

# ST. ATHANASIUS SCHOOL ATHLETICS PROGRAM

## *POLICIES AND GUIDELINES*

*revised 2018*

### MISSION AND PHILOSOPHY OF ST. ATHANASIUS ATHLETICS

In accordance with the philosophy of St. Athanasius School, the mission of the Athletics Program is to provide an environment that supports the educational objectives, academic progress and spiritual welfare and development of our students by offering them the opportunity to participate in athletic training and competition in an Athletics Program that promotes fair play, good sportsmanship and ethical conduct.

The St. Athanasius Athletics Program offers various intramural and interscholastic sports and activities that supplement the school's spiritual and academic objectives.

St. Athanasius School believes that all students should be offered a well-rounded educational experience and that through participation in the Athletics Program student-athletes will develop a love of healthy competition, self-confidence and positive values. These values include leadership, teamwork, school spirit, respect, good sportsmanship and self-discipline and are instilled in our student-athletes through positive motivation.

### CHAPTER 1: GENERAL GUIDELINES

St. Athanasius School Athletics Program complies with the policies of the Archdiocese of Chicago and the Council II-3A Athletic League.

St. Athanasius School has a universal participation (i.e., no cut) policy; every student-athlete has the opportunity to participate. The St. Athanasius School Athletics Program is open to any interested student-athletes in grades 4 through 8 who are enrolled at St. Athanasius School. **Student-athletes who have paid their fees and submitted their health forms are eligible to participate on the first day of practice.**

St. Athanasius School does not discriminate on the basis of race, color, sex, national or ethnic origin in its admission or hiring policies, educational programs, loan or scholarship programs, athletics or any other school-administered program.

While St. Athanasius School supports student efforts to develop athletic

skills via sports programs offered outside of our school, St. Athanasius games and practices take priority over activities sponsored by non-St. Athanasius programs. **Absences due to external team commitments may reduce playing time.**

In 4th, 5th and 6th grades our primary focus is on the development of each player's skills and values and all student-athletes in these grades will have equal playing time, subject only to the effects of unexcused absences and 6th graders are also subject to academic qualification. In 7th and 8th grades the leagues become more competitive and coaches have more discretion in the determination of each student-athletes' playing time. In 7th and 8th grades each student-athlete should have meaningful playing time over the course of the season and in 7th grade each student-athlete should expect to play in each game. "Meaningful playing time" means playing a player for an amount of time that will allow them to learn, grow and make a meaningful contribution to the game in which they are participating.

St. Athanasius is committed to ensuring that all student-athletes in grades 4 through 8 have an opportunity to play in all available sports. If any class does not have enough participants to field a team, one or more student-athletes will be asked to play up from a lower grade. When class size or a student's athletic ability warrants it, the Athletic Director may move a student-athlete to a different level to ensure proper instruction or to provide greater opportunity for participation. Such a move will be done only after consultation with the student-athletes, their parents and coaches. Depending upon the league rules such student-athletes may be able to play for both classes or just the higher grade. Priority will always be given to the higher grades, but all student-athletes will have an opportunity to play either in their own grade or the grade above. As a member of Council II-3A, St. Athanasius is committed to fielding a varsity team in all league sports in which St. Athanasius participates.

<b>Sport</b>	<b>Grades</b>	<b>Season (est'd)</b>
Co-Ed Cross Country	5th - 8th	Late August - Late October
Cheerleading	8th	Late August - Early November
Boys Tackle Football	5th - 8th	Mid-August - Early November
Co-Ed Flag Football	4th	Early September - Late October
Girls Volleyball	4th - 5th	Late August - Late October
Girls Volleyball	6th - 8th	Mid-August - Early November
Boys Basketball	4th - 8th	Late November - Early March
Girls Basketball	4th - 8th	Late November - Early March

Boys Volleyball	5th - 8th	Early March - Mid-April
Co-Ed Track & Field	4th - 8th	Late March - Early June

Co-Ed Track & Field	\$100	Uniforms and equipment, meet fees and athletic overhead fees
Co-Ed Cross Country	\$100	Uniforms, equipment, meet fees and athletic overhead fees

**Fee Schedule**

Sport	Cost	What the fee covers
Cheerleading	\$100	Uniforms, equipment and athletic overhead fees
Boys Tackle Football	\$250	Uniforms and equipment, league fees, field fees, referee fees, playoff fees and athletic overhead fees
Co-Ed Flag Football	\$100	T-shirts, equipment, league fees and athletic overhead fees
4th - 5th Girls Volleyball	\$175	Uniforms and equipment, league fees, referee fees, playoff fees and athletic overhead fees
6th - 8th Girls Volleyball	\$195	Uniforms and equipment, league fees, referee fees, playoff fees and athletic overhead fees
4th - 5th Boys Basketball	\$160	Uniforms and equipment, league fees, referee fees, playoff fees and athletic overhead fees
4th - 5th Girls Basketball	\$160	Uniforms and equipment, league fees, referee fees, playoff fees and athletic overhead fees
6th - 8th Boys Basketball	\$200	Uniforms and equipment, league fees, referee fees, playoff fees and athletic overhead fees
6th - 8th Girls Basketball	\$200	Uniforms and equipment, league fees, referee fees, playoff fees and athletic overhead fees
Boys Volleyball	\$180	Uniforms and equipment, league fees, referee fees, playoff fees and athletic overhead fees

“Athletic overhead fees” cover the general overhead costs of the Athletics Program, including any coaching stipends. These fees shall be apportioned and allocated to each sport.

**Purpose and Playing Time** (assuming student-athlete is in good standing - i.e., academically eligible, attends practices etc.)

**Fall Program:**

**CO-ED CROSS COUNTRY**

Team Level	Purpose	Playing Time	Meets
4-6	Developmental	Equal	3-4
7-8	Competitive	Team Concept	3-4

**CHEERLEADING**

Team Level	Purpose	Playing Time	Number of Games
8	Competitive	Team Concept	7-8

**GIRLS VOLLEYBALL**

Team Level	Purpose	Playing Time	Number of Matches
4	Developmental	Equal	10-20
5	Developmental	Equal	10-20
6	Developmental	Equal	15-25
7	Developmental/ Competitive	Meaningful playing time	15-25

8	Competitive	Meaningful playing time across the season	15-25
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**CO-ED FLAG FOOTBALL**

Team Level	Purpose	Playing Time	Number of Games
4-5	Developmental	Equal	6-8

**BOYS TACKLE FOOTBALL**

Team Level	Purpose	Playing Time	Number of Games
JV	Developmental/Competitive	Equal	7-8
Varsity	Competitive	Team Concept	7-8

**Winter Program:**

**BOY & GIRLS BASKETBALL**

Team Level	Purpose	Playing Time	Number of Games
4	Developmental	Equal	8-10
5	Developmental	Equal	15-25
6	Developmental	Equal	15-25
7	Developmental/Competitive	meaningful playing time-game	15-25
8	Competitive	meaningful playing time-season	15-25

**Spring Program:**

**BOYS VOLLEYBALL**

Team Level	Purpose	Playing Time	Number of Matches
6	Developmental	Equal	10-20
7	Developmental/Competitive	Meaningful playing time-game	10-20
8	Competitive	Meaningful playing time-season	10-20

**CO-TRACK & FIELD**

Team Level	Purpose	Playing Time	Meets
4-6	Developmental	Equal	Weekly
7-8	Competitive	Team Concept	Weekly

**Events:**

*Grades 4-6:* 50m, 100m, 200m, 800m, 4x100m relays, 4x200m relay, High Jump, Long Jump, Shot Put, Turbo Javelin, Ball throw.

*Grades 7-8:* 100m, 200m, 400m, 1600m, 4x100m relays, 4x400 relay, High Jump, Long Jump, Shot Put.

**CHAPTER 2: ADMINISTRATION**

The Principal is responsible for the St. Athanasius School Athletics Program and delegates authority to the Athletic Director.

**CHAPTER 3: BOOSTER CLUB**

The St. Athanasius Booster Club is comprised of parents, alumni and friends of St. Athanasius School. The purpose of the Booster Club is to promote school spirit and pride through various activities and events, while encouraging independent financial support for the Athletics Program.

**CHAPTER 4: ATHLETIC COUNCIL**

The Athletic Council advises and supports the Principal and Athletic Director with a goal of fostering an Athletics Program that encourages participation by a broad range of students, teaches athletic skills and good sportsmanship, enhances school spirit, instills confidence, responsibility and self-discipline in

our student-athletes, maintains a safe and just environment and recruits coaches and volunteers that can align with this mission.

The Athletic Council will act as an advisory board, reporting to the School Board, that will make recommendations to the Athletic Director and the Principal on matters affecting the St. Athanasius Athletics Program and will provide support to the Athletic Director to enhance the experiences of the student-athletes.

### **CHAPTER 5: ATHLETIC DIRECTOR DUTIES**

St. Athanasius School employs one Athletic Director for all sports. The Athletic Director and the Principal are St. Athanasius School's official representatives regarding league matters for each sport.

The Athletic Director acts as the liaison among the coaches, parents and school administration. It is his/her responsibility to communicate the mission, goals and objectives of the Athletics Program to the coaches and parents and to ensure that these are clearly understood and followed.

The Athletic Director recruits and hires all coaches for the various sports. If more volunteers come forward than positions available, an interview process will be initiated to fill the openings in accordance with the Archdiocese of Chicago's coaches selection process as described in its Handbook for Athletics ([ocs.archchicago.org/LinkClick.aspx?fileticket...tabid=10696](https://ocs.archchicago.org/LinkClick.aspx?fileticket...tabid=10696)).

The Athletic Director coordinates coaches' development. He/She also supervises and evaluates all coaches to ensure their compliance with the athletic policy and the smooth and efficient operation of the Athletics Program.

The Athletic Director ensures that all coaches meet the Archdiocesan Compliance requirements, which require that coaches complete an online background check, submit an annual CANTS form, submit Certificate of Completion of the Protection of God's Children (Virtus) training and attend an in-service clinic for their sport when available. He/She also provides coaches with First Aid equipment and ensures that at least one coach per team holds a current First Aid/CPR/AED certificate.

Prior to the start of each season, the Athletic Director conducts a mandatory meeting for parents of student-athletes to communicate the mission, policies and guidelines of the respective sport(s). Parents and student-athletes are required to sign and adhere to the St. Athanasius Athletic Code of Conduct.

The Athletic Director is responsible for collecting all fees and maintaining the approved Athletics Program operating budget, scheduling games / matches /

contests, ensuring an adequate inventory of team uniforms and safe equipment, and informing parents of academic ineligibility.

The Athletic Director assists the Principal in preparing the annual budget for Athletics Program.

### **CHAPTER 6: COACHES' DUTIES**

Coaches are personal examples of and role models for proper leadership, sportsmanship and fair play. As such, they are expected to be respectful when interacting with everyone: refs, opposing teams and coaches and parents. Coaches will strive to positively develop the skills, confidence and potential of each student-athlete. Coaches will also balance the desire to compete and win with the more important educational and spiritual goals and values of our school.

Coaches will recognize and understand that each student-athlete is a unique individual with special skills, abilities and outlook. They will always treat each student-athlete with respect, never resorting to insulting or disrespectful words, gestures or actions.

Coaches are directly accountable to the Athletic Director. Coaches will be familiar with the mission, policies and guidelines of the St. Athanasius School Athletics Program and Council II-3A. They will be knowledgeable of the rules of their sport and techniques for teaching its fundamentals and basic strategies appropriate for the age and skill levels of their student-athletes.

Coaches are responsible for the welfare and safety of their team and its members. They will have on-hand a first aid kit and team members' emergency information at every practice and game. One coach per team is required to hold a current First Aid/CPR/AED certificate. Coaches are required to have completed a concussion safety training course in compliance with the Illinois Youth Sports Concussion Safety Act and to submit to the Athletic Director proof of completion of such training course.

Coaches are responsible for maintaining safe equipment and the proper use of the facilities where practices and games are held. Coaches will ensure the proper behavior of team members and maintain discipline of their team; serious disciplinary cases will be referred to the Athletic Director.

St. Athanasius head coaches must be at least 21 years of age. **Coaches will meet the Archdiocesan Compliance requirements, which require that coaches complete an online background check, submit an annual CANTS form, submit Certificate of Completion of the Protection of God's Children (Virtus) training and attend an in-service clinic for their sport. Candidates should submit their name and a short resume to the Athletic Director and be available for an**

interview if necessary.

Seventh and eighth grade level coaches are offered a stipend. Stipends may be offered to other junior varsity coaches if no qualified volunteers are available. Since seventh and eighth grade basketball and volleyball coaches have more discretion in determining each student-athlete's playing time, it is preferred that the coaches of such teams do not have a child on the same team. This guideline is intended to maintain objective decision making by our coaches in accordance with the playing time standards set forth in this Athletic Policy. Exceptions to this general guideline shall be subject to the approval by the Principal or his/her designee.

## **CHAPTER 7: GUIDELINES FOR STUDENT-ATHLETES**

Participation in the St. Athanasius School Athletics Program is a privilege, not a right.

Student-athletes will act in a manner that reflect the principles of Christian values that are the basis of St. Athanasius School and its Athletics Program. Student-athletes show respect for coaches, team members, fans, opponents and officials of their sport. Student-athletes understand that the team goals always have priority over individual goals.

Student-athletes are expected to arrive promptly to all practices and games, show good sportsmanship and play by the rules. They are always supportive of their team.

Student-athletes adhere to the standards of eligibility as set by St. Athanasius School. See the Academic Eligibility policy below.

**Every student-athlete must have a parent permission form, a concussion information form and a medical form completed and on file in the Athletic Office before he/she can participate in practices or games. Every student-athlete is expected to read and abide by the St. Athanasius Athletics Code of Honor and the junior varsity and varsity student-athletes are required to sign the Code prior to participation.** Each student-athlete must care for and return the uniform and equipment issued to him/her. Student-athletes must return the equipment from one sport before being allowed to participate in another sport. Student-athletes are responsible for the replacement cost of any lost items. The Athletic Director will notify parents if equipment is missing.

Participation in team practices is essential. Practices are held to learn and develop requisite physical skills, acumen, teamwork, and physical conditioning, all of which are necessary for student-athletes to safely participate in games, matches or contests. Excused absences are accepted when a student-athlete is ill

or injured (or for extraordinary family emergencies). **All** absences must be discussed with the coach. The coach determines whether the missed practice affects the student-athlete's participation in games.

A student-athlete who misses school because of illness or any other reason may not participate in any game or practice that day. Absence from school on a Friday, due to illness, does not affect Saturday or Sunday playing time if the student-athlete has recovered sufficiently to participate.

Unexcused absences from practices and games may result in a reduction of playing time per coach's discretion. The coach will refer multiple unexcused absences to the Athletic Director.

## **CHAPTER 8: GUIDELINES FOR PARENTS**

At least one parent or guardian must attend the following meeting for his/her student-athlete to be allowed to participate on the team:

**Athletic Director's Mandatory Meeting for Parents:** The Athletic Director holds this meeting prior to the start of the season each year to review the mission, policies and guidelines of St. Athanasius School Athletics Program and of the particular sport. This meeting is the time to ask questions related to playing time and coaching philosophy, to fill out the necessary medical forms, review the concussion information form and to receive other pertinent information. Attendance at these meetings ensures the smooth operation of the program and maximizes the potential for a positive experience for all.

Parents are responsible for paying Athletic Fees, submitting permission and medical exam forms, and purchasing uniforms and/or equipment in a timely manner as directed for each sport.

Parents ensure that athletes arrive on time, are picked up on time, and participate in practices and games. If an athlete is unable to attend a practice or game, parents are responsible for notifying coaches as soon as possible. Parents are responsible for making sure the athlete's uniform is clean, in good repair, and available for each game.

Parents are role models for proper competitive play as well as keeping wins and losses in perspective. Parents should make no attempt to instruct or direct the play of a student-athlete or team during games or scrimmages. Likewise, they should not criticize the play of any student-athlete or any team. Questioning, criticizing, or berating coaches, officials, or opponents is inappropriate behavior.

Parents are responsible for directly supervising their non-participating children

who are attending an athletic contest, whether at home or away.

If questions or issues arise, **parents should first encourage their child to discuss them with his/her coach.** If there are still issues or questions, parents should direct their concerns to the coach themselves. If the parent wishes to pursue the matter further, he/she should consult the Athletic Director. If the issue or problem persists, the parent should contact the Principal. If the matter is still unresolved, the parent should contact the Pastor.

### **CHAPTER 9: ELIGIBILITY**

At St. Athanasius School, we encourage students to take responsibility for their own learning, strive for strong academic achievement, and participate in the school's co-curricular program, including athletics. Participation in co-curricular activities is beneficial to the growth and well-rounded development of our students and enhances their overall learning experience.

In order for students to participate in co-curricular activities, they must be productive and in good standing in the classroom. If a student does not meet the standards set forth by the school, he/she becomes ineligible to participate in co-curricular activities. This eligibility policy applies to all grade 6-8 students.

Eligibility will be assessed at a point in the middle of each trimester and again at the end of each trimester. If a student-athlete's grade in any subject drops below seventy-seven percent (77%) a week before the mid trimester or end of trimester, he or she will be issued a probationary form. The cut-off for turning in any outstanding work to teachers will be 3:30 pm on the Mid-Trimester/End of Trimester eligibility dates. Any student who received a probationary form must, prior to the cut-off date, submit any missing assignments to the issuing teacher and return a signed and completed probation form signed by a parent or legal guardian and completed by the issuing teacher indicating the student's grade. The probation form must be submitted to the Assistant Principal. Any student whose grade is still below 77% or fails to return the signed and completed probation form by the cut-off date, will be ineligible for one game or co-curricular activity contest. If the above eligibility requirements are met, the student is eligible to participate in co-curricular activities. By the next day, the Assistant Principal will notify the Principal, student's parents, the athletic director, and activity advisor(s) regarding a student's eligibility. Independent of the eligibility requirements, students may be excluded from games, practices or meetings at the request of the coach, advisor, parent and/or the Principal. After missing the game the student again becomes eligible to participate in games. The Principal may determine a student's eligibility at other than the times described above.

### **CHAPTER 10: COUNCIL II-3A LEAGUE REGULATIONS**

The St. Athanasius School Athletics Program, its Policies and Guidelines, along with the Principal, Athletic Director, coaches, student-athletes, and spectators shall at all times be subject to and adhere to, the Catholic Council II-3A Athletic League Regulations, including the Catholic Council II-3A Athletic League Code of Ethics.

The Council website is [www.council2athletics.org](http://www.council2athletics.org).

#### **UNIFORM AND EQUIPMENT REQUIREMENTS**

All Uniforms and team gear (e.g. warm-ups) must be approved by the Principal or his/her designee

##### 5th - 8th Co-Ed Cross Country

Uniforms are issued through the Athletic Director and coaches.

##### 4th Co-Ed Flag Football

Shirts are purchased and issued through the Athletic Director and coaches. In case of cold weather, sweatshirts may be worn under the uniform shirt.

##### JV and Varsity Boys Football

Equipment is issued through the Athletic Director and coaches. Students will be issued a Helmet, pads, uniform jersey and pants through the Athletic Director and coaches.

##### 4th - 6th Boys and Girls Volleyball

Jerseys are issued through the Athletic Director and coaches. Athletes may purchase shorts and kneepads.

##### 7th and 8th Boys and Girls Volleyball

Jerseys are purchased and issued through the Athletic Director and coaches. Athletes purchase volleyball shorts and kneepads.

##### 4th - 6th Boys and Girls Basketball

Jerseys are issued through the Athletic Director and coaches.

##### 7th and 8th Boys and Girls Basketball

Jerseys and shorts are issued through the Athletic Director and coaches.

##### Varsity Cheerleading

Uniforms are issued through the Athletic Director and coaches.

Co-Ed Track & Field  
Meets: Track Uniform (supplied)

Track & Field	4th - 8th	Catholic Youth Organization/ Chicago Archdiocese/District 65
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**League Participation**

The following is a list of the primary leagues for each sport. Coaches may elect to enroll their teams in additional leagues and tournaments.

**Fall Program:**

<i>Sport</i>	<i>Grade</i>	<i>League</i>
Co-Ed Cross County	5th - 8th	Chicago Archdiocese
Cheerleading	8th	Council II-3A
Girls Volleyball	4th - 8th	Council II-3A
Co-Ed Flag Football	4th	Evanston Recreation League
Boys Tackle Football	5th - 8th	Council II-3A

**Winter Program:**

<i>Sport</i>	<i>Grade</i>	<i>League</i>
Boys and Girls Basketball	4th and 5th	Evanston Recreation League/Council II 3A
Boys and Girls Basketball	5th - 8th	Council II-3A

**Spring Program:**

<i>Sport</i>	<i>Grade</i>	<i>League</i>
Boys Volleyball	6th - 8th	Council II-3A