin tryouts prior to Monday, January 30.**

Baseball	Boys' Swimming & Diving
Boys' Crew	Girls' Swimming & Diving
Girls' Crew	Boys' Tennis
Boys' Golf	Boys' Track & Field
Boys' Lacrosse	Girls' Track & Field
Girls' Lacrosse	Boys' Volleyball
Softball	

### SPORT SYLLABUS

Each member of a St. Ignatius team is to be given a syllabus at the start of tryouts. This syllabus contains the goals and expectations of the team, the rules and regulations of the team, and the responsibilities of the athlete as a member of the team. All athletes are required to meet the expectations contained in the syllabus for their sport.

### LENGTH OF TRYOUTS

SENIORS, JUNIORS, AND SOPHOMORES — Should be given a tryout long enough for the coach(es) to adequately evaluate the player's talent and ability to contribute to the program.

FRESHMEN — There will be a minimum of three tryout days before a “first cut” is made and a minimum of three tryout days for athletes coming out from a previous sport. A freshman may try out for two sports concurrently. If he/she does this, or if he/she tries out for a second sport after being cut from a first sport in the same tryout period, the coach, at his/her discretion, will decide how many days of tryouts the student will receive. (It is recommended that the student be given at least three days.) The varsity coach and assistants and the junior varsity coach should be involved as spectators and/or participants in these tryouts and provide input to freshman coaches on roster selections.

### CUTTING OF TEAMS

In many cases, making a team at St. Ignatius is highly competitive. While some sports have a no-cut policy, many others have a limited number of positions available. Therefore, the student-athlete trying out for a team must realize that he/she may not make the team.

FRESHMEN — All freshman team cut lists must be posted with encouragement to see the freshman coach if there are any questions about the decision. If there is a meeting between student and coach, there should be no more than two coaches present.

SOPHOMORES, JUNIORS, AND SENIORS — Prior to the posting of the keep list, all students who played in a program the previous year must be told individually by the coach why he/she is being cut and what he/she may work on if he/she wishes to try

SOPHOMORES, JUNIORS, AND SENIORS — Prior to the posting of the keep list, all students who played in a program the previous year must be told individually by the coach why he/she is being cut and what he/she may work on if he/she wishes to try out again the following season. There should be no more than two coaches present at this meeting.

## **PLACING UNDERCLASSMEN ON TEAMS AND MOVING UNDERCLASSMEN TO HIGHER LEVELS**

In general, varsity teams are composed of seniors and juniors and junior varsity teams are composed of sophomores. Some sports also have freshman teams. In cases where a sport does not offer a freshman team, the normal team for freshmen is the junior varsity squad. In some cases, however, it may be desirable to place:

- a sophomore on a varsity team, or
- a freshman on a junior varsity or varsity team

In some sports (cross country, swimming and diving, tennis, and track and field) players from all four years routinely practice together and their team status is determined by their time or mark or by virtue of challenge matches against one another. In all other sports, if a sport program decides that an underclassman would be better suited for movement to a higher level, the head coach of the program will initiate the moving up process.

MOVING UP PROCESS — Following is the process for moving up athletes in all sports except cross country, swimming and diving, tennis, and track and field:

1. The head coach petitions the Athletic Director for that student to “play up.”
2. The Athletic Director consults with the athlete, the athlete’s counselor, and the athlete’s parents.
3. The Athletic Director determines whether the move is in the best interests of the athlete and informs the coach of the decision.

The procedures for specific cases follows:

SOPHOMORE TRYOUTS — A sophomore may try out with the varsity team only under the following conditions:

1. If the sophomore was on the varsity team the previous season, or
2. If the head coach feels the sophomore might be better suited playing on the varsity team. In this case, the moving up process must be completed BEFORE the sophomore is added to the final team roster.

The head coach will provide the Athletic Director with the names of all sophomores who are trying out with the varsity team.

FRESHMAN TRYOUTS — Following is the policy for freshman tryouts:

1. All freshmen will participate in freshman tryouts and participate on the freshman level for a period of not less than three days before being considered for movement to a higher level.
2. If a sport program decides after the initial three days that a freshman might be better suited playing on the junior varsity or varsity level, the head coach of the program will petition the Athletic Director for that athlete to “play up.” At that point, the freshman may practice with the higher-level

team but the moving up process must be completed BEFORE the freshman is added to the final team roster.

3. Coaches must be very selective in considering freshmen for a higher level, particularly the varsity level. (Naturally, if the sport does not have a freshman team, freshmen may try out with and play on the junior varsity team without going through the moving up process.)

POST-SEASON COMPETITION (SOPHOMORES AND FRESHMEN) — Coaches must consult with and receive approval from the Athletic Director in order to bring a sophomore or freshman up to the varsity team for post-season play. If the player is planning to go out for another sport the following season, the coach must consult with the head coach of that sport prior to meeting with the Athletic Director. Coaches must be very selective in considering underclassmen, and particularly freshmen, for post-season play. Coaches must be prepared to justify to the Athletic Director why the athlete is absolutely necessary for the welfare of the team during the playoffs, such as filling in for an injured player or backing up a player who does not have a substitute.

SOPHOMORES WHO “PLAYED UP” THE PREVIOUS YEAR — An athlete who has successfully completed the moving up process once does not have to complete it a second time, with these two exceptions:

1. A current sophomore who was brought up to the varsity for only the post-season as a freshman the previous year must complete the moving up process again to play varsity as a sophomore.
2. The Athletic Director may require a sophomore to complete the “playing up” process again if it appears that the athlete may be experiencing academic, disciplinary, or social difficulties.

## **PLAYING TWO ST. IGNATIUS SPORTS DURING THE SAME SEASON**

On rare occasions, an athlete may wish to play two sports for St. Ignatius during the same season. In general, this is discouraged due to the demands it places on the student-athlete. The athlete must inform his/her coaches of the desire to play two sports and obtain their approval. The coaches will determine whether their teams’ schedules can permit the athlete to play both sports, keeping in mind the necessity not to overextend the athlete.

## **PLAYING OUTSIDE SPORTS DURING THE SEASON**

PLAYING THE SAME SPORT — As mandated by the California Interscholastic Federation, when a student-athlete is in season playing a sport for St. Ignatius, that student-athlete may not play the same sport for a club or other outside team. In the sport of soccer, the head coach has the discretion to allow an athlete to continue to compete for a club team while trying out for the St. Ignatius team, but the player must end his/her competition for the club team by the date set by the head coach in the sport syllabus, and in any case no later than the Monday after Thanksgiving.

PLAYING A DIFFERENT SPORT — Due to the risk of overextension and injury, St. Ignatius strongly discourages student-athletes from playing any sport for a club or other outside team when they are in season playing a sport for St. Ignatius. SI teams may, at the discretion of the head coach, forbid their players from doing so.

## PRACTICES

LENGTH — Athletic practice should begin as soon as possible after dismissal so that students will arrive home at a reasonable hour. Practices should not exceed two and one-half hours in length, whether before school, after school, or divided between the two. Two to two and one-half hours in the pool or on the court or field should be a sufficient amount of time for daily practice on the high school level.

SUPERVISION — All practices must be supervised by a coach. Coaches are not to sanction “captains’ practices” or other organized practices or conditioning sessions without the proper supervision. All practices and workouts are to be held in the proper location: Throwing or bouncing balls, swinging bats or sticks, etc., is not to be done except in the proper place and under proper supervision.

SUNDAYS — No practices of any kind are to be held on Sundays.

RETREATS — Student-athletes should choose a retreat that does not conflict with their sport season, but if a retreat does conflict, then the student-athlete should be released from practice time in order to attend the retreat.

DISCIPLINARY ACTION BY THE SCHOOL (DETENTION, JUG, SUSPENSION) — Any student receiving detention or JUG or who is suspended from St. Ignatius must attend/serve detention regardless of the sport practice or game schedule. If that disciplinary action by the school results in the student-athlete missing all or part of a practice or game, further disciplinary action may be taken by the coach.

## HAZING

St. Ignatius College Preparatory affirms the dignity of every student. Hazing is unacceptable conduct, as well as illegal, and will never be tolerated.

## ALCOHOL AND DRUG POLICY

All St. Ignatius athletic teams are expected to be alcohol and drug free. Participation in athletics at St. Ignatius is a privilege. As a member of the athletic program, a student’s actions affect others (teammates, etc.) in addition to himself or herself. Therefore, the athlete is held to the highest standards of behavior.

St. Ignatius athletes are bound by the school Alcohol and Drug Policy which appears in the Student/Parent Handbook, specifically the following as it relates to student-athletes:

Any student-athlete who is found to have used or been in possession of alcohol, illegal drugs, or any controlled substances, should the student-athlete be on or off campus, is subject to a disciplinary penalty and loss of privileges at St. Ignatius. Each case of a student-athlete under the influence or in possession of alcohol, illegal drugs, or controlled substances will be considered individually and on its own merit,

and could render a student-athlete liable for a range of disciplinary actions up to and including dismissal.

In cases where dismissal is not the outcome, disciplinary action for violation of the substance abuse policy will minimally include the following consequences: denotation/JUG, suspension, competition suspension, and a drug and alcohol assessment.

The student-athlete shall not be permitted to compete for a certain number of calendar days during the academic year at the discretion of the Deans. SI administration reserves the right to modify the suspension period. Student-athletes who are suspended from competition are required to fulfill their daily commitment to their team, but are not allowed to attend any school-sponsored activities outside of the daily practice, meeting, or tryout period, until the suspension period has ended. The Deans will consult with the Athletic Director and coaches in regard to the suspension. In the most serious cases, a student-athlete may be suspended from all activities, including practices, for the remainder of the season.

To set an example, events such as awards dinners, team dinners, and the like are to be alcohol-free for both student-athletes and adults, including coaches and parents, in order to teach the student-athletes that alcohol-free events are an option and that social events can be enjoyable without the use of alcohol. We expect that parents who host teams at their homes will not serve alcohol to the student-athletes and we encourage parents to make the event alcohol-free for the adults as well.

## SPORTSMANSHIP

DEFINITION — Sportsmanship encompasses the practice of playing fair, taking defeat without complaint and victory without gloating, and treating teammates and opponents with respect and dignity. In accordance with the school’s philosophy and goals, the promotion of sportsmanship is of utmost importance. Sportsmanship demonstrated by all involved in athletics is perhaps the clearest sign of the Christian mission of our school. Everyone associated with an athletic event — coaches, athletes, students, parents, spectators — has a responsibility to uphold the highest standards of sportsmanship before, during, and after a contest. Sportsmanship includes, but is not limited to, the following:

1. Showing respect for teammates, opponents, and officials;
2. Maintaining self-control;
3. Showing respect for the facility in which the contest is taking place;
4. Refraining from heckling, jeering, or using profane language;
5. In general, being positive in words and actions.

UNACCEPTABLE BEHAVIOR — Certain behaviors are considered inappropriate and unacceptable by St. Ignatius. The school and Athletic Department reserve the right to remove or refuse admission to persons who exhibit such behaviors:

1. Repeated berating, humiliating, or taunting of our coaches or players.
2. Repeated berating, humiliating, or taunting of our opponents’ coaches, players, or spectators.
3. Repeated berating or harassment of game officials.

4. Racist, sexist, or profane remarks directed at any coach, player, spectator, or official.

As parents are the primary role models for their children, it is critical that parents set the best possible example of sportsmanship, particularly when they are spectators at an athletic contest.

**EJECTIONS FROM CONTESTS** — If a student-athlete or coach is ejected from a contest during the season, that student-athlete or coach must sit out the next contest following their ejection. If a student-athlete participates in the next contest following his/her ejection, that athlete will be treated as an ineligible player for that contest, and his/her team will forfeit the contest. If the contest from which a student-athlete or coach was ejected is the last contest of the year for that team, the above-stated disqualification will carry over to that team's first regularly scheduled league contest the next year.

## **OVERNIGHT TRIPS**

**VARSITY ONLY** — Overnight trips are limited to varsity teams.

**EXPENSE** — In selecting a destination for an overnight trip, coaches should be sensitive to the cost to families.

**CLASS TIME** — Class time should be missed for an overnight trip. However, if class must be missed because of the schedule of the tournament, the Athletic Department must seek approval from the Principal.

**ELIGIBLE PLAYERS** — In order to travel with a team, student-athletes must be eligible to compete in the contest to which the team is traveling.

**CONDUCT** — All school regulations are in effect on overnight trips and must be strictly enforced. Student-athletes should be held to the highest standard of behavior.

**LITURGY ON SUNDAYS** — When a team is on an overnight trip on a Sunday, provisions must be made for team members to attend Mass.

**WITHDRAWAL FROM A TRIP** — A student-athlete who withdraws from an overnight trip may still be required to pay the expense if cancellations cannot be made in time.

## **PLAYER OPINION QUESTIONNAIRES**

At the conclusion of each season, the members of each team will be surveyed to obtain their opinion of the experience they had with their coaches. Coaches are expected to encourage their players to participate in this survey. Players are expected to present themselves at the place and time when the survey is being conducted and to give thoughtful responses to the questions they are asked.

## **QUITTING A TEAM/DISMISSAL FROM A TEAM**

To emphasize the importance and great degree of commitment asked of the St. Ignatius athlete, the policy with regard to a student/athlete who quits a St. Ignatius athletic team before the end of its season is as follows: If a student-athlete is a member of a particular St. Ignatius team and then quits that team, he/she may not try out for nor participate on any other school team until the completion of the season of the sport which he/she has quit. This ruling also applies to those individuals who are removed from a team because of academic or disciplinary reasons; it applies without exception to senior, junior, and sophomore students. The lone exception to this policy regards freshman athletes. They are allowed to try out for a team and participate on a team for a trial period of twelve practice days. During this period, they may leave the team and try out for another if they so desire. After the twelve-day period, the exception to the stated policy is no longer applicable.

## **OFF-SEASON ACTIVITIES**

**DEFINITION** — Off-season shall be defined as that period of time during the school year from the last league, section, or state contest until that sport's next season's starting date.

**SENIORS, JUNIORS, AND SOPHOMORES** — Off-season activities may be held beginning September 8. There will be no activity during the following periods:

- (1) The start of semester exams through the end of Christmas vacation.
- (2) Easter vacation.

**FRESHMEN** — Off-season activities for freshmen are generally limited to the Wildcat Readiness Program. See "Strength and Conditioning Programs" below.

**TOTAL NUMBER OF HOURS PER WEEK** — A student-athlete is not to participate in off-season activities more than six hours in a given week.

**SCHEDULE** — The head coach is to submit his/her schedule of off-season activities to the Athletic Director for approval.

## **PRACTICES**

**DEFINITION** — An organized practice shall be defined as a practice which is attended by coach and players and at which the coach directs, instructs, and drills the player, players, and/or the team.

**FALL AND WINTER SPORTS** — Through the Physical Education Department, fall and winter sports are allowed up to 10 off-season practice days during the spring semester.

**SPRING SPORTS** — Through the Physical Education Department, spring sports are allowed up to 10 off-season practice days during the fall semester.

**FRESHMEN** — Freshmen are not to be part of off-season practices until after February 21.



## **STRENGTH AND CONDITIONING PROGRAMS**

**DEFINITION** — A strength and conditioning program shall be defined as a regular regimen in which the student-athlete participates in a training program designed to increase strength and fitness. No organized practice shall be part of any strength and conditioning session.

**NO SATURDAYS** — There are to be no off-season strength and conditioning sessions on Saturdays.

**FRESHMEN** — Strength and conditioning for freshmen, known as the Wildcat Readiness Program, is to be general in nature and not sport specific. The first day of the Wildcat Readiness Program is September 10. There will be the following breaks:

- (1) The first day of winter sport tryouts through November 21.
- (2) The start of semester exams through the end of Christmas vacation.
- (3) The first day of spring sport tryouts through February 21.
- (4) Easter vacation.

## **OPEN FACILITIES**

**DEFINITION** — Open facilities shall be defined as the use of sport-specific facilities or equipment (gymnasium, batting cage, field, erg machines, etc.) by students during the off-season.

**NO COACHING** — There is to be no coaching during open facilities. Coaches are present to supervise only.

**OVERLAPPING SPORTS** — Facilities may not be used if they interfere with an in-season sport.

**FRESHMEN** — Freshmen are not to be part of open facilities until after February 21.

## **COMPETITION**

**DEFINITION** — Off-season competition shall be defined as any contests scheduled before or after the sports' school-sponsored season.

**RESTRICTIONS ON PARTICIPATION** — St. Ignatius teams shall not participate in any such off-season competition during the fall, winter, or spring. St. Ignatius coaches are not to be involved in any way in organizing such competition, encouraging participation in such teams over participation on another St. Ignatius team, or actually coaching St. Ignatius athletes in any off-season teams or competition during the course of the school year.

## **SUMMER ACTIVITIES**

A St. Ignatius coach may wish to establish a summer workout program or a summer team in order to improve the skills of his/her players for the upcoming St. Ignatius season. Such a team is considered to be affiliated with St. Ignatius if the team is coached by a St. Ignatius coach or coaches and includes St. Ignatius athletes, and/

or if the team receives support from the school (logistics, facilities, transportation, insurance, etc.).

Summer teams are secondary to St. Ignatius teams. The primary goal of a summer program or a summer team should be to improve the skills of the players for the coming St. Ignatius season during the regular school year. Win/loss records, league championships, college scholarships, etc., are secondary. Following are rules which apply to summer activities and summer teams affiliated with St. Ignatius:

1. All St. Ignatius rules of conduct (such as the Alcohol and Drug Policy, etc.) are in effect and are to be enforced by the coaching staff, including coaches who are not affiliated with St. Ignatius during the regular school year.
2. No practices are allowed from Memorial Day through the period of final examinations.
3. Contests may be played (A) beginning after the final day of the spring semester if the team is registered with and operating as part of a league, or (B) beginning on the second Saturday in June if the team is not registered with and operating as part of a league.
4. Total number of contests per team is limited to 35. Exceptions must be approved by the Athletic Director.
5. Contests may not be played after July 31.
6. There is to be a "dead period" of at least one week between the conclusion of summer conditioning and the first day of fall tryouts.
7. Coaches who share athletes during the summer must coordinate their schedules of workouts and/or games to insure that the athletes are not overextended.
8. Players are to be allowed and encouraged to participate in family outings and vacations as well as other school-related activities, both athletic and non-athletic, during the summer. This includes working out for another St. Ignatius sport, doing community service, going on an immersion trip, going to Boys' or Girls' State, etc. Absence from a summer league team for a reasonable period of time for such reasons in and of itself will not make a player subject to disciplinary action (denial of playing time, etc.).
9. A player's status on his or her St. Ignatius team during the regular school year is not dependent upon participation or performance on a summer team or in summer practices or conditioning.
10. Incoming freshmen are not eligible for summer league play or any practice or workouts before the school year begins.

## **5. ACADEMIC ELIGIBILITY**

### **MAINTAINING A “C” AVERAGE**

State law requires that students maintain at least a “C” average in order to compete in interscholastic athletics. The basics of this academic requirement are as follows:

1. The student must have passed 20 semester periods of work in the previous grading period.
2. The student must be currently enrolled in 20 semester periods of work.
3. The student must be meeting school or district “progress toward graduation” requirements.
4. The student must have attained a 2.00 GPA on a 4-point scale the previous grading period.

### **PROCEDURE FOR APPEAL**

There is a difference between academic probation and athletic eligibility. It is possible for a student to be on academic probation and still be eligible for athletic participation. Conversely, it is possible for a student to be ineligible for athletic participation even though he/she is not on academic probation. The state law is this: If the student’s grade point average for his/her most recent grading period is below 2.00, he/she then becomes ineligible for athletic competition. This means that the student may not (1) attend team tryouts or practices, (2) attend team meetings or functions, including the awards dinner if the ineligibility occurs at the end of the season, (3) travel with the team, (4) be with the team at games, or (5) wear the team uniform. In addition, the student may forfeit the chance to receive a letter for that season of the sport.

If an athlete does fall below a 2.00 GPA, he/she may retain his/her eligibility on a probationary basis if an appeal is granted by the Principal. The procedure for implementation of CCS academic eligibility requirements and appeal is as follows:

1. As soon as rank rosters are run (each quarter), the Director of Scheduling will circulate a list of students falling below a 2.00 GPA for that grading period to the Athletic Director.
2. The Athletic Director will circulate a copy of the GPA list to the coaches and inform them that all students on the list are ineligible to continue in any sport they are currently playing or to try out for a sport which begins during the current quarter.
3. The Athletic Director will send a letter to all students on the list informing them that they are ineligible to continue in any sport they may currently be playing or to try out for a sport which begins during the current quarter. A copy of the Athletic Eligibility Contract will be included in case the student wishes to appeal for an extension of eligibility.
4. If the student wishes to appeal, he/she must complete the Athletic Eligibility Contract and personally present it to the Principal for his approval.
5. A coach cannot allow the student to participate in any activities (tryouts, workouts, meetings, practices, contests, etc.) until the coach has received a copy of the contract signed by the Principal.

6. A student may not receive probationary eligibility two grading periods in a row.

### **ACADEMIC ELIGIBILITY IN THE OFF-SEASON**

If an athlete is below a 2.00 grade point average in the off-season and wishes to participate in off-season practices and other team activities, the Athletic Department, in consultation with the athlete’s counselor, will consider each case on its individual merits, taking into account the athlete’s grades, year in school, and recent academic performance.

## 6. COMMUNICATION WITH THE SCHOOL

### PARENTAL CONCERNS

In order to support our mission, the coaches and athletic staff need the support of the parents. We ask that parents remember the following:

- Good sportsmanship is expected of everyone at St. Ignatius. The coaches and players are expected to and are held responsible for representing St. Ignatius with dignity and class. We expect the same high standards of behavior from our parents.
- Not all players get the same playing time. The nature of high school athletics and competition means that we try to field the most competitive team. It is the coach's job to decide who the most qualified players are to give the team its best chance at success. It is also the coach's job to determine team strategy and play calling. Part of any student-athlete's maturation process includes putting one's personal desires aside for the good of the team.
- Coaches are to be treated with the same respect accorded any other professional. Coaches work many hours for very little financial compensation. They do it because they enjoy the students and the sport. It is important that any conversations at home regarding the coaches or their decisions are done in a positive tone. We need parents to model the respect for coaches that is expected from the student-athletes.
- If a parent has a concern, it should be expressed at the appropriate time and place. Below is the procedure for addressing any concerns a parent may have regarding their child's athletic experience.

From time to time, a parent may have a concern that he/she would like to bring to the attention of the coach. Appropriate concerns to discuss with coaches include:

- The treatment of a son or daughter, psychologically and physically.
- Concerns about a son's or daughter's behavior.

The following matters should be left to the discretion of the coach:

- Decisions regarding which athletes make or do not make a team.
- Playing time.
- Team strategy and play calling.

If a parent does have a concern, the parent's son or daughter should first talk with the coach about his/her concerns. If the matter is not settled, the parent should call the coach to discuss the matter by phone or, if necessary, in person. Parents should avoid approaching a coach before or after a contest or practice. These can be emotional times for both the parents and the coach. Meetings at this time usually do not work well for the coach, the parent, or the player. If the discussion with the coach or coaches does not provide a satisfactory resolution, the parent should contact the Athletic Director.

Parents should follow this route in bringing their concerns to the school:

1. Coach.
2. Head Coach.
3. Athletic Director.
4. Assistant Principal for Student Affairs.
5. Principal.
6. President.

Correspondence to coaches should reflect the respect due a professional. Anonymous letters or phone calls will not be addressed.

Parent feedback is important to us and we welcome comments parents may have. We also encourage parents to support all of our student-athletes by attending games, cheering our teams, celebrating our successes, and providing assistance in facing challenges.

## **7. AWARDS**

### **TYPES OF AWARDS**

The Athletic Department presents four types of awards: Letter Awards (blocks), Participation Awards, Appreciation Certificates, and team awards.

**LETTER AWARDS (BLOCKS)** — In the varsity level, each head coach determines which athletes are to be awarded blocks based on certain criteria that should include playing time, attendance at practices, and exemplary attitude. These criteria are to be approved by the Athletic Director. Managers, trainers, and statisticians who work with the team every day are also eligible to receive a block with the approval of the coach. Such blocks are to indicate the job the person did for the team. On the non-varsity level, blocks are generally given to all members of a team at the discretion of the coach.

**PARTICIPATION AWARDS** — Participation Awards are given to those athletes who were members of a particular team on any level, including the varsity level, who deserve recognition but who did not meet the requirements for receiving a block.

**APPRECIATION CERTIFICATES** — Appreciation Certificates are given to managers, trainers, statisticians, and other support staff who were not with a team on a daily basis, or whose day-to-day efforts did not merit a block.

**TEAM AWARDS** — Teams generally present awards for Most Improved and Most Inspirational. Teams may also present an Outstanding Athletic Achievement award. Teams may not present a Most Valuable Player award. Some teams present a special, perpetual award which recognizes outstanding loyalty, integrity, and commitment to the ideals of St. Ignatius athletics. The award categories should be dignified, befitting the accomplishments and personal qualities they recognize. In each sport, the head coach — in consultation with his/her assistants and with the approval of the Athletic Director — decides which awards his/her program will bestow. In addition, the head coach decides the method to be used in selecting the recipient of each award.

### **WEARING OF BLOCKS BY STUDENTS**

A student may purchase a block to wear on his/her school jacket if:

1. The student has a varsity block in a sport, or
2. The student has three non-varsity blocks in the same sport, or
3. The student has three blocks in one sport as a manager, trainer, or statistician.

Blocks must be purchased from the Athletic Department and may not be purchased from an outside vendor.

Only one block may be purchased and worn by an individual, regardless of the number of times he/she may have lettered in one or more sports.

## **8. COST OF PARTICIPATION IN ATHLETICS**

Students who participate in athletics at St. Ignatius may need to purchase items such as team attire and, in some cases, pay for transportation and/or lodging on overnight team trips. These costs can sometimes run high. If your family needs aid to meet athletic expenses incurred at any time during the school year, you may apply for financial aid through the school.

In many cases, students are issued equipment and/or uniforms which are the property of the school. Students and their parents are expected to show reasonable care for these items and will be billed for the cost of replacing items which are lost or damaged beyond normal wear and tear.

Students whose parents fail to pay their bills for uniforms, equipment, or travel may not be allowed to participate in athletics until the bill is paid.

## **9. USE OF SCHOOL NAME AND LOGOS**

The use of "St. Ignatius," "Wildcat(s)," and the school's logos (shield, block SI, wildcat head, etc.), is reserved to the school. These devices are not to be used on clothing or other items without written permission from the Athletic Director.

## **10. MODIFICATIONS TO THIS HANDBOOK**

The Athletic Director reserves the right to make additions to this handbook in writing to students and parents at any time during the 2014-2015 school year.



### **THE S.I. FIGHT SONG**

To the Red and Blue we'll all be true,  
 We'll wave her banner to the sky.  
 We'll fight for you, old Red and Blue,  
 We'll fight for Saint Ignatius High!  
 And victory will be our goal —  
 For we will reach it, if we try.  
 So let us fight — with all our might —  
 We're gonna fight, fight, fight, fight, fight!

FENTON O'TOOLE '34

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