



Athletic Handbook

2023-2024

Immaculate Conception Catholic School

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Dear Parents, Student Athletes, and Coaches,

Welcome to the beginning of another exciting school year!

As part of the school community, ICCS athletics is designed to enhance the development and experience of each student who participates. In this handbook, we have outlined the expectations and policies for the ICCS Athletics Program. We hope this will provide you with a guide to answer some of the questions that may arise throughout the course of the year. We realize some issues may come up that are not addressed in this handbook. Please contact us if you have any questions, concerns or special situations that need to be brought to our attention.

Here at ICCS, the coaches respect the parents as the primary educators of their student athlete, and we will partner with parents in the formation of the student athlete. It is our goal that we all work together as a team to ensure the Catholic mission and identity of ICCS is carried through our athletic program.

Please review this handbook with your student/athlete and understand that we all have an important role in the success of our programs and making it a positive experience for all involved.

Thank you for your commitment to our program and I look forward to working with you and your student athlete.

Sincerely,

Andres Rocha

ICCS Athletic Director

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Section 1: Mission of ICCS Athletics

The ICCS Athletic Program dedicates itself to the pursuit of excellence in athletics. The mission of ICCS athletics is to promote the development of the child as a whole, in a nurturing environment while strengthening our mind, body and spirit through sport.

Section 2: Philosophy

The philosophy of ICCS athletics is to provide an opportunity for a safe and rewarding participation in a variety of sports for students with an athletic interest. Participation on a team is a privilege. With this privilege comes the responsibility in the areas of academics, preparation, attitude, Christian integrity, and sportsmanship. These responsibilities exist both in and out of school, both in athletic and non-athletic settings.

Section 3: Objectives

- To provide a competitive athletic program and compete at the highest level possible
- Instill good habits, sound Christian morals, exemplary citizenship, and a high standard of sportsmanship in the students of ICCS athletics programs
- Encourage students to grow spiritually, physically, mentally, and socially
- All athletes should have an appreciation for optimum health and physical fitness. The importance of proper rest and good eating habits should be emphasized
- Develop athletic programs that result in unity, harmony, respect and success among the student athlete
- Instill in all athletes the desire and pride to represent their school and community in a manner that displays our Catholic faith

Section 4: Goals

- Inclusion of the school mission in all athletic activities

- Promoting academic excellence as an essential component in the development of the student athlete
- Committing to effective communication with administration, teachers, parents, and athletes
- Supporting the development of the student athlete as leaders and role models in the greater school community
- Display mutual respect for an opposing team's players, coaches and spectators
- Instill a mutual respect for referees, and other figures of authority

Section 5: Purpose

A properly administered athletic program can enhance the overall education of middle school students. These programs need to take into consideration the substantial range in individual differences among students of this age i.e. age, body type, interests, ability, overall health, experience, stages of physiological, emotional, and social maturity. Primary emphasis should be exploratory rather than specialization. We encourage students to participate in each sport, but care needs to be taken that academics and/or their health/safety are not at risk.

Section 6: Registration Information

A student can become a full participating member of an ICCS athletic team once the following documents are filled out and returned:

1. A current Fort Worth Diocese Athletic physical dated after June 1 of the coming school year.
2. A signed Athlete's Contract
3. A signed Parental Consent form (release of liability)
4. A signed Medical Consent form
5. Turn in sports fee

Section 7: ICCS Athletic Teams

ICCS athletics will be offered to students who are currently enrolled in the 6th -8th grade.

The teams offered are:

Girls volleyball

Boys and girls basketball

Boys and girls track

Section 8: Tryouts

Tryouts will be determined by the head coach of each sport. It is not expected that all students will be able to be members of a team, so when cuts are necessary, students should be treated fairly and with compassion. Coaches should provide individualized feedback to players and alternative team roles can be considered. Parents are welcome to watch the tryouts, but any interaction with the athletes or video recording of any kind is prohibited.

Section 9: Coaching Responsibilities/ Conduct

At all times coaches must set a good example and serve as positive role models for the student athletes.

Section 10: Language

Language should be appropriate and constructive at all times. Coaches are expected to not only monitor their own language, but they should also set and enforce standards of appropriate language for their athletes.

Section 11: Treatment of Opponents

Although opponents are not a part of our school community, they are members of the larger body of Christ and should be treated as such. Coaches should model such respect for their athletes and should instruct players on how to welcome their opponents and all visitors in a way that conveys a sense of hospitality and community.

Section 12: Coaching Duties

- Plan out practices and games
- Supervise athletes at all times until they are picked up from practices/games

- Condition athletes properly
- Assess athletes' readiness for practice & competition
- Instruct properly on rules of play
- Maintain safe playing conditions
- Ensure cleanliness of facilities
- Provide proper equipment
- Communicate practice and game schedule to athletes and parents

Section 13: Communication with Athletes and Parents

ICCS coaches should establish clear procedures and guidelines for communication with athletes and parents that align with the philosophy and mission of ICCS.

E-mail should be used only to communicate basic information, such as time and location of games and practices. Discussions of concerns should always be done in person. If a face-to-face meeting is not possible, a phone call is acceptable. Before meetings, establish clear agendas and communicate that certain topics will not be discussed. Coaches do not have to discuss playing time, coaching strategies and specific plays, or information pertaining to other athletes.

Section 14: Student Expectations and Requirements

Students and parents should recognize that participation in the athletic program is not a right of all students, but rather a privilege to those selected individuals who possess the ability, attitude, disposition, cooperative spirit, and desire to represent the ICCS community in a favorable way. By joining the school's athletic program, a student becomes a representative of his/her team and of ICCS.

Section 15: Eligibility

Student's eligibility is determined by maintaining all core curricular areas above a 76% and following the code of conduct. Grade check will occur every 3 weeks. If a student is below a 76% then they will sit out from games the next 3 weeks.

Students will also become ineligible when they receive a strike. Receiving a strike

means the student will miss one game. **A strike can be accrued with 1 after school detention or 3 in-school detentions.** After a total of 3 strikes the student will be removed from the team. The strikes will clear after each quarter. This, however, does not mean the student will be allowed back on the team. *See Dismissal From or Quitting a Team.* If a student becomes ineligible, they are still expected to practice and be present at home games only. They will not be allowed to travel with the team.

Section 16: Student-Athlete Expectations

A student athlete's behavior is governed by the same rules, regulations, and procedures that apply to all students as set forth in the ICCS Parent-Student Handbook. Each student athlete is expected to demonstrate and encourage in others behaviors that reflect good sportsmanship.

Section 17: Attendance

All student-athletes must be marked as present in school on the day of practice or a game in order to participate. Please see the Student-Parent Handbook for what constitutes an absence.

All student athletes must recognize the time commitment made to a team. One is expected to attend all practices and games. If one cannot attend a practice or game, please make sure the coach and/or athletic director has been notified at least 24 hours in advance unless an absence occurs due to an emergency or illness. Consequences for a missed practice or game will be informed by the team rules as outlined by the coach/team at the beginning of the season in addition to the natural consequences that result from missing practice instruction or game experience.

Section 18: Dismissal From or Quitting a Team

Once an athlete begins practice in a sport and his/her squad membership is terminated for a reason other than being cut due to lack of ability, he/she is ineligible to participate in any other sport unless he/she is given prior approval by the athletic director and/or the administration after a thorough investigation of the case with all involved parties.

Once an athlete is on a team and voluntarily quits that team, he/she is ineligible to participate in any other sport during that semester unless he/she is given approval

by the athletic director and/or the administration.

Section 19: Participation on Outside Teams

While participating on a school team, athletes are permitted to participate in the same sport outside of the school during the sport season. The outside participation must not conflict with the team schedule of the school. This includes practices, games, and playoffs. School events always take precedence over outside events and/or practices.

Section 20: Dress Code/Uniforms

Student athletes are highly visible representatives of the school and, as such, are responsible for using good judgment in their overall appearance. All teams, regardless of level, have a responsibility to ensure that their game attire speaks volumes of their class and excellence. All game shirts will be tucked in. No player should make modifications to his or her uniform. Athletes are to wear a school issued uniform and treat their uniform with respect. Teams that treat their uniforms with respect, exude class.

Uniforms must be returned to the athletic director within seven (7) days of the last game. Progress reports and/or report cards may be withheld until the uniform is returned. If a uniform is not returned, parents are responsible for the cost of replacing the uniform. Regular tennis shoes can be worn during PE/Sports Activity; however the shoes must have uniform color in them. Students will be allowed to wear the uniform blue (navy blue) colored basketball shorts instead of the school issued navy blue shorts.

Section 21: Sportsmanship

All student-athletes are expected to represent ICCS in an exemplary manner. This behavior is expected both on and off the court or field. Student athletes are expected to display the best of Christian courtesy and manners to all officials, coaches, opposing coaches, players, and spectators. At all times good sportsmanship is the rule, not the exception. The penalty for unsportsmanlike behavior during a practice or game will be left to the discretion of the coaches for each sport along with input from the athletic director. This can range from sitting out at practice to a one-game suspension. In extreme cases when an athlete has been ejected from a game, multi-game suspensions and dismissal from the team may be appropriate. The athletic director and principal will make the final

decision following a meeting with the athlete, coach, and parent.

Section 22: Transfer Students/Injured Students

Transfer students or students injured at the beginning of a season will be awarded a tryout for a team if there are more than half of the games left in that sport's season. Transfer and injured students are guaranteed the same tryout duration as the other athletes, though they are not guaranteed placement.

Section 23: Cell Phone Policy

(See Handbook For Explanation)

There will be no cell phones allowed at practices or games. If a student is riding the bus to the game, there will be a cell phone box where ALL cell phones must be put and kept until the student will be leaving the coach(s) supervision.

Section 24: Supervision During Games

During ICCS athletic events, all students should be supervised by their parents. The students can sit either with their parents or in the designated seating area with boys sitting together and girls sitting together.

Section 25: Expectations of Parents

Top Five Ways to Support your Student-Athlete

1. **Be present** – Show up to games, cheer, and support our teams!
2. **Be positive** – Children learn from modeling. When talking about the game, season, performances and decision-making, please share the gift of a positive outlook on life! Make sure that your child knows that win or lose, he/she is loved and supported.
3. **Encourage independence** – Encourage student-athletes to be responsible for the care of their athletic gear and to be prepared for practices and games. In addition, student athletes should speak directly with their coach about any questions and/or concerns.
4. **Observe the “24 Hour Cushion”** – As do all good educators, ICCS coaches will naturally and deliberately reflect on game situations and decisions. Please allow coaches the time they need to process their decisions before approaching them with any questions. As stated above, coaches need not discuss playing

time, coaching strategies and specific plays, or information pertaining to other athletes.

5. **Model ICCS behavior expectations for visiting spectators** – Take pride in our athletic program and model for visitors how we...
 - i. cheer for our team rather than against our opponents.
 - ii. respect the integrity and authority of game officials.
 - iii. allow coaches to coach without criticism from the spectators.
 - iv. help clean up at the end of athletic events.
6. **Conduct of Spectators-** Parents are restricted from yelling instructions during a game or delaying a player entering the locker room at half time or the end of the game with the rest of the team.

Affirmation—positive “go team” support—is a welcomed and an important part of every game. In an effort to avoid miscommunication or conflicts with coaching instructions, however, spectators and parents must not interfere with sporting events by attempting to direct, instruct, coach or criticize any player, referee or coach at ANY time. In addition to this responsibility, we also request that parents of players do not approach or attempt to speak to the coaching staff or players immediately before, during or after the games. Questions or comments are welcome through email only. This policy fosters a more professional, consistent and positive environment for the team, each player, the coaches and the spectators, and is consistent with the requirements often required in private club and high school athletic programs. Any violation constitutes a breach of the athletic policy contract. Thank you in advance for your cooperation and support.

Section 26: Practice

There is a possibility of practices being held before school in the mornings or after school. Parents are not expected to congregate in the gym during practice times because it will be an interruption to the practice. The students will be dismissed out the gym door after practices unless they are sent to extended day. If students are not picked up within 15 minutes after the scheduled practice time is over, they will be sent to extended day.

Section 27: Volunteer Hours

If your son/daughter is participating in volleyball or basketball, then it will be mandatory that you serve at LEAST 2 hours of volunteer time in conjunction with the athletic program. This will include working at the concession stand, gate, or hospitality room during tournaments. These hours count towards the required 35 volunteer hours for ICCS for which you are responsible recording on your volunteer log. This means you must have attended and be up-to-date with Keeping Children Safe.

Section 28: Transportation

Transportation to/from practices is the sole responsibility of the parents. Please ensure that your student athlete is picked up promptly at the end of each practice/game. If the student is not picked up 15 minutes after practice, they will be sent to extended day.

Section 29: Removal from Team – Parent Decision

The principal, athletic director and coaches will respect and support the decision of a parent to remove his or her child from a team for any reason. However, once the child is removed, he or she may not return to that team for the remainder of the season for that specific sport.

Section 30: Revisions/Modifications to Policy

The Principal may make changes to any policies outlined in this handbook as needed, and has the final decision with regards to any policy. Changes will be made public in the weekly email.

Section 31: Athletic Contract for Student & Parent/Guardian

I, _____ (student), acknowledge and agree to obey all rules set for this sports season, and I understand that I may be dropped from this sports program at any time for failure to observe the rules of the athletic policy.

(Signature of Athlete) _____ (Date)

I, _____ (Parent/Guardian), acknowledge and agree to obey all rules set for this sports season, and I understand that my child may be dropped from this sports program at any time for my failure to observe the rules of the athletic policy.

(Signature of Parent/Guardian) _____ (Date)