



**JOSEPHINUM  
ACADEMY**  
OF THE SACRED HEART

# Student-Parent Athletic Handbook 2020-2021

*\*These expectations and rules are in addition to the rules found in the Josephinum Academy of the Sacred Heart High School Student Handbook and the Illinois High School Association (IHSA) rules.*

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## **I. JOSEPHINUM'S MISSION STATEMENT**

*Josephinum Academy of the Sacred Heart offers a world-class approach to academic excellence combined with a holistic, moral, and spiritual development in a college-preparatory environment at an affordable price to all girls in the heart of Chicago.*

## **II. PHILOSOPHY OF JOSEPHINUM ATHLETICS**

The Josephinum Academy Athletic Department gives young women an opportunity to compete on the interscholastic level in a variety of sports. It seeks to promote teamwork among peers and adults in the spirit of competition. The student-athlete exemplifies the Sacred-Heart Goals which are; a personal and active faith in God, a deep respect for intellectual values, a social awareness which impels action, the building of community as a Christian value, and personal growth in an atmosphere of wise freedom. Each student-athlete takes pride in building and representing the ongoing tradition of Josephinum Academy's excellence in athletic achievement, which enhances life-long learning.

It has been an ongoing tradition and philosophy of the Josephinum Academy Athletic Department that participation in athletics is an integral part of the education process. Participation in Josephinum athletics is a privilege and an honor, not a right to be taken for granted. Athletics provides opportunities for students to grow and come to value sportsmanship, teamwork and fair play. Participation in athletics can teach educational values such as discipline, dedication, desire, courage, dignity, sacrifice, competition, responsibility, leadership and pride. The true value of high school athletics rests in the learning of these life-long lessons.

The success of our athletic teams is a direct result of the following: dedication of our coaches, continuing cooperation with the school administration, the support provided by the parents and members of the community, and the dedication, skill and participation of our athletes. In administering the athletic program, efforts will be made to offer those activities, which meet the needs and interests of the students, to provide the best possible facilities and to provide qualified coaches. The primary concern in conducting the athletic program is the health and welfare of the student-athletes.

## **III. JOSEPHINUM'S STUDENT HANDBOOK (copied)**

### **A. ELIGIBILITY POLICY FOR ATHLETIC AND CO-CURRICULAR PROGRAMS**

**The purposes of this policy are as follows:**

- To establish qualifications for participating in athletic and co-curricular activities
- To provide motivation to keep academic performance high
- To aid students in balancing the various aspects of their lives

**Josephinum's basic beliefs regarding eligibility for participation include:**

- Academic / intellectual development is the primary focus of Josephinum Academy
- Students represent the school and should reflect Josephinum in the best light
- Students are motivated by eligibility standards to maintain academic performance
- Standards should be enforced firmly and consistently
- Students who are heavily involved in and outside of school must learn to budget time and set priorities
- Participation in co-curricular and athletic programs are essential to becoming well-rounded individuals, but they are a privilege that accompanies good behavior and academic performance

A minimum grade point average (GPA) of 2.0 must be maintained in order to participate in interscholastic athletics.

- Grades will be updated each week and will be used to determine grade point eligibility
- Each player must come to practice on time after school every day from 4:00pm - 6:00pm (Schedule may vary)
- Attendance is mandatory. Any absences must be accompanied by a note from a doctor, parent, or teacher. If otherwise, the absence will be counted as unexcused.
- Three **unexcused** absences has the potential to result in dismissal from the team.
- One **excused** absence will result in the inability to **start** the next game (given the next game is the following day)
- Three **excused** absences will result in an inability to play the next game; however, the player must still be in attendance to support the team.
- Each player needs to be prepared with a T-shirt, comfortable shorts or pants, and athletic shoes. They must remove **ALL** jewelry for practice.
- If you miss school, players may not participate in any after school activities such as practices, or games.
- If a student is receiving a D in any class they may be directed to focus on classwork during the scheduled practice time. The student athlete will work on class assignments, homework, or quizzes on the stage. The student athlete **MUST** still attend practice.
- If a student is receiving an F in any class they will be directed to focus on classwork during the scheduled practice/game time. The student athlete will work on class assignments, homework, or quizzes on the stage. The student athlete will **NOT** be allowed to participate in any games, or practices until the grade has been deemed passing. The student athlete **MUST** still attend the scheduled practices and games.
- Multiple F's may result in dismissal from the team. This is a case by case basis.
- Uniforms **MUST** be turned in to the Athletic office by the end of season banquet. If they are not turned in to the Athletic Department. The student's account will be charged an appropriate fee depending on sport.
- Any alcohol or drug abuse is strictly banned from the team and will result in an immediate dismissal from the team.

## **B. INTERSCHOLASTIC JOSEPHINUM ATHLETICS**

*Josephinum Academy does not recruit students or attempt to recruit students for athletic purposes in accordance with the Illinois High School Association. Any contact with students, home visits and/or phone calls are prohibited. Gifts, leadership awards, scholarships or financial aid are not offered for athletic ability.*

The Josephinum athletic program includes 4 sports and 7 teams. Josephinum *Cougars* participate in interscholastic athletic competition in conjunction with the Chicago Prep Conference (CPC) under the auspices and rules of the Illinois High School Association (IHSA). The main objective of Josephinum's athletic program, which is co-curricular to our educational mission, is to foster participation, competition, sportsmanship, skill and social development.

Policies and rules pertaining to participation in Josephinum's athletic program and sports teams, as well as IHSA rules, are contained in the Student-Parent Athletic Handbook, which is available on our athletic website. The purpose of this Student-Parent Athletic Handbook is to present information and guidelines regarding athletics to student athletes enrolled at Josephinum Academy.

Josephinum's Administration and Athletic Staff welcome you to our *Cougar's* teams and programs. We pledge our assistance and support as we work with students and parents in building a quality athletic program within our educational environment.

### ***Fall Sports:***

Volleyball

### ***Winter Sports:***

Basketball

### ***Spring Sports:***

Soccer

Softball

## **C. JOSEPHINUM COUGAR'S OBJECTIVES OF PARTICIPATION**

The interscholastic athletic program, like co-curricular clubs and organizations, serves as a complement to the classroom, one which attempts to help Josephinum students meet goals through experiential learning opportunities. The purposes of this program are to provide Josephinum's student athletes with these opportunities:

1. To achieve a sense of self-worth and to develop self-confidence.
2. To develop their physical talents to their maximum potential.
3. To engage in competitive activities.
4. To learn new skills beyond those already acquired and to improve on them.
5. To exemplify good sportsmanship as a means of learning good citizenship.
6. To experience both winning and losing.
7. To learn from experience that consequences follow the violation of a rule.
8. To experience working as a member of a team in order to achieve both personal and shared goals.
9. To develop leadership, listening and communication skills.

10. To engage in problem solving and decision making.
11. To participate in organized activities with other young women whose different backgrounds and experiences enrich their own.
12. To understand and practice the principles of sound health, safety and physical fitness.
13. To manage time effectively.

#### **D. JOSEPHINUM COUGAR'S ATHLETIC CODE OF CONDUCT**

Josephinum Athletics administration, coaches of athletic teams and sponsors of student activities believe that students who are selected for the privilege of membership on teams will conduct themselves as responsible representatives of the school. In order to ensure this conduct, coaches and school officials enforce a Code of Conduct that is consistent with Josephinum's Mission Statement and general Student Code of Conduct. Consequently, student athletes who fail to abide by the Code of Conduct are subject to disciplinary action. Members of teams must serve as exemplars of high moral character and must demonstrate the same appropriate academic and co-curricular commitment which is expected of all Josephinum students.

As recognized representatives of their school, student athletes are expected to exhibit appropriate behavior during their sports season and out of it, in uniform or out of uniform, on campus or off campus, during the school day and outside of the school day.

#### **IV. ATHLETIC DISCIPLINARY ACTION**

- **HAZING** - Any activity created with the intention of causing another student mental, emotional or physical discomfort, embarrassment, or ridicule is considered hazing. Hazing is unacceptable conduct, as well as illegal and will never be tolerated. Incidents of hazing should be reported immediately to the Athletic Director or Dean of Students.
- **SOCIAL MEDIA** - If the student-athlete maintains a Facebook, Twitter, Snapchat, Instagram and/or any other social network profile on the internet, she is responsible for all the content exhibited on her page and will be held accountable for said content.
- **ALCOHOL or OTHER DRUG USE/POSSESSION/DISTRIBUTION** - Use/possession/distribution of alcohol, tobacco, other controlled substances, or misuse of non-prescription drugs is harmful and illegal.

All student-athletes who violate any of these behaviors (but not limited to) during pre-season, in-season, and off-season training are subject to the Josephinum Academy disciplinary actions and/or removal from the team.

#### **V. 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. Personal free day and college visits will prevent participation in after school events.

## **VI. REQUIREMENTS FOR PARTICIPATION**

1. Signed Parent / Student-Athlete Agreement from the Handbook
2. IHSA Sports Medicine Acknowledgement & Consent Form
3. \$30 non-refundable athletic fee per sport (Will be due if student-athlete is selected to participate on a sports team)
1. IHSA Physical (expires every 395 days)

## **VII. ATHLETIC INJURIES & CONCUSSION**

A student-athlete who is suspected of sustaining an injury while participating in an extracurricular activity shall be removed from participating or competition immediately. An Incident Report will be completed by the coach or athletic director, and the athlete must seek medical attention following an incident. If a student-athlete requires outside medical attention at any time, a note from a licensed physician must be received before the student-athlete can return to practice or contest.

Any student-athlete who has been removed from an interscholastic contest for a possible concussion or head injury cannot return to that contest unless cleared to do so by a certified athletic trainer or licensed physician. If not cleared to return to that contest, a student-athlete cannot return to play or practice until the student-athlete has provided the school with written clearance from a licensed physician or certified athletic trainer. While removed from all extracurricular activities, it is the state and school policy that all student-athletes begin action steps for recovery through *Return to Learn* and *Return to Play* concussion management programs until the student-athlete has been entirely cleared.

## **VIII. TRANSPORTATION**

Josephinum Academy provides bus and/or van transportation to and from all away athletic contests (not practices or any home games). In rare instances, permission may be given to an individual to drive to contests. Athletes must return to the school by the same means of transportation used going to the athletic contest. Only with explicit permission of the coach and signed permission of the parent/guardian, may an athlete leave an away contest by a different means of transportation.

## **IX. FUNDRAISING**

All athletic fundraising for Josephinum Athletics is completed by each team specifically led by the head coach. Athletic teams are expected to fundraiser for themselves. Any fundraising events must be submitted to the Director of Athletics at least two weeks in advance. Any gift for

Josephinum athletic teams must be cleared with the Athletic Director. This includes T-shirts, donations, equipment, uniforms, etc.

## **X. COMMUNICATION BETWEEN COACH, ATHLETE AND PARENT** **“Let the coaches’ coach, the players play and the referees’ ref”.**

### **A. PARENT/COACH RELATIONSHIP**

We are very pleased that your student-athlete has chosen to participate in Josephinum athletics. We will do all we can to provide a positive experience for 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.

### **B. COMMUNICATION COACHES SHOULD GIVE TO PARENTS**

- Philosophy of the coach.
- Team Goals.
- 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.

### **C. 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 Josephinum Academy, she will experience some of the most rewarding moments in 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 and athletic director may be desirable to clear up the issue and avoid any misunderstanding.

### **D. 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 the team. 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.

#### **E. 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. We ask you to wait 24 hours before contacting coaches with concerns from the night before. It is important that both parties involved have a clear understanding of the other person's position. 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. When these conferences are necessary, the following procedure should be followed to help promote a resolution of the issue of concern:

- The student-athlete should first talk with the coach about her concerns.
- Then the parent should talk to the coach about his/her concerns.
- If the meeting with the coach does not provide a satisfactory resolution, call the Athletic Director to discuss the situation.

#### **F. THE CHANNEL OF AUTHORITY IN THE ATHLETIC DEPARTMENT**

- Lower Level Head Coach / Assistant Coach
- Varsity Head Coach
- Athletic Director
- Principal

### **XI. SPIRITUALITY**

Team masses, prayer services, prayers before or after games, etc. are acceptable means by which a coach may strive to develop a spiritual component to his/her team.

#### **An Athletic Prayer**

God our Father,  
You have created us to strive for the best.  
Grant to all athletes, coaches, and fans,  
strength to pursue excellence during this event,  
and in all that we do.  
We pray for the safety of these athletes;  
Protect them from injury and harm.  
And finally, we pray for your grace,  
that you would provide us with the endurance  
to pursue our heavenly prize:  
eternal life in your Son. Amen.

**XII. ACKNOWLEDGEMENT/CONSENT FORM  
2020-2021**

A copy of the Student-Parent Athletic Handbook is always available at <https://www.josephinum.org/page.cfm?p=548>.

I hereby consent to my daughter participating in the interscholastic athletic program at Josephinum Academy of the Sacred Heart. I acknowledge the receipt of the Student-Parent Athletic Handbook. I understand the conditions set forth in the Handbook and agree to abide by those conditions.

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Signature of Parent/Guardian

Date

I understand that my participation in interscholastic athletics at Josephinum Academy is entirely voluntary on my part. I have received a copy of the Student-Parent Athletic Handbook. I understand the conditions set forth in the Handbook and agree to abide by those conditions.

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Signature of Student

Date