

# **Our Lady of Humility School**



**Athletic Handbook  
20015-2016**

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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:

We believe in developing the student's ability to balance school work, sports participation, responsibilities at home, and recreation.

We believe in developing the student's body and mind through sports activities, such that each child may reach his/her full athletic potential.

We believe that the athletic program will provide a positive outlet for students to participate in a competitive environment.

We believe in developing student morale and school spirit.

We believe in developing student's courage and resolve in the face of competitive situations.

We believe in the importance of physical conditioning in maintaining a healthy body, mind, and spirit.

We believe in 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 Lake County Catholic Conference. The LCCC teams compete in 5<sup>th</sup> through 8<sup>th</sup> grade sporting events. The Athletic Director is the school representative on the LCCC, and can provide additional details on the current

schools participating in the LCCC, as well as the rules the LCCC abides by for each given sport.

### **ATHLETIC PROGRAMS**

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

Fall Season (August through November):

- Boys Soccer (grades 5-8)
- Girls Volleyball (grades 5-8)
- Cheerleading (grades 5-8)

Winter Season (December through February):

- Boys Basketball (grades 5-8)
- Girls Basketball (grades 5-8)

Spring Season (March through May):

- Boys Volleyball (grades 5-8)
- Girls Soccer (grades 5-8)

In the spirit of the OLH Athletics Philosophy, the Athletic Director(s) 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.

### **REGISTRATION AND FEES**

Fee Day typically occurs in August. During Fee Day, parents with students interested in participating in an OLH athletic program will be required to submit registration packets for Fall Season sports. Winter and Spring sports registration packets are made available during the school year.

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

### **EQUIPMENT**

All equipment and uniforms used during sanctioned OLH Athletics events or practices must be approved by the Athletic Director. Equipment or uniforms are provided by the OLH athletic department and should not be substituted unless approved by the Athletic Director.

### **ATHLETIC DIRECTOR**

The Athletic Director (AD) is responsible for the direction and co-ordination 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.

### **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 Programs 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 (such as eligibility requirements), and must report any violations to the appropriate faculty.

### **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. As a result, OLH enforces a strict Athletic Eligibility Policy which applies to all student athletes.

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.

### **ATHLETIC ELIGIBILITY**

All students involved in the athletic program at Our Lady of Humility will have to meet the requirements outlined below in order to participate in any sport or athletic activity.

Students shall maintain a "C" in all academic classes including computers, mathematics, science, social studies/history, religion, language arts, English and reading. A "C-" is considered a "C".

Grades shall be posted by the teachers on Power School. It is the teachers' responsibility to post grades regularly and the students' responsibility to be aware of their grades. Two weeks after the trimester begins the teachers will check the grades to confirm eligibility. If a student is not eligible as defined above, their parent/guardian will receive a written notification on Friday. The parent/guardian is asked to sign and return the ineligibility the following Monday. The ineligibility will begin the following Monday and extend for the following two weeks ending on the next eligibility check (Friday).

When a student is on the ineligibility list, he/she has the choice to attend all practices and games, but they cannot represent Our Lady of Humility during a game or tournament.

If a student receives two ineligibilities in the same sport the student will be removed from the team. A notice will be sent home regarding removal from the team.

## **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.

*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 after 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

## Informed Consent

I hereby give my permission for \_\_\_\_\_ (student name)  
to participate in \_\_\_\_\_ (sport)  
during the school year of \_\_\_\_\_ (year).

Further, I authorize the school to provide emergency treatment of any injury or illness my child may experience if qualified medical personnel consider treatment necessary and perform the treatment. This authorization is granted only if I cannot be reached and a reasonable effort has been made to do so.

My child and I are aware that participating in athletics is a potentially hazardous activity. I assume all risks associated with participation in this sport, including but not limited to falls, contact with other participants, the effects of the weather, traffic, and other reasonable risk conditions associated with the sport. All risks to my child are known and appreciated by me.

I understand this informed consent form and agree to its conditions on behalf of my child.

I confirm that I have read and understood the rules and regulations described in the OLH Athletic Handbook.

\_\_\_\_\_  
Student Name (please print)

\_\_\_\_\_  
Parent Name (please print)

\_\_\_\_\_  
Parent Signature Date

# ARCHDIOCESE OF CHICAGO

## Child/Minor Athletic Participation Release Form

Child/Minor Name:	
Address:	
Parent/Guardian Name:	
Home Telephone: ( )	Work Telephone: ( )

The Catholic Bishop of Chicago (the CBC) and Our Lady of Humility Parish (the Parish) are committed to conducting athletic programs and activities in the safest manner possible and holds the safety of participants in the highest possible regard. Participant and parents registering their child in athletic programs must recognize, however, that there is an inherent risk of injury when choosing to participate in athletic activities. The CBC and the Parish insist participants follow safety rules and instructions, which have been designed to protect your safety.

Please recognize that the CBC and the Parish do not carry medical accident insurance for injuries sustained in its programs. The cost would make program fees prohibitive. Therefore, each person registering themselves or a family member for a recreation program activity should review their own health insurance policy for coverage. It must be noted that the absence of health insurance coverage does not make the CBC or the Parish automatically responsible for the payment of medical expenses.

Due to the difficulty and high cost of obtaining medical accident insurance, the CBC and the Parish require the execution of the following Waiver and Release. Your cooperation is greatly appreciated.

### Waiver and Release of All Claims

Please read this form carefully and be aware in registering your minor child/ward for participation in this program you will be waiving and releasing all claims for injuries you and your minor child/ward might sustain arising out of this program.

As the participant in the program, I recognize and acknowledge that there are certain 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 participation in any and all activities connected with or associated with such program.

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Parent/Guardian (Signature)

(Date)

Our Lady of Humility Athletics

Medical History-Physical  
(To be maintained in the school office)

To be filled out by Parent/Guardian:

Name: \_\_\_\_\_ Birth Date \_\_\_\_\_

Weight: \_\_\_\_\_ Height: \_\_\_\_\_ Grade: \_\_\_\_\_ Age: \_\_\_\_\_

Previous Problems:	Yes	No		Yes	No
Head	_____	_____	Shortness of Breath	_____	_____
Eye	_____	_____	Chest Pain	_____	_____
Ear	_____	_____	Asthma	_____	_____
Throat	_____	_____	Allergies	_____	_____
Cardio Pulmonary	_____	_____			

History of headaches (explain) \_\_\_\_\_

History of heart problems \_\_\_\_\_

History of high blood pressure \_\_\_\_\_

History of hernia \_\_\_\_\_

Previous bone injury \_\_\_\_\_

Previous muscle injury \_\_\_\_\_

Any other existing physical problems:

\_\_\_\_\_  
\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

To be filled out by Physician:

Temperature \_\_\_\_\_

Head problems \_\_\_\_\_

Respiration \_\_\_\_\_

Chest problems \_\_\_\_\_

Blood Pressure \_\_\_\_\_

Hernia \_\_\_\_\_

Pulse \_\_\_\_\_

Foot \_\_\_\_\_

Pulse after 20 squats \_\_\_\_\_

Allergies \_\_\_\_\_

Pulse after 2 min. rest \_\_\_\_\_

Urine Analysis Sugar \_\_\_\_\_

Acetone \_\_\_\_\_

Physician Signature: \_\_\_\_\_

Date \_\_\_\_\_

# EMERGENCY MEDICAL TREATMENT FORM

(To be retained by the Coach)

We, the parent/s of \_\_\_\_\_

Give permission for emergency treatment of my/our child for illness or accident if I/we cannot be contacted.

## Parent/Guardian Contact Information

\_\_\_\_\_  
(Name) (Relationship) (Home#) (Cell#)

\_\_\_\_\_  
(Name) (Relationship) (Home#) (Cell#)

Name of Insurance Co.: \_\_\_\_\_

Insurance Policy# : \_\_\_\_\_

Name of Policy holder: \_\_\_\_\_

Does it provide "24 hour" emergency treatment? \_\_\_\_\_ Yes \_\_\_\_\_ No

Does the athlete have any known allergies? \_\_\_\_\_

Is he/she taking any medication regularly? \_\_\_\_\_

Does he/she have any existing physical problems? \_\_\_\_\_

\_\_\_\_\_  
Parent/Guardian (Signature) Date

\_\_\_\_\_  
Parent/Guardian (Signature) Date