

Our Lady of Humility School



**Athletic Handbook
2018-2019**

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Dear Parents and Students,

Welcome to the Our Lady of Humility Athletic Program! Participation of the families of OLH is vital to the success of the Athletic Program, and the OLH Athletic Committee would like to take this opportunity to thank you for your support.

A well-organized sports program promotes the physical, mental, emotional, and spiritual growth of our students. It is the purpose of the OLH Athletic Committee to create and uphold the standards that govern the athletic programs.

The success of OLH Athletics depends not only on the principals, but on the support of the OLH community. This is achieved through the hard work of our dedicated coaches and staff, as well as the commitment and dedication of our students and parents.

The purpose of this handbook is to outline the philosophy, guidelines, and rules of the Athletic Program. Parents, please read through this handbook with your child. You and your child will be expected to sign the form at the end of this handbook to acknowledge that you understand and agree to the rules and guidelines within.

*Sincerely,
The Our Lady of Humility Athletic Committee*

PHILOSOPHY

The athletic program of Our Lady of Humility School relies upon the family to provide the basic foundation for spiritual, academic, social, and physical development.

We believe this groundwork is built upon by our athletic program in the following ways:

- Developing the student's ability to balance school work, sports participation, responsibilities at home, and recreation
- Developing the student's body and mind through sports activities, such that each child may reach his/her full athletic potential.
- The athletic program will provide a positive outlet for students to participate in a competitive environment
- Developing student morale and school spirit
- Developing student's courage and resolve in the face of competitive situations
- Importance of physical conditioning in maintaining a healthy body, mind, and spirit
- Encouraging future participation in sporting activities

NON-DISCRIMINATION IN SCHOOLS

(Archdiocesan Policy 130)

130.1 Archdiocesan schools admit students of any race, color, national and ethnic origin to all rights, privileges and activities generally accorded or made available to students in these schools.

Archdiocesan schools do not discriminate on the basis of gender, race, color or national and ethnic origin in administration of educational policies, loan programs, Athletic or other school-administered programs.

130.2 Schools may admit students who are not Catholic provided that these students will not displace Catholic students and that both students and parents clearly understand that participation in Catholic religious instruction and school activities, related to Catholic identity of the school, are required.

CONFERENCE MEMBERSHIP

Our Lady of Humility is a member of the Northeast Illinois Catholic Conference. The NICC teams compete in 5th through 8th grade sporting events. The Athletic Director is the school representative on the NICC, and can provide additional details on the current schools participating in the NICC, as well as the rules the NICC abides by for each given sport.

REGISTRATION AND FEES

Parents with student's interest and participation in an OLH athletic program will be required to complete the registration packet on the school sports website (www.olhsports.com) no later than the register by date.

The registration packets include specifics on fees, forms, and waivers. The registration packet must be completed and returned prior to any student participating in an OLH athletic program.

OLH Athletics fields the following athletic programs (assuming adequate student participation):

Multiple Seasons (September – April)

- Cheerleading Grades 7-8 (Register by 5/28/18) \$15.00

Fall Season (August through October):

- Boys Soccer Grades 5-8 (Register by 5/28/18) \$45.00
- Girls Volleyball Grades 5-8 (Register by 5/28/18) \$45.00

Winter Season (November through February):

- Boys Basketball Grades 5-8 (Register by 9/8/17) \$45.00
- Girls Basketball Grades 5-8 (Register by 9/8/17) \$45.00

Spring Season (March through May):

- Track & Field Grades 5-8 (Register by 1/13/18) \$15.00
- Boys Volleyball Grades 5-8 (Register by 1/13/18) \$45.00
- Girls Soccer Grades 5-8 (Register by 1/13/18) \$45.00

ATHLETIC PROGRAMS

In the spirit of the OLH Athletics Philosophy, the Athletic Director and Coaches will strive to ensure each student athlete gets the most out of the OLH athletic program. Programs for the lower grades will tend to focus on teamwork and athletic fundamentals. Programs for the upper grades will build upon these fundamentals, and begin to introduce more advanced skills including a competitive environment suitable for students seeking to transition to athletics at the high-school level.

Player movement and playing time is a frequent source of misunderstanding and conflict among coaches, students and parents.

Students are required to play for their grade level, if needed they may be allowed to play one grade level up as well. This is only in an as needed case that will be recommended by the Coach and approved by the Athletic Director.

In grades 5 and 6, coaches are expected to award equal playing time for all participants over the course of the season. There is a significant difference between competitive play at the high school/college level and at the competitive play at the youth level. Because the focus at the 5th and 6th grade level is based on development and not winning, every player at the 5th, and 6th grade must have equal opportunity to play.

The coaches volunteering at the 5th and 6th grade level must understand our coaching philosophy. Each student has the opportunity to participate in sports with meaningful playing time is essential to childhood development, confidence building, and overall athletic development. Simply stated, kids who sit benefit less from sports than kids who play.

In grades 7 and 8, playing time should be a reflection of ability, effort, attendance at practices, and commitment to the team. Coaches at the 7th and 8th grade level should work collaboratively with parents in helping all student athletes understand that not everyone who is on the team will be able to play equal amounts. However, playing time is expected for all players at this grade level.

Missing practice without cause or excessive absences can result in reduced playing time. Playing time may also be reduced as a disciplinary action, especially when a player loses self-control or engages in other conduct unbecoming a Christian student athlete. Generally, however, every eligible athlete plays in every game (including tournaments).

EQUIPMENT

All equipment and uniforms used during sanctioned OLH Athletics events or practices must be approved by the Athletic Director. Equipment will be provided by the OLH athletic department. Jerseys will need to be purchased by the parents before the start of the season by the manufacture and should not be substituted unless approved by the Athletic Director. Personalized jerseys will not be allowed, if you already have a personalized jersey from previous years you will be permitted to still use that jersey.

ATHLETIC DIRECTOR

The Athletic Director (AD) is responsible for the direction and coordination of sports and sports-related activities at Our Lady of Humility. The AD shall ensure that the fundamentals of the OLH Athletic Philosophy are embodied throughout all facets of the OLH Athletic Program. The AD is responsible for appointment of all coaching positions. Coaches are assigned at the beginning of the school year.

The AD is appointed annually by the Principal. Depending on the preferences and/or time resources available, the AD may request an Assistant AD position(s) be filled. Although the AD can recommend a suitable person for this role, the Assistant AD(s) must be approved by the Principal. This year's AD is Tony Kucharski, he can be reached at OLHAthleticProgram@gmail.com.

COACHES

The coach must be aware that he/she holds significant influence in the education and athletic development of the student athlete. The coach must never place the value of winning above the value of instilling the principals of the OLH athletic philosophy. As a result, the following guidelines should be followed by all coaches participating in OLH athletic programs:

The coach is responsible for upholding the honor and dignity of the OLH athletic program during practice as well as all OLH athletic events.

The coach should be fully acquainted with the rules and regulations, and is responsible for their explanation to the team members as needed.

The coach should never partake in behavior unsuited to the ideals of the OLH athletic program, such as abusive language, disregard for the safety or wellbeing of student athletes, or disregard for school policy.

The coach should communicate and follow the playing time guidelines as described in the Athletic Program section of the Athletic Handbook.

The coach should communicate the practice and game schedule to athletes and parents. The coach should be punctual for practice and game events, or communicate schedule changes as needed. Practices should not run over schedule on a regular basis.

An OLH coach must be present for all practices and games.

The coach must be aware of OLH School policies and must report any violations to the Athletic Director.

STUDENT ATHLETES

Students of OLH participating in athletics must be aware that academics come first. Sports are an important part of the student's education and are a lot of fun for not only the students, but parents, coaches, faculty, and families of OLH. However, athletics are only a facet of the education provided by OLH School. OLH Student Athletes should be aware of the rules and regulations, and consult with their parents or coaches if they have any questions. The following rules and regulations should be followed by all student athletes participating in OLH athletic programs:

- Neither smoking nor the use or possession of alcohol or illicit drugs or prescription medication not prescribed by a registered physician is permitted. Any student athlete in violation of this rule will be judged accordingly as to the eligibility of any future athletic competition for Our Lady of Humility.
- Violation of school rules or disrespect of school authorities will not be tolerated. An athlete will not question the authority or decision of a coach or in any way show disrespect to the coaching staff.
- Students absent from school for any reason on a game day are ineligible for play or practice on that school day. A student should notify the head coach prior to being absent from a practice or game.
- Unsportsmanlike conduct will not be tolerated during a game or a practice session. Any student using unacceptable language should be removed from the game.

PARENTS

Parental support of OLH students is the foundation of their academic as well as athletic success. As a result, we urge parents of OLH student athletes to help instill the principals of the OLH athletic philosophy in their children.

In addition, as the primary role model of the student athlete, we expect parents to follow the below guidelines.

Parents should always show positive support during practice and games, as well as instill the principals of good sportsmanship through example.

Parents should ensure their children are punctual for practices and games, and that they are picked up promptly. Parents should notify the coach when a student athlete will be absent from a practice or game.

Parents should ensure that their children participating in the OLH athletic program are maintaining the proper balance between academics and athletics.

For games that have concessions all parents are required to work one game.

SPECTATORS

- All spectators are expected to exhibit acceptable conduct at all times, and may be removed by the game officials or authorized personnel of the host school.
- Fans are expected to be courteous and respectful of the host school facility and those in authority.
- Obscene language and behavior will not be tolerated.
- Kicking and stomping on bleachers is unacceptable.
- Local host rules about food and drink in gyms must be observed.
- Local host schools' rules regarding facilities/parking must be observed.
- All student spectators are to be supervised by an adult.
- Arrival time should be no more than 30 minutes prior to game time for the first game of the event.

A final note to parents:

Athletics are an exciting, rewarding, and often exhilarating program at OLH. Our faculty and staff strive to ensure that the OLH Athletic program is successful for everyone involved. In the event that parents have concerns, questions, or issues with the administration of the OLH Athletic program, please speak up. However, we ask that the below guidelines be followed:

First, talk to the coach or assistance coach. Many issues can be resolved simply by making the coaching staff aware of the concern. However, please refrain from raising

issue in the middle of a practice or game. If possible, raise your concern with the coaching staff privately after the game is over or before the next practice.

In the event the concern is not resolved after discussion with the coaching staff, please contact the Athletic Director. The AD is in place to ensure the overall success of the OLH Athletic program, and is available to help address any concern. If the AD is not able to address the concern, he/she will refer to the appropriate OLH faculty until the concern is resolved.

Athletics can be a fun activity to some, and a passion to others. Good communication between the parents and the OLH coaches and Athletic Director helps ensure that the OLH Athletic program is safe and rewarding for all.

- OLH Athletic Committee

CHILD/MINOR ACKNOWLEDGEMENT FORM

Athletic Program:

School Year: 2017/2018

The Catholic Bishop of Chicago (CBC) and Our Lady of Humility Parish are committed to conducting programs and activities in the safest manner possible and holds the safety of participants in the highest possible regard. Participants and parents registering their child in these programs must recognize there is an inherent risk of injury when choosing to participate in these activities including athletics. The CBC and Parish insist participants follow safety rules and instructions designed to protect the safety of the participants and attendees.

Please recognize the CBC and the Parish does not carry medical accident insurance for injuries sustained in its programs. The cost would make program fees prohibitive. Each person registering themselves or a family member for a recreation program/activity should review their own health insurance policy for coverage. The absence of health insurance coverage does not make the CBC or the Parish responsible for the payment of medical expenses.

I recognize and acknowledge there are risks of physical injury and I agree to assume the full risk of any injuries (including death), damages, or loss which I or my minor/child/ward may sustain as a result of participating in activities connected with this program. I am responsible for the transportation of my child/ward to and from the event(s). The use of my personal automobile to transport participants or attendees is not sanctioned by the CBC and the Parish and is my voluntary undertaking. While using my personal vehicle to and from parish/school activities, I acknowledge my automobile insurance is primary; I understand and will comply with the rules and regulations of the Illinois Motor Vehicle Code; I understand and will comply with other Federal, State and local laws; during the event(s) and to and from the event(s) I will not engage in any inappropriate behavior or activity and doing so will be my personal responsibility.

On behalf of myself or child/ward, I will indemnify the Catholic Bishop of Chicago, a Corporation Sole and the parish from claims resulting from injuries (including death), damages and losses sustained by me or my minor child/ward or arising out of, connected with, or in any way associated with the activities of the program.

In the event of an emergency, I authorize the CBC or parish officials to secure from any hospital, physician, and/or medical personnel any treatment deemed necessary for my minor child's immediate care and agree

I will be responsible for payment of any and all medical services rendered. I have read and fully understand the above program details.

Parent/Guardian Signature

Date

Parent/Guardian Name

Child/Minor/Ward Name

Address

Home Telephone

Work Telephone

STUDENT ATHLETE CODE OF CONDUCT

School Name: Our Lady of Humility

School Year: 2017/2018

The purpose of the following Student Athlete Code of Conduct is to help define appropriate actions and behaviors that support the mission of the athletic program. All participating student athletes should read, understand, and sign this form prior to participation.

Any student athlete who does not follow the guidelines below may be suspended or expelled from the athletic program.

As a student-athlete, I therefore agree to the following:

1. I will play the game for the game's sake.
2. I will be generous in winning and graceful in losing.
3. I will display good sportsmanship and respect towards all opponents.
4. I will work for the good of the team.
5. I will accept the decisions of the officials gracefully.
6. I will conduct myself at all times with honor and dignity. This includes during and after school, games, practices, and trips to other schools and facilities.
7. I will recognize, applaud, and encourage the efforts of my teammates and opponents.
8. I will show respect for my coaches.
9. I will show respect towards fans and personnel from other schools.
10. I will read and follow the OLH Athletic Handbook

Athlete's Name

Athlete's Signature

Date

SPORTS PARENT/GUARDIAN CODE OF CONDUCT

School Name: Our Lady of Humility

School Year: 2017/2018

The purpose of the following Sports Parent/Guardian Code of Conduct is to help define appropriate parental/guardian actions that support the mission of the athletic program. Parents/guardians should read, understand, and sign this form prior to participation.

Any parent/guardian who does not follow the guidelines below will be asked to leave the sports facility and be suspended from the privilege of attending games.

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these pillars of character.

As a parent/guardian, I therefore agree to the following:

1. I will not force my child to participate in sports.
2. I will remember that the game is for youth, not adults.
3. I will learn the rules of the game and the policies of the league.
4. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy towards all players, coaches, officials, and spectators at all games and practices.
5. I (and my guests) will not engage in any kind of unsportsmanlike conduct (booing, taunting, etc.) or any other form of harassment towards any official, coach, player or parent.
6. I (and my guests) will not use any profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials, and spectators with respect.
10. I will teach my child the importance of hustle, playing fairly, and doing one's best.
11. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.

12. I will emphasize the importance of skill development over winning and losing.
13. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my own child.
14. I will respect the officials and their authority during games, and will never publicly question their decisions.
15. I will respect the coaches for the time they donate, and I will never publicly confront, question, or criticize them.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol, and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches for the team.
18. I will read and follow the OLH Athletic Handbook

Athlete's Name

Parent/Guardian Signature

Date

Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptom may include one or more of the following:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Neck pain
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems
- Repeating the same question/comment

Signs observed by teammates, parent and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall event after hit
- Seizure or convulsions
- Any change in typical behavior or personality
- Loses consciousness

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete’s safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. OLH Policy requires athletes to provide written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest.

You should also inform your child’s coach if you think that your child may have a concussion. Remember it’s better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:
<http://www.cdc.gov/ConcussionInYouthSports/>

Student Name (please print)

Student Signature

Date

Parent Name (please print)

Parent Signature

Date