



**REGINA DOMINICAN
HIGH SCHOOL
Parent/Athlete Handbook**

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www.rdpanters.org

Athletic Department

Athletic/Activities Director

Athletic Director Email:

School Phone Number

Athletic Website

Twitter/X:

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Brian Mancuso, CMAA

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847-256-7660

<http://reginadominicanathletics.com>

@RDHSathletics

<http://www.facebook.com/reginadominicanhs>**Individual X Accounts:**

@RDHSrunners

@rdpantherssball

@rdhssoccer

@rdpanthers_softball

Head Coaches:

Basketball:

Bob Newton

rnewton@rdpanthers.org

Bowling:

Elizabeth Michalek

emichalek@rdpanthers.org

Cross Country:

Annie Tully

atully@rdpanthers.org

Flag Football:

Nicholas Bittick

nbittick@rdpanthers.org

Golf:

Amy Carpenter

acarpenter@rdpanthers.org

Lacrosse:

Lena Swabb

lswabb@rdpanthers.org

Tennis:

John Donahue

jdonahue@rdpanthers.org

Soccer:

Eloy Salazar

esalazar@rdpanthers.org

Softball:

TBA

Volleyball:

Kenzie Pittman

mpittman@rdpanthers.org

Track and Field

Scott Bohlke

sbohlke@rdpanthers.org

Independent School League

Francis W. Parker

<http://www.fwparker.org>

Lake Forest Academy

<http://www.lfanet.org>

The Latin School of Chicago

<http://www.latinschool.org>

North Shore Country Day

<http://www.nscds.org>

Regina Dominican High School

<https://www.rdpanthers.org/>

University of Chicago Lab school

<http://www.ucls.uchicago.edu>

Willows Academy

<http://www.willowsacademy.org>

Woodlands Academy

<http://www.woodlandsacademy.org>

Athletic Philosophy

The Regina Dominican athletic department strives to teach and promote lifelong skills such as teamwork, sportsmanship and commitment. Our student-athletes exhibit high character and develop as individuals through their participation in sports. Our coaches are committed to providing an exceptional athletic experience to all of our student-athletes

Regina Dominican High School athletics are individually tailored to advance the aptitudes of each athlete, centered on an equitable distribution of camaraderie, team building and advancement of individual athletic prowess; our athletic programs ensure that our Panthers can truly pursue their passions.

Of our robust athletic offerings, our 11 sports are not limited to opportunities on the Regina Dominican campus alone. We support each of our students in their athletic pursuits, including our equestrians, gymnasts, hockey players and the like.

Regina Dominican is a proud member of the Illinois High School Association (IHSA). Regina Dominican is also a proud member of the Independent Schools League of Illinois (ISL). The ISL is an athletic league comprising 10 private secondary schools in the Chicago metro area whose mission is similar to that of Regina Dominican. The ISL offers competition in a wide range of sports.

Athletic Mission Statement

RDHS Athletics: Helping girls rule on and off the field.

To All Parents/Guardians of Regina Dominican Student-Athletes:

Welcome to another exciting season of Regina Dominican athletics. We are glad that you and your family are a part of our community.

I would like to invite you to join our Booster Club. Our Booster Club has the best interests of all of our student-athletes at heart. They are also involved in several school wide projects, including open houses, back to school night, faculty/staff appreciation, student appreciation lunch and ice cream truck, as well as coach appreciation week.

Competing at Regina Dominican High School is a privilege. All parents and student-athletes in the program be familiar with the policies set forth in this manual and by your team's coaching staff.

It is hard work to be a member of a sports team in an education-based athletics program. Our coaches and student-athletes put in long hours to ensure that each and every student has the best possible experience. It is hard being a parent of a student-athlete as parents make many sacrifices so their child can participate. Our hope at the end of the day, the sacrifices are worth it and each and every student-athlete will take away lifelong skills such as hard work, teamwork, and sportsmanship from our athletic program.

Please do not hesitate to contact me throughout the year.

Go Panthers!

Brian Mancuso

Regina Dominican High School Core Athletic Values

- Teamwork-Work to make the team work.
- Sportsmanship-Be modest in victory and defeat.

- Accountability-Do what you say you are going to do.
- Leadership-Being the best version of you.
- Confidence-Persevere through everything.
- Respect-Earn it, learn it, return it, both on and off the court.
- VERITAS and CARITAS-Demonstrate truth and compassion central to the school values.

What is athletic success?

- Athletic success goes well beyond on the final outcome.
- Are our student-athletes developing life-long skills such as hard work, dedication, leadership, and teamwork?
- Are our student-athletes improving their skill set?
- Do our student-athletes feel a sense of purpose and community?

What do our coaches believe in?

- Our coaches are teachers of the game.
- We believe that each and every student-athlete has value.
- We believe on the ideas of positive reinforcement.
- We work to personalize the athletic experience for all individuals on our roster through our practice plans.
- We look to improve our craft through professional development.
- We aim to be role models for our student-athletes.

Role of the Student-Athlete

1. We want our student-athletes to be the best person that they can be. We take pride in the conduct of our student-athletes on and off the field.
2. The term student-athlete matters at Regina Dominican High School. We expect our students to strive for high academic marks.

3. We want student-athletes to be involved in all aspects of the school. We want to see our student-athletes involved in the fine arts and other student activities. Our coaches understand that sharing students makes everyone better.

4. We want you to be the best athlete that you can be. Coaches can help you achieve your full potential, but each individual must work to better themselves each and every day.

Sport Registration/IHSA Physical

Student-athletes are required to have a valid IHSA physical prior to trying out for any athletic team at Regina Dominican High School. Athletic physical form can be found on the athletic website at this link, or by contacting the athletic director:

<https://s3-us-west-2.amazonaws.com/sportshub2-uploads-prod/files/sites/2281/2019/07/07093835/IHSA-Physical-Form.pdf>

Prospective student-athletes must register for sports prior to tryouts through Final Forms. This link explains how to register using Final Forms.

<https://s3-us-west-2.amazonaws.com/sportshub2-uploads-prod/files/sites/2281/2019/09/28134325/regina-dom-parent-playbook-.pdf>

Parents and student-athletes must electronically sign paperwork using the Final Forms platform.

Dropping/Quitting A sport

In a perfect world, student-athletes who start an athletic season would also successfully complete the season, however we know that there are times it is in the best interest of a student-athlete to quit a team. We encourage student-athletes to examine the entire situation and talk to the coach directly before deciding to quit a team. If a student-athlete quits a team, she must inform the head coach and return all required uniform items. A student-athlete who quits a team will not be eligible for postseason awards.

Playing More Than One Sport in a Season

To ensure the success of our athletic teams, Regina Dominican High School does not allow student-athletes to be on more than one athletic team in the same sport season (fall, winter, spring).

Travel

Student-athletes are expected to abide by the rules of Regina Dominican High School while on the bus. Student-athletes are expected to ride the bus to and from athletic contests. If there is a deviation from this policy, 24 hour notice is requested.

Rostering/Playing Time

Playing time is earned through effort and skill demonstrated in practice.

Both the freshman level and JV level of an athletics program are for skill development. While we would like our JV and freshman teams to be successful, we do not record results at the freshman and JV level. Playing time should be more spread out to all players on the roster. At the varsity level, players are in more competitive environments.

Playing time is solely determined by the coach.

Parents and student-athletes with concerns regarding playing time are encouraged to contact their coach to discuss.

Awards

Student-athletes who successfully complete a season are eligible for athletic awards. Each individual sport sets the criteria required to earn awards. As a general rule:

Student-athletes who compete at the freshman level will be awarded numerals and a freshman certificate.

Student-athletes who compete at the junior varsity level will be awarded numerals and a JV certificate.

Student-athletes who compete at the varsity level will be awarded an "R" letter, followed by an athlete pin.

An individual will only be awarded 1 "R" letter and 1 set of numerals. A student can earn multiple athletic pins.

In addition, any varsity student-athlete who earns above a 3.0 GPA, will earn the "scholar athlete" designation.

Awards from outside the athletic department (i.e. all-conference, all-sectional, all-state), are awarded through their respective governing body. Requirements also vary based on the governing body.

Individuals with questions on awards are encouraged to contact the head coach or the athletic department.

If a student loses an award, they can contact the athletic office for a replacement.

Parent Expectations

1. Education-based athletics is an extension of the Regina Dominican high school mission. Please show respect for coaches, officials, other players, and everyone else who is here to support their child. An atmosphere of courtesy and fair play is an expectation at all RDHS activities.
2. Understand the commitment to athletics and reinforce the need for your child to be at all of their athletic requirements.
3. Please wait 24 hours before contacting the coaching staff about a concern. Do not approach the coaching staff with an issue directly before, during or after a competition or practice. Coaches will not discuss the matters of other student-athletes.

Parent/Athlete/Coach Communication Guide

1. A successful athletic experience requires commitment from all athletes, parents, coaches, and administrators. For everyone to be successful, effective communication must occur.
2. Regina Dominican High School encourages all of their faculty and staff to be accessible. We are also supportive of our coaching staff.
3. Communication to student-athletes is through an official RDHS email, not via social media or texting. Emails to parents are through the email address listed on the athlete registration on Final Forms.

Parent Expectations:

A. It is a reasonable expectation that your child's coach will inform you of:

1. Locations of practices and contests
2. Their coaching philosophy
3. Individual and team expectations
4. Risks of being on the athletic team
5. Disciplinary actions that cause your child to not be able to participate in a practice or a contest.

B. Typical concerns of parents that are appropriate to discuss with your child's coach:

1. Unhealthy mental or physical issue that you see when you interact with your child at home.

2. If athletics are affecting academic performance
3. How you as a parent can help your child's development
4. Behavioral changes that you see in your child

C. Items that are not appropriate to discuss with a coach:

1. Playing time
2. Team strategy or play calling
3. Another student-athlete

D. Coaches need help with the following:

1. Making sure parents tell the coaching staff about any particular health concerns that are ongoing
2. Schedule conflicts that will result in the absence of the student-athlete
3. Ways that past educators and coaches have had success with your child

E. If there is a concern...

1. Contact the coach, but wait 24 hours before making contact
2. If the situation cannot be worked out with the coach, contact the athletic director

Sportsmanship

1. Cheer for the Panthers, not against the other team.
2. Cheer for all of the Panthers, not only your child.
3. The officials will make mistakes. Be supportive of officiating.
4. Learn the rules of the game that your child plays. Encourage your child to learn the rules of the game.
5. Stay off the playing surface during and at the conclusion of tonight's contest.