

Resurrection College Prep  
Athletic Handbook  
2022 - 2023



# Table of Contents

1. Introduction
2. Sponsorship
3. Mission Statement
4. Administration
5. Sports By Season
6. Registration
7. Tryouts and Team Selection
8. Mandatory Pre-Season Athlete/Parent Meeting
9. Attendance and Participation
10. Team Apparel and Uniforms
11. Fees and Volunteer Hours
12. Eligibility: Academic
13. Coach Communication
14. Relationship and Behavioral Expectations
15. Locker Room / Facilities
16. Injuries and Sports Medicine Policy
17. Team Building Activities
18. Technology and Social Media
19. Transportation
20. Awards
21. Security and Supervision
22. Warning of Risk
23. Resurrection Athletics Pledge Sheet

# RESURRECTION COLLEGE PREP ATHLETIC HANDBOOK 2022 - 2023

*We take pride in our athletic teams and are excited you have chosen to participate. Participation in the Resurrection Athletic Program is a privilege, not a right, and with such a privilege comes responsibilities.*

## **1. INTRODUCTION**

Welcome to the Resurrection College Prep Athletic Department. Being part of a team is a rewarding experience for high school athletes. Athletes learn the value of teamwork, self-control, and hard work while participating in Interscholastic Athletics. Resurrection College Prep is a member of the Girls Catholic Athletic Conference (GCAC) and the Illinois High School Association (IHSAA).

The athletic handbook is in place to ensure the athletic department runs smoothly. The handbook covers school policies and expectations as they relate to athletics. Expectations of coaches, athletes, and parents are included. It is important that the handbook be reviewed and understood by all involved in Resurrection athletics, as it can help answer many questions. Adherence to the handbook by all members of the athletic department is crucial for the growth and development of athletic programs. This handbook is supplementary to the school handbook. School policies still apply.

## **2. SPONSORSHIP**

Since the Fall of 2020, Resurrection College Prep High School is joyfully sponsored by the Institute of the Brothers of the Christian Schools, known as the De La Salle Christian Brothers. Resurrection exists within the broader Lasallian network, including the Christian Brothers of the Midwest District which is one of four districts within the Lasallian Region of North America (RELAN). Lasallian education is rooted in the mission of Saint John Baptist de La Salle, patron saint of teachers, who founded the Christian Brothers more than 300 years ago. Today, the Christian Brothers and their Lasallian Partners, such as Resurrection, continue to educate those entrusted to their care and to respond to students through advancements in teaching, technology and scholarship.

## **3. MISSION STATEMENT**

The Resurrection College Prep Athletic Department is an integral part of the total education of the student athlete. Athletic programs offer our students many opportunities for spiritual, social, emotional, physical, and intellectual growth and overall well-being. The commitment to use God-given talents in the pursuit of excellence is expected of every member of the athletic program in order to develop all athletes to their full potential. The athletic program at Resurrection College Prep celebrates the gift of feminine strength, the unity of teamwork, the joy of selflessness, and the power of collaborative relationships. The ultimate goal of the Resurrection athletic department is that all participants will come to know that they are unconditionally loved by God and through that love are invited to respond beyond their own interests or needs.

Athletes must make a commitment to themselves and their team, recognizing that their efforts and sacrifices contribute to the greater good of the program. Athletes should exhibit a positive attitude, strong work ethic, and be respectful at all times. Athletes are accountable to standards of behavior as outlined in the Resurrection College Prep Student Handbook and Athletic Handbook. These standards of behavior are expected 365 days a year, both on and off the field.

#### **4. ADMINISTRATION**

The administration of Resurrection College Prep High School is in full support of the Athletic Program.

President	Dr. Richard Piwowarski
Principal	Ms. Colleen Brewer
Athletic Director	Mr. Eddie Kane
Dean of Students	Ms. Tamara Bernardin
Assistant Principal	Dr. Patricia Caine
Assistant Principal	Ms. Terri Hanrahan

#### **5. SPORTS BY SEASON**

<b><u>Fall</u></b>	<b><u>Winter</u></b>	<b><u>Spring</u></b>
Cross Country	Basketball	Softball
Tennis	Bowling	Soccer
Volleyball		Lacrosse
Swimming		Water Polo
Golf		Track

#### **6. REGISTRATION**

Each student-athlete must be registered online by a parent and submit a current athletic physical before she may participate in an athletic tryout, practice or contest. The link to register an athlete is:

<https://www.reshs.org/athletics/athletic-tryouts>.

#### **7. TRYOUTS AND TEAM SELECTION**

Resurrection offers a variety of sports. In some sports, particularly volleyball, tennis, softball, and basketball, a selection process will occur, resulting in not all candidates being selected. The Head Coach, along with his/her assistant coaches is responsible for the selection of the team. Athlete selection for a team is based on skill, ability, effort, and attitude. Seniority, attendance at open gym or summer camps, and/or club and travel teams do not guarantee placement on a team.

Athletes who are not selected for a team, can go out for another same-season team, provided that team has not created a final roster, and space remains on the team for more players.

#### **8. MANDATORY PRE-SEASON ATHLETE/PARENT MEETING**

Each sport will conduct a mandatory pre-season parent meeting. Attendance by the athlete and one parent is required. The coach or athletic director will review the Athletic Handbook, expectations, and important organizational material to ensure the season runs smoothly. Parents will have the opportunity to ask any questions they have regarding the team. At the conclusion of the meeting athletes and parents will sign the Resurrection Athletics Pledge Sheet, a copy of which must be on file in the athletic office. Failure to have a copy on file in the athletic office will result in the athlete's non-participation.

## **9. ATTENDANCE & PARTICIPATION**

A student must be in school for a minimum 3.5 hours of the day to participate in athletics. If an excused absence such as a funeral or medical appointment causes the athlete to not be in school for 3.5 hours, email the Athletic Director 24 hours in advance to have the athlete cleared.

Athletes are expected to be fully committed to their athletic teams. Unexcused absences from practice can result in disciplinary action from the coach, including loss of playing time.

Per IHSA regulations, an athlete is not allowed to play on any outside team of the same sport while her school team is in season. A student may participate in only one sport per season.

## **10. TEAM APPAREL & UNIFORMS**

All players are required to purchase the mandatory team apparel chosen by the Varsity Head Coach. For some sports this includes the game day uniform. For sports where the coach issues the player a uniform, the uniform must be returned at the conclusion of the season.

Any team wishing to purchase spirit apparel that is not included in the team bundle must have designs approved by the Athletic Director.

## **11. FEES & VOLUNTEER HOURS**

Resurrection College Prep High School will bill a non-refundable athletic fee of \$200 per sport (\$175 for any subsequent sports) on the student-athlete's tuition bill. It is an expectation that parents volunteer six or more hours within the athletic department over the course of the school year. These hours may be served at the concession stand, the Bandit Boutique, the admission table, or a Cubs game at Wrigley. Directions on how to sign up will be given at the preseason parent meeting. We use a system called Sign-up-Genius.

## **12. ELIGIBILITY: ACADEMIC**

Resurrection uses IHSA policies to guide its eligibility framework. To be eligible for athletic competition, students must not have any failing grades during the weekly grade check on Thursday at 9:00am. These posted grades will determine eligibility for one week beginning Friday through Thursday of the next week. If an ineligible student raises their grade mid-week during the ineligibility period, the student still has to serve the entire one week of ineligibility.

Grade checks are based on the current quarters grades, and will begin after two full weeks of a new quarter have been completed. Semester averages do not count towards eligibility. Eligibility is based solely on the current quarter average. Ineligible athletes may still practice. If an ineligible athlete has improved their grade they may attend a game. The athlete may not wear the team uniform, or participate in warm-up activities.

The athletic director will notify parents and students by email of an athlete's ineligibility by 3:00pm on the day of the grade check. All attempts will be made to discuss with the athlete their ineligibility status in-person on Thursday during school.

If an athlete remains on the eligibility report for three weeks in a row, that athlete may no longer be allowed to attend practices.

\*\*\*Please keep in mind that grades are continuously being entered by teachers. An athlete's eligibility is based on what the grade check indicated as of Thursday at 9:00am.

### **13. COACH COMMUNICATION**

Communication between coaches, parents, and athletes is vital to the success of athletic programs.

Parents will receive communication from the coach pertaining to

- All practice/game times and locations
- Team requirements
- Bus riding procedures
- Expectations for athletes
- Coaching philosophy
- Behavioral expectations and discipline that could affect their daughter's participation

Coaches should expect communication from parents. It is appropriate for parents to express concerns they have directly to the coach. Parents concerns could include

- Concern regarding the coach's philosophy and expectations
- Concerns pertaining to the treatment of your daughter
- Concerns pertaining to athlete injury, soreness, or overuse
- Concerns about changes in athlete behavior
- Information about athlete medical issues (i.e asthma)

The coach decides playing time. Playing time is not guaranteed. Coaches make decisions during athletic competition that they consider to be in the best interest of the team.

We hope that being a part of a team is a rewarding experience for your daughter. Participation in athletics has great potential for teaching dedication, perseverance, teamwork, courage, and poise. We realize situations may occur that require a meeting with the coach.

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

- The athlete should speak about the concern with the coach first
- If the concern is not resolved, the parent and athlete should speak with the coach
- If the concern is still not resolved, a conference will be arranged with the parent, athlete, coach, and Athletic Director.

Communication is to remain respectful at all times. It is important that both parties involved are able to gain a clear understanding of each other's position.

If a concern arises during a game or practice, please allow 24 hours before communicating that concern to the coach.

## **14. RELATIONSHIP AND BEHAVIORAL EXPECTATIONS**

To maintain positive, healthy relationships, coaches, athletes, and parents are expected to adhere to the following guidelines.

### **Coaches**

Coaches should have a positive attitude. Exhibit care for their players, and be a strong role model for the young women they serve. Coaches are to behave in a professional manner remembering they represent Resurrection. Coaches are to be respectful of players, parents, and referees.

### **Parents**

Parents are the primary role model for their children. With that comes the responsibility to remain positive around your children pertaining to coaches and other players on the team, even if you disagree with some decisions.

Parents must realize the value of sportsmanship while attending athletic competitions. Parents are expected to positively support their daughters' team at Resurrection. Parents exhibiting negative, unsportsmanlike behavior at athletic contests will be asked to leave the venue. If the behaviour continues, loss of privilege to attend athletic contests may occur. Resurrection encourages parents to cheer positively for our Bandits team, and not against the other team.

Parents are expected to leave coaching during competitions to the coaches. Athletes trying to follow instructions from multiple adults during competition leads to confusion and poor execution.

### **Athletes**

Athletes must be committed to their teams. An athlete shows up to practice on time, gives 100% effort, and is respectful of teammates, coaches and referees. When an athlete joins a team their individual talents are now in service to the team. Lack of commitment, by even one member of the team, will inhibit the team from achieving their goals. Every athlete must strive to be a good teammate. Athletes should take pride in their team. When coaches, athletes, and parents take pride in their team, it creates an atmosphere of growth and excitement.

Athletes must behave in accordance with both the Resurrection College Prep Student Handbook and Athletic Handbook while participating in extracurricular activities. In some circumstances athletes will be held to higher standards of behavior. Athletes represent the school when in a Resurrection uniform. Exceptional behavior is expected of Resurrection College Prep athletes both on and off the field.

Tier 1 Unacceptable Behaviors include but are not limited to: Disrespect toward coaches, referees, or teammates, exclusion of teammates, insubordination, and disruptive behavior.

Consequences for Tier 1 Unacceptable Behaviors are at the discretion of the coach and may include a written or verbal apology, a conference with the coach, or loss of playing time. Repeated offenses will result in greater consequences, including a meeting with the athletic director and coach, and possible suspension from the team.

Tier 2 Unacceptable Behaviors include but are not limited to: inappropriate social media posts (as defined by the student handbook) while on or off campus; vandalism of school, public, or private property; inappropriate behavior negatively representing Resurrection College Prep while on or off campus. Examples include:

- Publishing a photo or video of a classmate on social media without permission.
- Damaging a car, house, driveway, or property.
- Using profanity, either oral or written through social media on or off campus.

Consequences for Tier 2 Unacceptable Behaviors are at the discretion of the head coach and athletic director. Depending on the severity of the offense the following consequences may occur: inability to compete in an athletic contest, suspension from the team, and/or disciplinary action from the dean's office. Repeat offenses of Tier 2 Unacceptable Behaviors will result in greater consequences, which may include removal from the team.

Tier 3 Unacceptable Behaviors include but are not limited to: violation of Resurrections Alcohol and Drug Policy, Weapon Policy, and Bullying Policy. Any remarks that contain or incite verbal or physical aggression are unacceptable. Hazing in any form is unacceptable. Hazing at Resurrection College Prep is defined as any rituals for the initiation of new team members, or activities meant to form a hierarchy of respect within a team. It is considered hazing to conduct any embarrassing or humiliating activities, regardless of player agreement to the activities. Hazing can also involve singling out individual members of the team to perform specific tasks.

Consequences for Tier 3 Unacceptable Behaviors will include an immediate suspension from the team and a parent meeting with the dean of students and athletic director to determine next steps.

## **15. LOCKER ROOM/FACILITIES**

Cooperation by athletes and coaches is needed to maintain Resurrections athletic facilities. Athletes should take pride in their athletic facilities and keep them neat and clean at all times.

- Athletes are responsible for the locker they are issued. Neither food nor unwashed clothing should be stored in the locker.
- Food and Beverages are not permitted in the locker room
- Cleats are not permitted when walking on the gym floor.
- The weight room is not to be used unless a coach is present.
- The last team in any facility is responsible for clean-up and pick-up.

## **16. INJURIES & SPORTS MEDICINE POLICY**

All injuries must be reported to a coach immediately. The coach will then notify the athletic trainer for treatment and documentation. The athletic trainer should diagnose the injury, not coaches or parents. Any athlete who seeks outside medical attention must submit a note to the trainer from a doctor clearing her to resume activity without limitation before she will be permitted to resume participation.



By registering for athletics at Resurrection College Prep, parents authorize Resurrection College Prep High School to secure from any accredited hospital and/or physician any treatment deemed necessary for the immediate care of their daughter, and they agree to be responsible for the cost of any and all medical services rendered. Parents further acknowledge and confirm that their daughter is covered by an accident and health insurance policy that will cover her while participating in interscholastic athletics, and agree to maintain such coverage for the duration of participation.

Parents freely and voluntarily assume all risks of participation in school-approved athletics/activities by registering. Parents also give consent to have AthletiCo athletic trainers, physical therapists, massage therapists or other personnel provide their daughter with medical assistance and/or treatment and agree to save and hold harmless and indemnify each and all AthletiCo personnel from all liability, loss, cost, or other claim of damage whatsoever, including, injury, death or damage to property.

All athletes that sustain contact to their head or face that show signs/symptoms of a concussion will be evaluated for a concussion. If a concussion is suspected by the athletic trainer, the athlete will not be allowed to return to immediate play. Any athlete that is removed from activity with a suspected concussion will not return to activity without clearance from a physician as well as clearance from the athletic trainer. Return to play protocol will begin after the athlete is 100% symptom free. Clearance from both physician and athletic trainer will allow the athlete to return to full activity.

### **17. TEAM BUILDING ACTIVITIES**

Team building activities are an important part of any athletic team to strengthen team chemistry and build a positive team dynamic. All teams must remember that team events are to be inclusive and shall not exclude any members of the team. It is strongly recommended that team activities be hosted at Resurrection College Prep. Coaches attending events hosted by a student-athlete and her parents in their home must attend in pairs. Never should only one coach attend. Events held in public locations (i.e. restaurants, banquet halls, parks, etc) may be attended by staff.

### **18. TECHNOLOGY & SOCIAL MEDIA**

The professional relationship between coaches, parents, and current athletes is always one of mutual respect, high standards and clear relational boundaries. Therefore, coaching staff may only use the following forms of approved communication when contacting or interacting with students and parents:

- Schoology
- Res Gmail
- 8 to 18
- Group Me (2 or more coaches must be in the group)

Coaches are not permitted to communicate or interact with athletes via personal social media accounts such as Facebook, Snapchat, Instagram, Twitter etc. At no time are coaches to communicate with students via personal text, personal phone or personal email.

## **19. TRANSPORTATION**

Resurrection College Prep provides transportation to away athletic contests. The expectation is that athletes go to and from away games on the bus with their team. In certain circumstances, athletes may ride home from the game with a parent. Families must notify the coach in advance of the athletic competition if they plan to do this. If a bus cannot be provided, it will be the parents responsibility to arrange transportation for their daughters.

Athletes riding in a bus are expected to observe the following:

- Shoes must be clean before entering the bus (no spikes or cleats).
- No items or body parts are to be put outside the windows.
- Coaches must be present when athletes board the bus.
- Athletes are to speak respectfully on the bus.
- Athletes must remain seated while riding the bus.
- Food and drink must be limited and all garbage disposed of upon exiting the bus.

Athletes are to remain with the team and must be dismissed by a coach before leaving all athletic events. If an athlete leaves an event without approval from the coach, disciplinary consequences will be enforced. These consequences may include suspension or removal from the team.

## **20. AWARDS**

All athletes are expected to complete their season, including GCAC and IHSA tournaments, in order to be eligible for an official school award. Awards are given out at the fall, winter, and spring sports banquets. The awards are as follows:

- Each team member that completes her season, in addition to any other awards, will receive a *Certificate of Participation*.
- Each student-athlete will be eligible to receive her “*Letter*,” as long as she finishes the entire season in good standing.
  - Freshmen will receive their numerals
  - Junior Varsity athletes will receive:
    - JV letter their first year of participation
  - Varsity athletes will receive:
    - Varsity letter and sport-specific pin their first year of participation
    - A bar pin subsequent years of participation
- Each student that participates in a Varsity level GCAC sport is eligible for *GCAC All-Conference*.
- Each team will name an *MVP, Coaches, Spirit and Sportsmanship Award*.

## **21. SECURITY AND SUPERVISION**

Coaches are responsible for the supervision and security of athletes and athletic facilities.

- Never should a coach give an athlete their keys.
- Never should athletes be unattended while practicing or lifting weights in the weight room.
- A coach should be present until the last athlete is picked up from a practice or game.

Coaches are expected to share with athletes a plan for severe weather and emergencies. For outside sports, review the closest door to the field that the team will run to if there is severe weather or an emergency.

## **22. WARNING OF RISK**

Athletes and their parents are to be aware that participation in athletics has inherent dangers and risks. Even though participation and practice is within the rules of sport and following the instruction of the coach, one may suffer from catastrophic injury. These injuries may include but are not limited to death, serious head, neck or spinal injuries that may result in complete or partial paralysis or brain damage. Serious injury to any of the internal organs, bones, ligaments, muscles, tendons, or other aspects of the musculoskeletal system are possible. The injuries that may occur may affect one's future ability to participate in athletic and recreational activities, earn a living or engage in other business and social activities. To minimize the possibility of injury, an athlete must follow the coach's instructions regarding techniques, training, and team and school rules at all times, and participate within the rules and regulations of the sport.

Disclaimer: No handbook can cover every situation that will occur. Resurrection's administration reserves the right to make changes to this handbook and to handle situations outside the scope of this handbook as administration sees appropriate.

## **23. RESURRECTION ATHLETICS PLEDGE SHEET**

(Failure to have this on file in the athletic office will result in the athlete's non-participation)

ATHLETES NAME (print) \_\_\_\_\_ Date \_\_\_\_\_

### STUDENT-ATHLETE PLEDGE

- 1) I have read the information in the Resurrection College Prep Athletic Handbook and I agree to adhere to all its rules and regulations.
- 2) I understand that participation in sports is a privilege and not a right.
- 3) I agree to accept any role given to me by the coaching staff. I will support the coaches decisions and I will give 100% effort while maintaining a positive attitude and promoting good sportsmanship.
- 4) I pledge to be alcohol, tobacco, and drug free at all times.
- 5) I understand the medical risks of participating in athletics and will notify my coaches of any injuries or medical conditions.
- 6) I understand the Behavioral Expectations and Consequences section of the athletic handbook.
- 7) I understand that my ability to participate is based on maintaining passing grades throughout each quarter.
- 8) I understand that failure to abide by these rules may result in removal from the team and possibly from the school.

**ATHLETE SIGNATURE** \_\_\_\_\_ **SPORT** \_\_\_\_\_

### PARENT/GUARDIAN PLEDGE

I have read the rules and regulations of the Resurrection College Prep Athletic Handbook and support my daughter and her coaches in enforcing all rules and regulations set forth. I will support the sportsmanship policies set forth in this handbook along with those of the IHSA. I understand and accept the policies stated in the Coach Communication section.

I understand the academic eligibility policy, and that it is based on the current quarter average. After two full weeks of a quarter if my daughter is not passing all her classes consistently she will become ineligible to compete in games for one week (Friday through Thursday).

I agree to speak to Resurrection coaches and staff respectfully.

I understand the risk involved in participating in interscholastic sports and that there is a possibility of injury. I understand that my child must be covered under an accident and health insurance policy that will cover her while participating in interscholastic athletics, and agree to maintain such coverage for the duration of participation. I understand that I am responsible for the costs of any and all medical services rendered. In the event of a medical emergency, I give permission for Resurrection employees to secure the immediate medical care deemed necessary for my daughter.

**PARENT SIGNATURE** \_\_\_\_\_ **SPORT** \_\_\_\_\_