



INTRODUCTION

Welcome to the Saint Ignatius College Prep Athletic Department and the rewarding opportunities to help educate and condition the minds and bodies of student-athletes. This handbook should help answer and explain many questions regarding school, league and state policies. In addition, it will explain thoroughly what is expected of Saint Ignatius College Prep athletes and their parents. It is imperative that you understand clearly what the Athletic Department hopes to accomplish. If clarification is needed regarding a particular situation, please feel free to call me at (312) 421-5900 Ext. 355.

When reviewing this handbook, please keep in mind the importance of each athlete's responsibilities both to the team of which he/she is a member and to Saint Ignatius College Prep. In order for our programs to run smoothly, we must expect as much from ourselves as we do from anyone else. Champions perform as well off the field as they do on the field.

Hard work and determination pay off; make this year a memorable one for your student-athletes and Saint Ignatius College Prep.

Sincerely,

Paul Ickes
Athletic Director

MISSION STATEMENT

The Saint Ignatius College Prep athletic philosophy is centered on the educational foundations outlined in the JSEA document "The Graduate at Graduation". The interscholastic athletic program is an integral part of the total education and growth experience at Saint Ignatius College Prep. Athletics should affirm and promote the Ignatian values as stated in the "Grad-at-Grad" and engage student-athletes fully in mind, body and spirit. Student-athletes, coaches and parents are called upon to work together in a true spirit of sportsmanship to assist in creating an environment in which those Ignatian values can be revealed, tested and proven relevant both to participants and the entire school community. Through participation in athletics, the Saint Ignatius College Prep athlete matures and learns to take responsibility for his/her growth as a person by developing loyalty, pride, integrity and commitment. As athletes seek the challenges of competition, even at the risk of failure, they learn that success demands the development and integration of physical skill and intellectual preparedness. One of the most visible characteristics of the "Grad-at-Grad" that athletics promotes is the need to move beyond self-interest. Team-centered activities enable our athletes to share their God-given talents for the betterment of others rather than their own glory. Also, as athletes take their individual skills and apply them toward achieving team goals, a strong understanding of the importance of leadership naturally evolves. The commitment to justice outlined in the "Grad-at-Grad" comes to light in our athletic program through the ideals of good sportsmanship. The concepts of fair play and sportsmanship require forethought, maturity, respect, generosity and integrity. By actively promoting these values, Saint Ignatius College Prep athletes learn to take them beyond the athletic field and into their everyday lives.

Through participation in athletics at Saint Ignatius College Prep, student-athletes will mature physically, emotionally, socially and spiritually. They will learn to take responsibility for personal growth by developing loyalty, pride, integrity and commitment. Athletics provide the opportunity for the student-athlete to exhibit a progression of physical skills and knowledge of a particular sport, enabling him/her to apply these skills and knowledge to new situations and a variety of learning formats. Through participation in athletics, the student-athlete learns that God is active in all things and that individual and liturgical prayer will bring him/her closer to God. The student-athlete comes to trust that he/she is known and loved by God; that love invites a personal response, which is an expression of movement within the human heart beyond self-interest or self-centeredness. Success in athletics at Saint Ignatius College Prep is ultimately determined by how well our athletic community, which includes parents, coaches, athletes and fans, adheres to these standards and utilizes them in the process of forming men and women for others. In seeking to produce graduates who will be leaders in action, modeled on Christ, we are ultimately asking our coaches and athletes to do more than simply win games. Although winning is certainly a by-product of holding our athletes to these higher standards, it is not our primary goal.

Saint Ignatius College Prep ATHLETIC AND CO-CURRICULAR CODE

This handbook is to present guidelines for all students involved in athletics and co-curriculars at Saint Ignatius College Prep. The students are a direct and important representative of the school and the educational mission of Saint Ignatius College Prep. Their conduct and deportment are governed by the rules and regulations of the Saint Ignatius Parent/Student handbook, Illinois High School Association, Chicago Catholic League, Girls Catholic Athletic Conference, Metro Catholic Aquatics Conference and all conference affiliations. A coach/moderator should report any violation to the Athletic Director and Deans. The violation will be discussed by the coach/moderator, Athletic Director and Deans, and an appropriate course of action will be determined as to his/her future participation.

Participation in athletics and co-curriculars is a privilege - not a basic right of all students. It is the belief of Saint Ignatius College Prep that a strong athletic and co-curricular program creates and maintains positive school spirit and fosters student responsibility.

ATHLETIC DEPARTMENT

2015-2016

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SPORTSMANSHIP

Sportsmanship encompasses the practice of playing fair, taking defeat without complaint and victory without gloating, and treating teammates and opponents with respect and dignity. In accordance with the school's philosophy and goals, the promotion of sportsmanship is of utmost importance. Sportsmanship demonstrated by all involved in athletics is perhaps the clearest sign of the Christian mission of our school. Everyone associated with an athletic event (coaches, athletes, students, parents, spectators) has a responsibility to uphold the highest standards of sportsmanship before, during and after a contest. Sportsmanship includes, but is not limited to, the following:

- Showing respect for teammates, opponents and officials.
- Maintaining self-control.
- Showing respect for the facility in which the contest is taking place.
- Refraining from heckling, jeering or using profane language.
- Being positive in words and actions in general.

As parents are the primary role models for their children, it is critical that parents set the best possible example of sportsmanship, particularly when they are spectators at an athletic contest.

ELIGIBILITY POLICY (NEW FOR THE 2015-2016 SCHOOL YEAR)

To be eligible to play and or participate in all co-curricular athletic and student activity programs, students must not have any reported grade of F and must maintain a minimum GPA of 1.75. Grades will be posted each Thursday by 5:00 PM. These posted grades will determine eligibility beginning the following Monday through Sunday of the next calendar week. If a student raises his/ her GPA to a 1.75 or above and does not receive any Fs on the subsequent grade report, he/ she will become eligible beginning the Monday after that subsequent report.

ATTENDANCE POLICY

A student must be in school at least one-half of the day in order to participate in or attend co-curricular or athletic events after school. This applies to students who arrive late to school even if they are ill.

PHYSICAL EXAMINATIONS FOR PARTICIPATION

Both the IHSA and the Saint Ignatius College Prep Athletic Department require physical examinations for all students participating in a sport. This rule is as follows:

- An annual physical examination by a medical practitioner certifying that the student is physically fit to participate in athletics is required before a student may try out, practice or participate in interscholastic athletic competition.

The Athletic Department reserves the right to make an independent determination of a student's fitness for participation in and to prohibit a student from playing competitive sports if a student exhibits a dangerous or potentially dangerous medical, physical or psychological condition, irrespective of a physician's certificate of fitness.

STUDENT-ATHLETE INSURANCE INFORMATION

All student-athletes are covered by supplementary insurance through Christian Brothers Insurance. In the case of an injury to an athlete, the coach should notify the Athletic Director as soon as possible and instruct the injured student to pick up an accident claim form. During off-school hours a parent/guardian should notify the coach. The student's parents must first file a claim through their primary insurance and then submit any balance that may exist.

DRUG AND ALCOHOL POLICY

A verifiable code violation is deemed to have occurred when:

- a Saint Ignatius College Prep employee personally confirms the athlete's possession or consumption of tobacco, alcohol, steroids or other illegal drugs; OR
- a law enforcement agency, or representative thereof, confirms possession or consumption of any of the above substances; OR
- an athlete admits to the Athletic Director or coach **FOLLOWING JUST CAUSE SUSPICION** that he/she has consumed or possessed any above valid substance.

ATHLETIC CODE VIOLATION PENALTIES

Please refer to the school handbook.

TRYOUTS

There will be a minimum of one (1) tryout day and a maximum of three (3) tryout days before a “cut” is made and a minimum of three (3) tryout days for athletes coming out from a previous sport. The varsity coach and assistants and the JV coach should be involved with these tryouts and provide input to freshman coaches on roster selections. Traditionally, the following sports are “no cut”: Cross Country, Football, Swimming and Diving, and Track and Field.

PRACTICES

- Classes are normally dismissed at Saint Ignatius College Prep at 3:00 p.m. Practices should begin within 20 minutes after school is dismissed. Practices should normally not exceed two and one-half hours in length, which should be a sufficient amount of time for daily practice on the high school level.
- Contrary to a great number of youth athletic programs, practice at the high school level is not optional. Once an athlete commits to an athletic team, he/she is expected to be at all practices. This includes on weekends and during vacation periods. The only excused absences are when the athlete is absent from school or he/she is personally excused by a coach beforehand. It is the responsibility of the student-athlete to call the coach about illness or missed practices.
- Practices are not canceled due to inclement weather. Student-athletes should bring a set of dry clothes and a set of tennis shoes to practice on days that inclement weather is forecast.

HAZING

Saint Ignatius College Prep affirms the dignity of every student. Hazing is unacceptable conduct, as well as illegal, and will never be tolerated.

COMMUNICATION BETWEEN COACH, ATHLETE AND PARENT

“Let the coaches’ coach, the players play and the referees’ ref”.

Parent/Coach Relationship

We are very pleased that your student-athlete has chosen to participate in the Saint Ignatius College Prep athletic program. We will do all we can to provide a positive experience for him/her. Possibly the most important ingredient to achieve this outcome is to ensure that lines of communication are developed to allow for free and easy resolution of questions before they become issues. As a parent, you have the right to know what expectations are placed on your student-athlete.

Communication Coaches Should Give to Parents

- Philosophy of the coach.
- Expectations the coach has for your child.
- Locations and times of all practices and contests.
- Team requirements (i.e., physical, fees, forms, special equipment, off-season conditions and summer programs).
- Procedure should your child be injured during participation.
- Discipline that could result in the denial of your child’s participation.

Communication Coaches Should Expect from Parents

- Concerns expressed directly to the coach first.
- Notification of any schedule conflicts well in advance.
- Specific concern in regard to a coach's philosophy and/or expectations.

As your athlete becomes involved in the various programs at Saint Ignatius College Prep, he/she will experience some of the most rewarding moments in his/her life. It is important to understand that there also may be times when things do not go the way your athlete wishes. At these times, discussion with the coach may be desirable to clear up the issue and avoid any misunderstanding.

Appropriate Concerns to Discuss with Coaches

- The treatment of your child - mentally and physically.
- Ways to help your athlete improve.
- Concerns about your athlete's behavior.

It is very difficult to accept your child's lack of playing time. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all athletes involved. As you have seen from the list above, certain things can and should be discussed with your athlete's coach. We ask that other things be left to the discretion of the coach.

Coaches' Decisions

- Playing time.
- Team strategy.
- Play calling.
- Matters concerning other student-athletes.

There are situations that may require a conference between the coach and the parent. It is important that both parties involved have a clear understanding of the other person's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution of the issue of concern.

If you have a concern to discuss with a coach, please follow the procedure below:

- Your athlete should first talk with the coach about his/her concerns.
- The parent should call to set up an appointment.
- If the coach cannot be reached after a reasonable amount of time, call Mr. Paul Ickes, Athletic Director (312-421-5900 Ext. 355). He will arrange the appointment for you.
- Please do not approach a coach before or after a contest or practice. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolutions.
- If the meeting with the coach does not provide a satisfactory resolution, call the Athletic Director to discuss the situation.

Whether or not this step is ever reached, please keep in mind the protocol below when you elect to pursue a concern you may have regarding your athlete's experience on one of Saint Ignatius College Prep's athletic teams. Please make contact as follows:

- Head Coach
- Athletic Director
- Principal