

St Vincent's Athletics – Frequently Asked Questions

What sports does St Vincent's offer for 5th-8th grades?

St Vincent's is a member of the Fort Wayne CYO. We compete against other area CYO schools as well as some local public and private schools. St Vincent's offers the following sports:

Fall Season

Football, Volleyball, Cross Country (Boys & Girls), Football Cheer

Winter Season

Basketball (Boys & Girls), Wrestling, Basketball Cheer

Spring Season

Soccer (Boys & Girls), Track (Boys & Girls), Golf (Boys & Girls, 7TH & 8th Grade Only), Softball

When are the sports seasons?

Fall sports begin with practices in early August. The season will run through early to mid-October.

Winter sports generally begin with practices in early November and the season will run through the end of January into early February. Wrestling is delayed and begins in January running into early March.

Spring sports practices begin in March, usually with conditioning and skills work in the gym. They move outdoors when the weather breaks. Games usually begin after Spring Break.

What days and times do teams usually practice?

Practice schedules and game schedules vary from sport to sport and season to season. The variance is usually dependent on the coach's schedule, the grade level and the availability of practice venues. Older grades usually practice more often than the younger grades and older grades will usually practice later in the evening. Practice time slots are usually 90 minutes in duration between 3:00 pm and 9:00 pm. We make an effort not to schedule 5th grade in the 7:30-9:00 time period.

How do we get signed up?

Sports registration requires the following elements, 1) Registration and payment, 2) Physical Examination, 3) Concussion/Sudden Cardiac Arrest Awareness Certification and 4) Completed CYO Consent Form. **All of these must be on file with the Athletics Department before anyone is allowed to practice.**

- 1) Registration – All registrations are currently handled online through the Athletics web page. Go to www.saintv.org and click on School and Athletic Forms. Fill out the registration form completely and submit.
- 2) Physical Examination – All players participating in a sport must have a physical exam by a physician and submit the completed physical examination form that is also found on the

Athletics web page. **A current physical examination form must be on file with the Athletics Department or the school nurse before anyone is allowed to practice. Physicals are valid for a 12 month period.**

- 3) Concussion/Sudden Cardiac Arrest Awareness – All parents, players and coaches are required to learn about concussions and sudden cardiac arrest so that we can recognize the symptoms and take appropriate pre-cautionary action. To this end we provide information on our website. Parents are required to read the information, discuss with your son or daughter and then submit the online form found on the web page that certifies they have read and understand.
- 4) All athletes must also complete and submit a CYO Consent Form before practicing. This must be signed by the athlete and the parent. **In the past athletes were allowed to turn these forms in to the coach. This is no longer allowed. They must be turned in to the Athletic Department.**

Is it too soon to get registered?

No! Registration is now open for Fall sports. In fact, it is better to get started now, especially if your son or daughter needs to schedule a physical with your family doctor. If you wait until the last minute then it is possible that you will miss out on the first few practices in the Fall. Also, some coaches offer pre-season conditioning sessions. If you are not registered you may very likely miss these sessions.

What if my son or daughter gets hurt or injured?

Injuries are a part of sports. Hopefully there will not be any serious injuries. However, if an injury of any level occurs, it should be reported immediately or as soon as possible to the Athletic Department by the coach, parent or both. We will fill out an incident report with our insurance carrier as soon as we have all the information. The sooner this process is started, the more promptly the issue can be dealt with.

I would like to be a coach. How do we get started?

Great! Coaches are always needed, usually as assistants but sometimes as head coaches. All of our coaches are volunteers. The first step is to notify the Athletic Director and setup a time to meet. We currently have head coaching needs for a 5th and 6th grade volleyball coaches and a 5th grade cheer coach as well as basketball, soccer and track.

I understand a Sports Ministry program is being used at St Vincent's?

Yes, the program is named Virtue=Strength. To learn more, go to www.SportsLeader.org. This is a virtue based program that emphasizes Catholic identity. Each week a different virtue is featured and promoted by coaches. Parents can participate as well if they choose. Sports Leader provides the material. There are currently 70 virtues featured in their program. Examples include perseverance, gratitude, unity, responsibility, toughness, wisdom and determination.

If you think of a question later you can always call or email.

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