



National Blue Ribbon School
Since 2012

Parent & Student Athletic Handbook

2022-2023



Elise Gentile, Athletic Director
GentileE@icdurham.org
@ICS_Athletics

Dear Parents and Students:

In accordance with the standards of the Diocese of Raleigh, Immaculata Catholic School Athletic Department's mission is to further enhance the overall educational experience for its students by providing conference and non-conference sports. With the assistance of volunteers, coaches, and parents, the Immaculata sports program serves to promote physical fitness, socialization, teamwork, leadership skills, and good sportsmanship.

Immaculata participates in the Triangle Catholic Schools Athletic Conference (TCSAC), a conference comprised of area Catholic Schools. Immaculata plays under the North Carolina High School Athletic Association rules as amended by the By-Laws of the TCSAC. In addition to playing conference games, Immaculata teams may play other schools in the Durham area.

The athletic handbook was developed to guide student athletes and their parents. Please read through its policies carefully and contact the athletic director should you have any questions. If a student chooses to play for a school sports team, both the student and the student's parents must follow the policies within this handbook.

The policies stated in the handbook are meant to be a guide to student activities and discipline. Since it is impossible to foresee all situations that may arise, such occurrences are covered in the spirit of the handbook even though they are not specifically stated.

Interested parties who want to share stewardship to the athletic department should contact the athletic director. The greatest gift that we can give to mankind is to positively affect and develop the lives of all children.

Sincerely,

Patrick Kurz

Principal, Immaculata Catholic School

MISSION STATEMENT

The mission of Immaculata Catholic School family is to build a community of learning under the patronage of Mary, the mother of Jesus. Relying on Gospel teachings and values, we view learning as a lifelong endeavor to grow spiritually, intellectually, socially, aesthetically and physically. We commit to live as disciples of Jesus and to be responsible citizens of the world.

The athletic department at Immaculata Catholic School will provide each student athlete with the opportunity to practice and participate in a safe environment that encourages self-discipline, demands individual responsibility, builds confidence, strengthens friendships and school spirit, and where learning is the primary goal.

Athletics is one of the many activities offered with the intention of educating the whole child. After participating in an ICS athletics program, students should have an improved knowledge of the game, improved skill set, be able to function on a team, and want to play again.

IMMACULATA WAY OF LIFE

Character development, faith formation and academic excellence are inseparable at Immaculata Catholic School. Every moment presents teaching and learning opportunities. In our daily lives together, we live according to the principles reflecting our faith. These principles governing our community and promoting our way of life include:

Respect God, Self and Others.

Recognize that every person has worth and act accordingly.

Treat all people with dignity.

Be a person of integrity.

Always tell the truth and be responsible for your thoughts and actions.

Live a life of service.

Ask, "What can I do for others?" Strive to use your talents and gifts to make the world better for everyone.

Produce exemplary work.

Show that you care for God, yourself and others by consistently doing your best.

ATHLETICS PRAYER

GOD, OUR FATHER,

Help us to put forth our best effort,
Represent our school with class,
Respect our opponents, coaches, and officials
Play in a way that fosters good will and teamwork, and
Be an example to others as we live the Immaculata Way of Life.

Keep us safe from injury and harm

Bless our parents, coaches, and officials who give their time and talents
To make us better athletes.

We ask this through Chris, our Lord.

Amen.

SPORTS OFFERED FOR GRADES 6, 7, 8

Fall	Winter	Spring
Boys Soccer	Boys Varsity and JV Basketball	Girls Soccer
Girls Varsity and JV Volleyball	Girls Varsity and JV Basketball	Baseball
Boys and Girls Cross Country	Varsity Cheerleading	

SPORTS OFFERED FOR 5th GRADE

TCSAC conference rules allow 5th grade students to participate in athletics if the school is unable to field a team completely with middle school students. There will be "developmental" opportunities and clinics for 5th graders throughout the school year for students who wish to spend time with coaches developing their skills.

Students who participate as a 5th grader and placed on a developmental team shall pay an athletic fee of \$50 per student for the entire year.

MEMBERSHIP

Students enrolled in grades 6, 7 and 8 at Immaculata are eligible to participate in ICS Athletics. Student athletes interested in trying out for a team must meet the following criteria:

- Have a current Athletic Health Form on file with the office before tryout/workout week begins in order to participate.
- Attend interest meeting(s) given before tryouts, when applicable.
- Meet and maintain academic and behavior guidelines described in Athletic Handbook and middle school discipline plan.
- The student athlete and parent/guardian must read the Immaculata Athletic Handbook and sign the Athletic Contract (included at the end of this handbook).
- Athletic fees will vary per sport and the fees will be charged to parents' FACTS account, unless otherwise notified by the parent.
 - Cross Country, Volleyball, Cheer = \$100 per sport/per student
 - Boys and Girls Soccer and Boys and Girls Basketball = \$175 per sport/per student
 - Baseball = \$250 per student

NON-DISCRIMINATORY POLICY

ICS Athletics admits any student of any race, color, and national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to the students within the school. ICS Athletics does not discriminate on the basis of race, color, national or ethnic origin in the administration policies or athletic programs.

ELIGIBILITY

Triangle Catholic School Athletic Conference (TCSAC) Bylaws article 4, section 1:

No student may be eligible to participate on a Catholic School Team once he/she has completed 6 consecutive academic semesters beginning with the student's first entry into 6th grade. A student who repeats 8th grade is not eligible to participate in any sports, regardless of when or where he was enrolled.

REGISTRATION/TRYOUTS

Tryouts/workouts will be announced in the school newsletter, the school's website, and through the ICS Athletics website (<https://sites.google.com/immaculaschool.org/eagle-athletics/home>). It is the student athlete's responsibility to verify with the athletic director if they have a current athletic health form on file for tryouts.

All teams will hold tryouts/workouts the week prior to the official practice start date. Each season (Fall, Winter, Spring) the conference has an official practice start date; any student who does not attend tryout/workout week may not join the team at a later date. For example, tryout/workout week is August 23rd-27th and official practice week begins, August 30th. Individual tryouts/workouts will not be given once tryout/workout week has begun.

If an athlete is absent or unable to attend tryout/workout dates, they must contact the athletic director before tryouts/workouts begin. It is up to the discretion of the individual coach(es) whether or not they will hold a private tryout for any athlete who cannot attend regularly scheduled tryouts.

TRANSFER STUDENTS

Transfer students will be granted a tryout for a team if there is more than half of the games remaining in that sport season. Transfer students are guaranteed the same tryout duration as other athletes, though they are not guaranteed placement on the team.

FEES

All sports offered through ICS Athletics have a fee and will vary depending on the sport. Volleyball, Cross Country, and Cheer \$100 per student, Soccer and Basketball \$150 per student, and Baseball \$250 (6/7/8 grade), and \$50 per year/per student (5 grade) required for participation in any/all developmental teams. These fees are designed to cover most, if not all, of the operating costs related to that sport. Some uniform and equipment needs are not included in this fee and must be purchased separately by participants. Student athletes will not be able to participate in games without full payment of the fees.

Athletic uniforms will not be distributed to players until athletic fees are collected or a payment plan has been discussed with the athletic director. A limited amount of athletic department scholarships are available to participate on ICS teams. Please contact the athletic director(s) before fees are due to inquire about athletic department scholarships. All requests will be handled confidentially and respectfully between the athletic director, principal, bookkeeper and individual families.

FACILITIES

Equipment Room/Office

For safety reasons, no student athlete is permitted inside the equipment room/office unless they are accompanied by a school administrator, coach, or athletic director.

Emily Krzyzewski Center

Volleyball matches, basketball games, and other athletic events will be held at Emily Krzyzewski Center.

General Rules for Emily K Center:

No food or drinks other than water are allowed in the gym. Athletic shoes only on the court, no street shoes allowed on the court. Spectators are to sit on the bleachers on the school side. Children should be supervised by parents at all times when in the gym. Immaculata parents, friends and fans please enter the building through the school side entrance on Burch Avenue.

OUTSIDE RENTAL FACILITIES

For sports which require use of a field, ICS secures outside facilities for practices and games. Facilities are rented by the Immaculata Athletic Department, which pays the hourly fee for use. Players, parents, coaches, and any other member of the Immaculata community at all times must represent the school according to the school's code of conduct in addition to any rules/regulations posted by the facility that ICS is renting. Any person not acting in accordance to the code of conduct can be barred from sporting event functions. Additionally, students who do not act in accordance of the code of conduct can face possible disciplinary actions which could include detention, suspension or expulsion from school at the discretion of the principal.

EQUIPMENT

ICS Athletics will provide most of the necessary equipment for sports teams. However, there are several sports that require additional equipment that must be purchased by each participant. Extra equipment costs are not included in the sport's fee.

Storage of team equipment will be in the equipment room or PE office, unless otherwise notified by the coach or Athletic Director. No children are allowed in the equipment room or PE office without approval from the Athletic Director or coach. This includes entry into these areas to get basketballs, volleyballs, etc. for practice. The coach or Athletic Director will make sure that each team has proper equipment for its sport. In order to keep the equipment on hand in good condition, as well as keep all students safe, only select individuals will be given access to these areas.

UNIFORM POLICY

Athletic uniforms are the property of ICS unless otherwise noted by the athletic director. The student athlete is responsible for any uniform that is checked out to him/her at the beginning of the season. Any damaged or lost uniform will be charged back to the student athlete at current market price. Student athletes will not be given uniforms for the next season until they either return the previous season's uniform, or they pay for lost or damaged uniforms.

Uniforms must be returned to either the coach or athletic director within (7) days of the last game. Progress reports and/or reports cards may be withheld until the uniform is returned. If a uniform is not returned, parents are responsible for the cost of replacing the item.

Uniforms will only be worn at the event in which the student athlete is participating, and it is not to be worn by anyone other than the student athlete who checked it out. Student athletes will wear their uniforms during games with the shirts tucked in unless otherwise instructed by the coach. The coach must approve any additional cosmetic articles of clothing (sweatbands, headbands, etc.)

AFTER SCHOOL CARE POLICY

When practice/games are not at ICS, coaches will wait with the athlete until they are picked up by a parent or guardian. Parents, if you know you are running late please notify coaches and be respectful that they are giving of their time if you are running late.

The Eagles Nest (after-school program) run daily from 3:30-5:30 p.m. and students may utilize the program for after school needs during the seasons. You may register your student for either part-time (at rate of \$20/day) or full-time. For example, if a student has a practice at 5:00 p.m. a coach will sign-out the students and walk them over to practice.

If you have a practice that ends prior to the after-school program ending (5:30 p.m.) and you are unable to pick-up your child at the practice end time, your student will be signed into the after-school program and must be picked up by 5:30 p.m.

Parents you may not drop off your students to play with other students on the playground. The playground and outside areas are incorporated into the After School Program and any student not in the After School Program left unsupervised will be signed-in to aftercare and charged the part-time fee (\$20/day).

For safety issues, coaches are not permitted to transport players to practices or games, except in the school vans. Parents are encouraged to contact other parents on the team to carpool children to games/practices. The athletic director will handle the reservation of the school vans and will communicate when they will be available for use. The use of the school vans will vary between teams depending on need, and preference of the coach, and the behavior and respect of the players using it.

PLAYER EXPECTATIONS

All student athletes will be expected to behave in a Christian way in school as well as in public. They will also be expected to demonstrate the solid character that is being taught and promoted at ICS.

Being a member of an athletic team at ICS is a privilege, not a right. Players are held accountable to the middle school discipline plan, to the team and/or administrative consequences, and to academic requirements. Failure to meet these requirements could result in suspension from the athletic program.

Students with behavior/discipline issues may be removed from the athletic team by the ICS Administration.

Participating on a sports team is a carry-over of the "academic day." This means that all practices and games should be treated as an academic day and players will be held to the same standards set forth in the Student School Handbook.

Athletes are not to have cell phones out/visible or utilized at any point, until the completion of the athletic event (practice/game). This includes but not limited to; downtime before practice begins, locker rooms, restrooms, carpool vehicles, and school van usage.

ACADEMIC/BEHAVIOR REQUIREMENTS

Students are required to uphold academic performance levels that are consistent with their potential and God-given abilities.

Every student must maintain a minimum "C grade point average" in EVERY subject to be ELIGIBLE to participate. Fall Season, grades will be checked every two weeks after the season has begun. Winter Season, grades will be checked Friday prior to tryouts starting to determine eligibility and monitored every two weeks after the season has begun. Spring Season, grades will be checked Friday prior to tryouts starting to determine eligibility and monitored every two weeks after the season has begun.

We recognize that some students have special challenges. However, it is the goal of Immaculata Catholic School, including the ICS Athletic Department, to help each student succeed academically and spiritually first and foremost. For this reason, students who fail to meet the academic requirements will be placed on a two-week academic probation. If the student fails to improve his/her grade during this time, he/she could be removed from the team. Student

grades will be checked regularly by the athletic director, to ensure they meet academic requirements.

Additionally, students who receive an incomplete in any subject will be placed on probation. Any students who receive out of school suspension, or in school suspension will be placed on suspension from the team. This suspension will include at least one game, no matter what day the suspension is served. The athletic director will meet with the coach and with school administration to discuss if further action is needed.

ACADEMIC PROBATION PROCEDURE

Parents will be notified via e-mail, that their student has been placed on academic probation. The student will be given a contract to sign that states they understand the goals they must achieve and the consequences for not reaching said goals. During the two- week period, a student is still considered a full, participating member of the athletic team, but time should be spent wisely in improving one's grades and conduct. Student athletes are encouraged to seek extra help from those teachers in courses where he/she is struggling either before or after school. Immaculata School faculty and staff are always willing to assist students in their academic studies and personal growth as young adults.

At the end of the two-week period, the athletic director and an administrator will meet again to determine whether the student achieved the goals set forth at the beginning of the probation period. The administration will determine final eligibility based on the results from probationary process. This policy is to assure that academic performance is not negatively affected by the time constraints of participation in the athletic program.

HEALTH/PHYSICAL REQUIREMENTS

ICS sports teams require different degrees of physical activity. Participants must understand the requirements of each sport and make sure that they are in the appropriate physical condition to safely play the sport.

Unless there is a medical condition that prohibits a participant from doing a certain drill or activity, all participants will be expected to follow the drills and physical activity requirements requested by the coach(es). Please know that these drills are necessary to improve performance on the court/field and are part of the learning and growth on all sports teams. If there is a medical condition present that prevents participation in these activities, the Athletic Director must be notified in writing as to the nature and extent of the condition. Upon reviewing the

information, the Athletic Director reserves the right to deny such participants from participating if it seems it is in the best interest of the child and/or other participants.

DRUGS AND ALCOHOL

Students, spectators, or parents who possess drugs, alcohol, or weapons at any ICS athletic event (on or off school property) face suspension and/or expulsion from ICS sporting events. Please consult parent/student handbook for additional information.

STUDENT ATTENDANCE

Students who are not in attendance in school by 11:45 a.m. will not be permitted to participate in practice/games. Students must be in attendance at school for four hours to be permitted in participating in practice/games.

CAPTAINS

Each sport will have a minimum of two and a maximum of four captains during the sport's season. Coaches of each individual team will decide how captains are selected. Student-athletes may be provided the opportunity to vote for their captains. However, coaches have the final say on the decision.

The captain of a Immaculata School team should:

- Assume a leadership role in initiating dialogue among the team
- Assist the team in understanding the rules and expectations as set forth in the athletics handbook
- Lead by example, be a steward of faith, and display good character traits both on and off the field
- Help build team unity
- Motivate the team both during practice and before and during competition
- Attend captain sessions provided by the Guidance Office and Athletic Director

A captaincy can be lost at any time if the coach feels that the captain is not upholding the spirit of the position.

TEAM SELECTION

In a Catholic school, it is essential to demonstrate respect for all members of the school community. There is not an expectation that all students will be able to be members of a team, but when cuts are necessary, students will be treated fairly and with compassion.

Coaches perform skills assessments' which include subjective and observational data during tryouts on each student, to help best determine which students will be on any given team. Upon request, students may be given feedback from a tryout. Coaches will notify everyone that tried out for a team of their team placement via personal e-mail or phone call, but no lists will be posted.

COACHING EXPECTATIONS

The ICS Athletic Director, along with the assistance of school administration is committed to securing qualified coaches for all of its sports teams. These qualifications include, but are not limited to:

1. Ability to teach all players, regardless of skill levels.
2. Acceptance, integration, implementation and a clear understanding of the ICS Mission.
3. Ability to organize, run, and control practices.
4. Positive attitude and coaching style.
5. Good communication skills.
6. Coaching ability to effectively teach the sport.
7. Adequate knowledge of the sport.
8. Ability to provide a safe physical environment for all.
9. Current CPR certification on file with the Athletic Director.
10. Submit to criminal background check.
11. Be on time to practice/games.

Coaches are expected to be at practice before any player arrives and must make sure that all children have left before they leave practice; the coach can designate a staff member who volunteers to take on those responsibilities, although the responsibility ultimately falls on the coach.

Coaches should attend every game and show up at least 30 minutes prior to the start of the game to prepare their team for the contest. It is important and required that coaches report any problems with equipment, players, parents (or others) to the Athletic Director within 24

hours of the problem. This will ensure the safety of all participants and allow for appropriate action to be taken by the Athletic Director and/or administration when necessary.

GENERAL COACHING RESPONSIBILITIES

1. Must have medical kit, book with updated physical forms and parent contact information (provided by Athletic Director) at each practice/game.
2. Find a team parent who will arrange parent volunteers to keep scorers' book and electronic scoreboard when applicable for games and to perform other tasks as needed by the team. The coach of each individual team will be in contact with the team parent to coordinate responsibilities.
3. Maintain collection/storage of equipment specific to sport (practice/game balls, nets, flags, etc.).
4. Distribute and collect uniforms at the beginning and end of the season.

COACHES SELECTION PROCESS

Selection, recommendations, and evaluations of the coaches are the responsibility of the Athletic Director in consultation with school administrators. All persons interested in applying for a coaching position should submit a written letter including qualifications to the Athletic Director. The selection of coaches will be based on the qualifications stated above.

CRIMINAL BACKGROUND CHECK

Any person interested in coaching as either a head coach and/or an assistant must have a criminal background check on file (before the season begins) in the athletic office. All costs for the background check will be paid for by ICS. Additionally, all coaches must complete Safe Environment Training prior to the season.

Any persons with questionable background checks may be denied coaching opportunities with all ICS sports if deemed advisable by ICS Athletic Director and school administration. The Athletic Director will notify the individual directly. All information is confidential between the individual and the Athletic Director.

COACHES' COMMUNICATION WITH PARENTS AND MEDIA

Coaches will conduct a preseason meeting and parents are expected to attend. Coaches will discuss team and student athlete expectations, the code of conduct, player selection, scheduling of practices and other important issues. E-mail should be used only to communicate basic information, such as time and location of games and practices. Discussions of concerns should always be done in person but not directly after practice or game. If a face to face is not possible, a phone call is acceptable. Coaches do not have to discuss playing time, coaching strategies, and specific plays, or information pertaining to other athletes.

Any communication with the media, press releases, mailings or similar communication shall be coordinated by the Athletic Director and the school administration. No parents, coaches, players, staff or other individuals should contact the media directly. All releases of information are subject to ICS privacy policies and must be approved by school administration.

TEAM PARENT

Each team needs a parent (or parents) to volunteer to be the team parent for a team. The team parent will coordinate parent volunteers for each game to assist in carpooling to practice and games (when needed), score keeping, assisting in being line judge (volleyball), organizing parent list for snacks at games, etc. The team parent should have consistent contact with the individual coach to ask what other assistance they might need during the season.

PARENT FACEBOOK PAGES

Parent's Facebook pages (or any other social media outlet) should be handled with care and consideration. Before posting pictures of Immaculata School events, please consider whether you have permission to do so. In this faith-based community, we ask parents to work together on this issue and be respectful of each other and of the safety of our students.

PRAYER

All games will begin with prayer. During home games, Prayer cards are to be distributed to all players and guests. Conference coaches will be responsible to ensure that prayer be given before each athletic event:

PARENT AND SPECTATOR BEHAVIOR

The role of the parent and spectators within the ICS athletic program is to support the student athletes in a positive way. In the event that a parent feels dissatisfied with something in the athletic department, they are responsible to first make their concerns known to the coach, then the athletic director. As in the case in athletic competition at any level, we cannot assume that all officials will be fair and competent in their actions. Regardless of the actions of game officials, it is critical that parents set a positive example in dealing with game officiating. Parents are also expected to conduct themselves with sportsmanship at all athletic events, regardless of the situation. The use of profanity, racial slurs, or profane gestures is strictly prohibited by student athletes, parents, spectators, and coaches. Persons witnessed acting in this unchristian behavior will be reported to the administration, and this can result in suspension from the team, immediate ejection, and possible suspension from future ICS athletic events at the discretion of the administration.

EJECTION/SUSPENSION

In any case where any athlete/ coach/ or parent is ejected from an athletic contest by the game officials, that person must serve a one-game conference suspension. The suspension will be for the next conference game played by the team. This rule will apply to any athlete competing on any team at any level. The suspension may be carried out from one season to another season in order to comply with Triangle Catholic Schools Athletic Conference (TCSAC) policy. Coaches serving a suspension may not attend the game.

Since an ejection is based upon the judgment of the game officials, there is no appeal to this rule. Upon ejection, the suspension will be served. Sportsmanship and behavior by Immaculata athletes is very important to our school and to our athletic program. Coaches are asked to hold all athletes to high standards of behavior on the field of play and at practice. Unacceptable behavior by team members may result in disciplinary action by the coach, Athletic Director, or Administration.

PRACTICES

Gym/field time for all teams will be coordinated through the Athletic Director. Practice times will be worked out based on the coach's and gym/field availability. It may be necessary in some practices to share the gym/field with another team.

Participants on ICS sports teams do need to make every effort to attend all practices and games. Before deciding to participate in tryouts, participants must make sure that they are aware of

the commitment they are making. Potential student-athletes should not try out for a team if they are unable to complete their homework and be an active participant in practices/games. Parents should make sure that children do not over-commit themselves by signing up for several sports.

School work is the first priority, however, and at the discretion of the coach, a player may request to miss part or all of a practice in order to receive assistance from a teacher after school. If a player is going to miss a practice or game for other reasons, the parent should notify the coach with at least a week's notice when possible. This is very important because many coaches plan their practice agendas with specific drills that require a certain number of players. Once a player misses more than three practices/games (not including illness from school), the player can be suspended or dismissed at the discretion of the coach.

Cross Country Practice: By signing the handbook, as Parent/Guardian, I understand and give permission to the cross-country student athlete to utilize the Duke East Campus for practices. Additionally, I understand that while at the Duke East Campus Wall, the coaches will implement a buddy system for running. The coaches will be placed at various points along the trail to ensure safety and that everyone is utilizing the buddy system.

EXCUSED ABSENCES

Excused absences are when the student athlete misses a portion and/or an entire practice or game for reasons related to school, church, or family events. The athletic director and coach must be notified in advance. Being absent from school or leaving school early due to illness is considered an excused absence.

PLAYING TIME

While it is understood that the student athletes at ICS have other activities away from the school, full participation in team-orientated events will be expected. Failure to do so will result in reduced playing time. Exceptions may occur with same-sport conflicts, which will be addressed on a team-by-team basis. ICS DOES NOT GUARANTEE PLAYING TIME AT THE VARSITY LEVEL. It must be earned based on athletic skill and effort.

ICS participates in a very competitive league, and we encourage each student athlete to work as hard as possible to improve his/her skills in order to achieve more playing time. Every student athlete who gives an honest effort in practices will play in JV games. All decisions

regarding playing time will be made at the coach's discretion. The coach reserves the right to not play any player who has not given satisfactory effort as expected by the coach. Coaches are expected to provide notice to student athletes affected by this policy prior to the game. Student athletes can be moved during the season between JV and Varsity squads at the coach's discretion. Coaches will be expected to discuss their decision with the student athletes and their parents.

The ICS Athletic Department offers three levels of involvement in athletics

1. Varsity – This is the most competitive level. Coaches will select the team that they feel will be most competitive in the TCSAC. Placement on this team is not guaranteed at any grade level and playing time on this team is not guaranteed at any grade level. These decisions are left solely to the discretion of the coach. Each player on Varsity will get in the game at some point throughout the season but might not play in every game.
2. JV – Players who do not make the Varsity level will be placed on the JV team (when applicable). This team will be competitive at the JV level within the TCSAC. Playing time on the JV team is guaranteed as this is seen as a developmental stage for student-athletes. Coaches will see to it that each player gets playing time, and experience in game situations.
3. Developmental Players – Depending on the number of student-athletes who try out for a given sport, some student-athletes may be given the role "developmental player." These athletes will practice with the JV team, run drills with the JV team, and will be recognized by the school as part of the JV team. However, these players will not be on the roster for any of the games. The goal is to give these athletes the opportunity to develop skills, in hopes of making the team next year.

*If the sport does not offer a JV level team, playing is guaranteed at some point throughout the season, but there may be athletes who might not play in every game.

The maximum number of players per sport that the coach is allowed to have on the active roster is listed below. The coach reserves the right to decide the number of "developmental" players that he will keep on the practice squad.

Volleyball – 22 (total Varsity & JV)

Soccer – 22

Basketball – 11 per team (Varsity & JV, Boys & Girls)

Baseball – 18

Cross Country – 50 (combined between Girls & Boys Teams)

CONFERENCE PLAYOFFS

The 8 schools of TCSAC will participate in a one day "End of the Season Event" hosted at Cardinal Gibbons as a means of celebrating the league and its many outstanding teams and athletes. There will be 4 games played on that day, with rankings based on the in-season performance. 1 v. 2 (championship game); 3 v. 4; 5 v. 6; and 7 v. 8. This is not a tournament, but an end of season event.

SAFETY

ICS and its Athletic Department provide a safe environment for all individuals. Verbal or written threats made against the physical or emotional well-being of any individual will be taken seriously. Anyone making such threats (seriously or in jest) faces suspension and/or expulsion from ICS sports and possibly ICS.

WEATHER POLICY

In the event of poor weather conditions on game days, the Athletic Director will send an email if a game/practice has been canceled. If there is no message for a team, that game is being played at the regular time.

For all outside sports, in the event of thunder, coaches should be actively looking for signs of lightning. Play can continue if there is no sign of any lightning, and if other weather conditions permit. If there is any sighting of lightning, no matter how distant, all play must cease. Everyone must leave the field and take cover in a shelter. Coaches are responsible for issuing this directive in the event that the Athletic Director or an official is not present. In order for play to resume, there must have been no sign of any lightning for thirty (30) minutes.

In the event of rain during the school day, every effort will be made to make any cancellation decisions for practices by 1:00 p.m. Participants will be notified via student, parent, and teacher email. Coaches or team parents will initiate email or telephone chain when necessary.

TRANSPORTATION

Transportation to/from practices and games is solely the responsibility of the parent/guardian unless a bus is chartered for out-of-town tournaments. We highly recommend that, if possible, carpool with other parent/guardians to practice and games.

ICS owns two 12-passenger vans. Individual coaches will arrange to use these vans for team transportation whenever possible. If the team uses the vans, parents will be expected to either (1) pick up their child directly at the game/practice location, or (2) pick up their child at ICS at a time that will be specified by the individual coach. In addition, it is a privilege to utilize the school vans and it is expected that players maintain the cleanliness of the vans. Gather belongings, trash, and equipment from vans prior to exiting. If it is found that teams don't maintain cleanliness, the privilege may be taken away until rectified.

Each season, and for each sport, the team parent will publish a sign-up that will reflect the days in which teams need drivers, and how many are needed on that day. Please consider participating in this carpool. Parent/Guardian understands that if my student is riding in the school van, they are being driven by a school-approved driver in a school approved vehicle.

Parent/Guardian understands that if my child is riding in the carpool, that they are riding with a parent, and not on a school-approved vehicle or school approved driver. I waive the school of liability regarding transportation to and from athletic events.

DEDICATION AND DETERMINATION AWARD

Each coaching staff will choose a student athlete from their team for the Dedication and Determination Award. This award is Not based on a player's natural abilities or performance. Rather, it is an award for maintaining a positive attitude through adversity, working hard at all times, and for always displaying respect for the coach and teammates.

OUTSTANDING ATHLETE RECOGNITION

The Athletic Director will recognize outstanding athlete-of-the-week. This athlete can come from any team, boys or girls, varsity, or JV. Recommendations/nominations will be made by the coaches and the winner will be chosen by the Athletic Director. The winner will be recognized during the assembly following Friday Morning Prayer each week throughout the season. The nominating coach will provide a written explanation why the student is being recognized. Coaches will consider the student athlete's performance on the court/field, but also sportsmanship, effort, conduct, and character.

REMOVAL FROM THE TEAM- PARENT DECISION

The Principal, Athletic Director and coaches will respect and support the decision of a parent to remove his/her child from a team for any reason. However, once a child is removed, he/she may not return to the team for the remainder of the sport season.

GRIEVANCE PROCEDURE

Please be assured that our objective is to act as fairly and as consistently as possible in all matters. We realize that issues and misunderstandings will arise throughout the course of any season.

Your constructive feedback is important to both our coaches and the athletic department staff. We strongly encourage you to go to the source of your issue prior to discussing this with individuals not directly involved. Coaches and the Athletic Director have been empowered by our principal to manage athletic programs on a day-to-day basis. These are the individuals most involved in the decisions and actions taken by the team. Going to someone other than the source of decision making has proven to be counterproductive.

An individual or team grievance may include any perceived or enacted unfair or prejudicial treatment of a player by a coach. A grievance should be handled in the following matter:

1. Do not attempt to address a concern immediately before or following a game/practice.
2. Set up time to discuss the concern with the coach.
3. If the situation is not remedied then, set up time to discuss the concern with the Athletic Director. Decisions of the Athletic Director are final.
4. There may be consultation with ICS school administrators.

Please note that the coach is in charge of playing time, starting lineups, team placement etc. The Athletic Director will avoid intervening with the coach's judgment on these issues, unless the Athletic Director feels the situation is blatantly unfair.

ACKNOWLEDGEMENT OF RISK

In being offered the privilege to participate in ICS athletics, students and athletes acknowledge and fully understand that each athlete will be engaging in activities which involve risk of injury.

RIGHT TO AMMEND

ICS Administration and/or the Athletic Director reserve the right to amend this handbook. Notice of these amendments will be sent via the school mailer and posted on the ICS athletics web site.

The Principal has the authority to remove a student or cancel a season if student athlete(s) or parents are not adhering to Immaculata standards.

PARENT AND STUDENT AGREEMENT

Please read, sign, and date this statement and return it to the school office.

I have read and understand the Immaculata Catholic School Student and Parent Athletic Handbook and agree to abide by the guidelines outlined in this document.

Parent Signature

Date

Student Athlete's Signature

Date

This form must be returned by the end of tryout/workout week. Otherwise, the student may not practice or play in games.

Contact Elise Gentile, Athletic Director
GentileE@icdurham.org
@ICS_Athletics