

ATHLETE/PARENT HANDBOOK



“TRADITION NEVER GRADUATES”

**A GUIDE TO ATHLETICS AT
FATHER MCGIVNEY CATHOLIC
HIGH SCHOOL**

WELCOME

Welcome to Father McGivney Catholic High School (FMCHS) and high school athletics. This handbook is not intended to answer every question or situation concerning athletics here at Father McGivney Catholic High School, but merely serves as a quick reference to help guide you to your answer. Some areas are covered in more depth while others are only mentioned. If you have a specific question or problem, please contact the Athletic Director immediately.

FMCHS MISSION STATEMENT

The mission of Father McGivney Catholic High School is to form a strong academic community of disciples responding to the call of Jesus Christ...Unity. Prepare students to serve the Culture of Life through a total gift of self...Charity. Engage students in the mission, sacramental life, and magisterial teachings of the Catholic Church...Fraternity. Develop faithful citizens to lead an America that values the dignity and worth of every human person....Patriotism.

The FMCHS Athletic Department strives to support this mission statement by developing a well-rounded athletic program designed to enhance each students' athletic opportunities.

FMCHS ATHLETIC PROGRAMS

FALL SPORTS

Boys/Girls Cross-Country
Boys Soccer
Cheerleading
Girls Volleyball
Boys/Girls Golf

WINTER SPORTS

Boys/Girls Basketball
Cheerleading
Dance
Boys Swimming

SPRING SPORTS

Girls Soccer
Boys/Girls Track
Baseball
Softball

Not all of these sports will be offered at this time. In the future we hope to have a full athletic program. If you see something that you are interested in that is not listed please contact the athletic Director to check out that possibility.

FATHER MCGIVNEY HIGH SCHOOL HEAD COACHES

ATHLETIC DIRECTOR.....	HENRY JOHNSON
BOYS SOCCER.....	TIM VANCE
CROSS-COUNTY	MARISSA GIUFFRE
VOLLEYBALL	AMANDA PIRIH
BOYS BASKETBALL.....	RICH BEYERS
GIRLS BASKETBALL	JASON SCHREDER
BASEBALL	TBA
CHEERLEADING.....	ALYSSA SPA
DANCE.....	MAGGIE DORGAN
GIRLS SOCCER.....	TIM VANCE

ILLINOIS HIGH SCHOOL ASSOCIATION (IHSA)

The Illinois High School Association (IHSA) is the governing body of all Illinois High Schools. The IHSA also conducts all state championship tournaments. Most sports go through a regional, sectional, and super-sectional series to be able to play in the state finals.

The IHSA is divided into classes, depending on the sport. School enrollment determines the class you are in for each sport. The IHSA establishes, on a yearly basis, what schools will be in which class. Father McGivney would be class 1A in most sports that have two, three or four classes. We would be subject to a 1.65 multiplier since we are a non-boundaried school.

PHYSICALS

The IHSA and FMCHS require a yearly physical for all athletes. For incoming freshmen, their school physical covers all athletics. All physicals (including freshmen) must be on file before an individual will be allowed to go out for a sport. All fall sports start the 2nd Wednesday in August, with the exception of football. Plan on having your physical completed prior to this dates. Athletes playing in winter and spring sports must have a physical on file before going out. The physical is good for 395 days.

FMCHS does not offer physicals for the athletes through the school. The athletic office will let parents know of facilities that are offering athletic physicals at a reasonable rate. This will be done as soon as the athletic office receives information on this service

ATHLETIC COMPETITION LEVELS

FMCHS will have a full athletic schedule at every available level in the athletic programs. Freshmen will play a separate level of competition in volleyball, boys' soccer, boys' basketball, and girls' basketball. We may have sophomore boys' basketball. We participate at the JV level in volleyball, boys' basketball, girls' basketball, boys' soccer, and girls' soccer. We also participate in a number of underclass tournaments. The level at which an athlete play is contingent upon his/her athletic ability in that sport, seniors are not allowed to participate below the varsity level.

ELIGIBILITY/GRADE CHECKS

FMCHS conducts weekly grade checks as required by the IHSA. To remain eligible, an athlete must be passing five classes or 25 credit hours of work per week. The grade check is done on Monday of each week. If an athlete is not passing five classes or 25 credit hours, then he/she is declared ineligible from Monday to the next Monday. The athlete may continue to practice, but cannot participate in any interscholastic contest. The athlete will stay ineligible until he/she is again passing five classes or 25 credit hours.

If an athlete is not passing 25 credit hours of work at the end of the semester, they lose eligibility for the entire next semester. If an athlete is not passing 25 credit hours of work at the end of the 2nd semester, they are able to make up one class to be eligible for the next sports season. In order to do this, they must have principal approval.

IHSA STERIOD TESTING POLICY

The Illinois High School Association has begun random testing for steroids and performance-enhancing dietary supplements. This takes place for any individuals who participates in IHSA athletic events.

No student-athlete may participate in the IHSA state series competition unless the athlete and the athlete's parent/guardian have signed consent form for random steroid testing.

CONCUSSION POLICY

Anytime the athlete gets a concussion, either in practice or a game he/she will not be allowed to return to practice or competition until he/she gets medical clearance. In accordance with state law, all IHSA member schools are required to follow this policy.

No student-athlete may participate in the IHSA athletic competition unless the athlete and the athlete's parent/guardian have signed the form acknowledging the concussion policy.

INSURANCE WAIVER

FMCHS requires all athletes to show proof of insurance. This insurance form **must be completed each year** and must be on file prior to the athlete participating in sports. Family insurance that covers athletic injuries is acceptable, as is purchasing insurance through the Diocese.

Along with the insurance information, you will be asked to fill the Emergency Information and Parent Consent form. In the event that your son/daughter is injured, this will help us and may allow treatment to begin. These are only for emergency situations when you are not readily available.

SUMMER SPORT CAMPS

FMCHS offers a number of sports camps for their athletes. The camps are held during the summer and usually will take place at the high school. The cost is set by the school and is very reasonable. Athletes are encouraged to attend these camps to improve their skill level; attendance at camps will not affect team selection if you are not able to attend.

The boys and girls basketball teams may also play in league and tournaments during the summer. These league and tournament games help to keep the basketball programs at a competitive level. The volleyball team will also take part in some summer play and tournaments.

INJURIES

All injuries regardless of type are to be reported to the coaching staff. Coaches need to be made aware of injuries so proper care can be recommended and given.

If the injury needs medical care and a medical excuse is given to prevent practice or game participation, a written release from the doctor will be needed before athlete can resume participation.

TRANSPORTATION POLICY

In order to promote TEAM SPIRIT, all student athletes are encouraged to ride the school provided transportation to and from all away games. It is strongly recommended that all freshman and/or sophomore players stay for the varsity contest.

If an athlete must ride home with their parents or legal guardian they must sign the athlete out on the Athletic Contest Parent Sign-Out Form. The form needs to be signed with a coach present. The athlete may then leave with his/her parents or legal guardian and **NO ONE ELSE.**

HAZING OR INITIATION

Father McGivney High School recognizes the dignity and worth of all individuals and in keeping with that belief, prohibits any and all forms of hazing and initiation rites for any school-sponsored athletic team. This includes behavior, which is demeaning, degrading, or contrary to accepted standards of common decency and is based upon affiliation with any group, sex, race, religion or economic status.

Any student athlete involved in hazing or initiation rites will be subject to disciplinary action. This action may include but is not limited to dismissal from the team; suspension or a recommendation to the school board for expulsion from school; and/or exclusion from participation in subsequent school events or activities.

Soliciting, encouraging, aiding or engaging in hazing is prohibited. "Hazing," means any intentional knowing or reckless act directed against a student for purpose of being initiated into, affiliating, or maintaining membership on the team whose members are, or include, other students.

QUITTING A TEAM

If an athlete participates in ten practices (pre-season) for a sport he/she cannot quit that sport and join another sport until the sport season he/she quit is completed. The student athlete is also not allowed to participate in any workout or practices for the next sports season until the original sport season is finished.

Mutual consent by both coaches can waive this rule if the student athlete and team are better off for the change. This only applies to sports that occur during same sport season.

ATHLETIC AWARDS

FMCHS presents the following athletic awards:

- Varsity Letter
 - Freshmen Numerals
 - Tri-Athlete Letter
 - Gold Insert for the sport
 - Gold Bar for each additional letter earned in the same sport
- 7" Gold M
Graduation year
7" three color M w/tri-athlete

Freshmen athletes will receive their numerals. Each athlete will receive a letter for the first time they are awarded one in any sport that they participate in. They then are given bar to represent numbers of years they have earned that letter.

We give patches to first team ALL Conference, conference championships, regional championships, and so on. We also award a patch to athletes who make it to state championship tournaments.

Each individual coach awards letters. Each coach will establish the criteria for earning a letter, which will be approved by the administration. The "Tri-Athlete M" is awarded if the athlete earns three varsity letters in one school year.

NCAA CLEARINGHOUSE

The NCAA Initial-Eligibility Clearinghouse is a central clearinghouse that will certify your athletic eligibility for Division I and II. If you intend to participate in Division I or II athletics you must register and be certified by the NCAA Initial-Clearinghouse.

At the end of your Junior Year, all interested athletes should complete the NCAA registration. The cost is \$60.00. It is better to register after your junior-year grades appear on your transcript. Athletes are encouraged to complete this application because sometimes scholarships are not offered until late in your senior year. The Guidance Office and the Athletic Director can help with any questions you may have.

When you register to take your ACT or the SAT, you mark code 9999 on your application, so that the clearinghouse will be one of the institutions receiving your scores. If you have any questions about the NCAA Clearinghouse, see the AD or the Guidance Office.

SPORTSMANSHIP

The IHSA expects all participants who attend any athletic event to show great sportsmanship, this includes:

- Never boo a player, coach or official
- Appreciate a good play, regardless of who makes it
- Know the school gets blame or praise for their conduct
- Recognizes the need for more good sports and fewer bad sports

EQUIPMENT

Participants are responsible for all school equipment checked out to them. The participants must return all equipment no later than one week after the conclusion of the activity. If this is not done, the individual is prohibited from participating in all other activities until the equipment is paid for, or is returned to the school

ATTENDANCE AT SCHOOL

- 1) On a regular school day an athlete must be in school by the beginning of third period in order to be eligible to participate in a practice or a contest. A student is required to attend a minimum of his/her last five classes of the school day to be eligible to participate in a practice or a contest.
- 2) If an athlete is absent from school because of illness, the athlete may not participate in a practice or a contest. On a daily basis each coach is to check the absentee lists with the high school office.
- 3) If an athlete leaves school because of illness during the day, the athlete will not be eligible to participate in a practice or a contest.
- 4) If an athlete is absent from school for reasons other than illness, the decision of eligibility will be left to the discretion of the Principal and Athletic Director.
- 5) During a school suspension the athlete will not be allowed to participate in contests, practice sessions or any other school event.

ATTENDANCE OF ATHLETES AT PRACTICE SESSIONS

An athlete must attend each scheduled practice session. The only exceptions are the following:

- 1) Serving a school or teacher detention. Detentions must be served at the assigned time. Having a detention is not an excuse to miss a practice or a game. Similarly, having a practice or a game is not an excuse to miss a detention. Coaches have the option of penalizing an athlete for missing a practice or a game due to the fact the athlete was serving a detention.
- 2) Excused all day absences (If the athlete is in school and goes home prior to practice the athlete should contact his/her coach or the Athletic Director prior to leaving).
- 3) Pre-arranged events approved by the coach. Whenever possible, athletes are asked to seek approval from their coach 24 hours in advance.

ATTENDANCE AT SCHEDULED ATHLETIC CONTESTS

- 1) Athletes are to attend all scheduled athletic contests for their team.
- 2) If an athlete must miss a contest due to an emergency, the athlete shall contact his/her coach prior to the event for approval.
- 3) Players who are in a program are expected to be at other games in the program when games are being played at home the same day or night.

PENALTIES FOR UNEXCUSED ABSENCES

- 1) Unexcused Absence from Practice:
 - a) 1st Offense: The athlete will not be allowed to start the next contest and will be expected to do personal improvement drills at the next practice as outlined by the coach prior to the beginning of the season.
 - b) 2nd Offense: The athlete will not be allowed to participate in the next contest. Athletes will participate in all practices prior to the contest to be missed.
 - c) 3rd Offense: The athlete will be subject to dismissal from the team as determined by the coach and Athletic Director.
- 2) Unexcused Absence from Contest:
 - a) 1st Offense: The athlete will not be allowed to participate in the next contest and will do personal improvement drills at the next practice as outlined by the coach prior to the beginning of the season.
 - b) 2nd Offense: The athlete will not be allowed to participate in the next three contests. Athletes will participate in all practices before contests to be missed.
 - c) 3rd Offense: The athlete will be subject to dismissal from the team as determined by the coach and Athletic Director.

REQUIRED FORMS FOR PARTICIPATION

For athletic activities the following forms must be on file: a current physical exam less than 13 months old, a school insurance form or a waiver in lieu of the insurance form, IHSA steroid and concussion form and the Extra-curricular Code of Conduct. A person becomes ineligible on the day the physical date exceeds 395 days. Non-athletic activities such as Scholar Bowl, Speech, Band and Chorus are required only to sign the Code of Conduct.

COACH OR SPONSOR RULES

Each coach or sponsor has the prerogative to establish additional rules pertaining to the activity supervised. These rules may include attendance at practice, curfew, dress and general conduct of participants at practice, games or trips. Rules set by the individual coach or sponsor must be in writing and approved by the Administration and communicated to student participants before activity begins

PLAYER/PARENT/COACH RELATIONSHIP

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other party and provide the greatest benefit to the athlete. As parents, you have the right to understand what is to be expected of your son/daughter and this begins with clear communication between all involved parties.

This is what you should expect from every coach:

- Philosophy of the coach
- Expectations the coach has of all athletes
- Locations and times of practices/contest
- Team Requirements, (i.e., fees, equipment cost, off-season work)
- Procedures should your child be injured
- Discipline procedures
- Fairness and communication

The following is what coaches should expect from parents:

- Concerns expressed directly to the coach
- Notification of any schedule conflicts in advance
- Support of son/daughter in all related activities
- Sportsmanship at all contests
- Understanding that there are always two sides to every story
- Sign athlete out if riding home with parent after a contest

Athletics at FMCHS will bring many rewarding experiences but there will be times when things do not go the way you or your son/daughter wishes. At these times, discussion with the coach is encouraged.

The following are appropriate concerns to discuss with the coaches:

- The treatment of your son/daughter, mentally and physically

- Ways to help your son/daughter improve
- Concerns about your son'/daughters' behavior or academics
- Guidance in relationship to possible college scholarships
- Guidance in off-season activities.

It is very difficult sometimes to accept the playing time or role your son/daughter has on the team. Please remember that coaches are professionals and make judgments based on what they believe is best for all team members. Certain issues should not be discussed and must be left to the discretion of the coach.

Issues not appropriate to discuss with the coaches:

- Playing time of all team members
- Team Strategy or play calling
- Other student-athletes on the team

There are situations that may require a conference between the coach and a parent. **THIS IS ENCOURAGED.** It is important that both parties have a clear understanding of each other's position.

When a conference is necessary, the following procedures will be followed:

- **UNDERSTAND THAT YOU DO NOT CONFRONT A COACH AFTER A CONTEST OR PRACTICE**
- Call to set up an appointment to see the coach, either directly or through the high school office
- If the coach cannot be reached, contact the AD's office, who will in turn set up a meeting
- The meeting will only take place if athlete is in attendance
- Profanity has no place in the discussion

If this meeting does not provide a satisfactory resolution, then the following procedures will be followed:

- Call and set up an appointment with the Athletic Director, **UNDERSTAND** that the AD will insist that you speak with the coach before a meeting will be set with the AD
- At this meeting the discussion will only concern your son/daughter
- An appropriate next step will be determined

Research has indicated that students involved in high school sports have a greater chance for success during adulthood; consequently these programs have been established. It is our hope that both you and your son/daughter have many wonderful memories to share after high school.

EXTRA-CURRICULAR CODE OF CONDUCT

The following is the Extra-Curricular Code of Conduct that athletes must abide by. These rules and regulations are intended to protect the health, safety, and welfare of all students participating in athletics at Father McGivney Catholic High School. It should be known that athletes who fail to abide with these rules and regulations would be held accountable for the penalties set forth.



GRIFFIN ATHLETICS
Be a Part of the Best

Extracurricular Activities make a strong contribution to a good school. Athletic activities stimulate fair play, friendly rivalry, and good sportsmanship. Student government and other organizations help to develop interpersonal skills and interests beyond the classroom. Interscholastic events of all kinds afford opportunities to interact with the public and with students from schools and communities throughout the state. Students who participate in these activities assume the obligation of being representatives of the school. People will judge our school and our commitment to Christian ideals by the manner in which our students behave both on and off our campus.

Participation in extra-curricular activities is a privilege and not a right. Furthermore, participation is optional and voluntary and requires the acceptance of additional conditions, which do not necessarily apply to all students.

The following rules apply to all students who participate in extracurricular activities:

Each participant and parent is asked to study these procedures closely and to agree in writing to conform. Participating students and parents must accept the fact that extra-curricular activities are controlled by the school. Since participation is voluntary, any student who cannot meet the procedures as set forth below shall refrain from participation. **The extra-curricular code is cumulative beginning with the student and parents signing of this code and continuing throughout the student's entire high school career. These procedures are in effect on or off campus throughout the entire calendar year, including weekends and summer, and do not supersede, but are in addition to, Father McGivney school disciplinary procedures.**

A. Prohibited Substances

The consumption or possession of alcohol, tobacco, or drugs by any student representing Father McGivney Catholic High School is prohibited. Because smoking reduces the oxygen capacity of the lungs and is considered generally injurious to a person's health, and because the use of alcohol and drugs is illegal, the rule prohibiting the possession or consumption of alcohol, tobacco, and drugs is in effect twelve months a year, on and off campus. In the event that a student finds prohibited substances at school or a school-related function, the student shall immediately notify a teacher, coach, or administrator. Penalties for violation of this rule are:

First Offense: The student will be suspended from participating in any public activity for a period of four (4) school weeks, but may attend practices and meetings.

Second Offense: The student will be suspended from all extracurricular activities/social activities for three (3) school months. The student may not attend practices or meetings associated with any extracurricular activity. The student will be required to have a substance assessment (at their own expense) and follow the prescribed recommendation. The student will be required to provide proof of the assessment and completion of the treatment recommendation.

Third Offense: The student is ineligible for further participation in extracurricular activities/social functions at Father McGivney Catholic High School and may be recommended for expulsion.

Penalties will be applied in every area of activity in which a student participates. Any offense constitutes a violation in all activities covered under the guidelines.

Additional penalties may apply according to the school Discipline Code.

B. Citizenship

Students representing Father McGivney Catholic High School must exemplify the highest standards of moral integrity and good citizenship within school and within the community. Behavior that violates this principle is unacceptable and may result in a temporary suspension from an organization or team, complete loss of eligibility, or suspension or expulsion from the school.

C. Clothing and Grooming

Students not attired in a team uniform shall dress according to the school Dress and Appearance Code while at or en-route to or from a scheduled event. The sponsor or coach may select specific clothing, such as shirt and tie or blazer and skirt, as the attire for the day, or may relax this requirement for specific circumstances.

D. Academic Eligibility

A student must be enrolled in and passing twenty (25) hours of classroom work each week in order to remain eligible. A student must have also passed twenty (25) hours of classroom work the previous semester to be eligible for the following semester. However, this previous semester rule does not apply to first semester entering freshmen.

Each teacher updates RenWeb grades on Fridays. Students who are marked as failing two classes will be ineligible for the entire following week (Monday through Monday). The student and parents will be notified. Ineligible students may not participate in any extracurricular event or other performances, nor may they or their individual work represent the school or any school organization in a public place. They may, however, continue to practice or rehearse, and they may take part in club meetings or work sessions. Coaches may apply additional rules.

Students participating in any extracurricular activity may not represent Father McGivney Catholic High School in any public activity while they are ineligible or while they are on suspension or disciplinary probation.

E. Attendance

Students must be in attendance four consecutive class periods (4th hour thru 8th hour-entire periods) to participate in any school extra-curricular activity, contest, or practice. A student who is absent on Friday or before a holiday may participate on Saturday or Sunday with administrative approval.

F. Independent Teams

A student athlete may not participate on an independent team while participating in the same sport at Father McGivney Catholic High School.

G. Health Physicals

Student athletes must have an annual physical examination and parent/guardian permission form on file prior to participation (including practice sessions) in any sport. An athlete who incurs an injury must have a written medical release from a qualified physician in order to return to participation.