

Saint Ferdinand
Athletic Handbook
2023-2024
Bulls



An Athlete's Prayer

God, let me play well, but fairly
Let competition make me strong, but never hostile
Forbid me to rejoice in the adversity of others
See me not when I am cheered, but when I bend
to help my opponent up
If I know victory, allow me to be happy
If I am denied victory, keep me from envy
Remind me that sports are games
Help me to learn something that matters once the
game is over
If through athletics, I set an example, let it be a
good one

AMEN

Saint Ferdinand Athletic Program Handbook

Welcome to Saint Ferdinand's Athletic Program. We are excited that you and your child will be participating.

The educational impact of participating in a sports program is highly significant. Participation in athletic programming can produce the following outcomes:

- » improve and educate for life-long health
- » increase self-confidence and self-esteem
- » promote higher academic performance
- » nurture the development of an inner sense of fair play and good sportsmanship
- » provide a bridge to unify different populations

The desired results of interscholastic athletic participation include the following:

- » instill in the student athlete a sense of responsibility by demanding consistently high standards of behavior and making the student athlete aware and respectful of the needs of others
- » contribute to the "sound body, sound mind" philosophy so essential to the character-building process
- » enhance the commitment level in the student athlete by directing him/ her to an acceptance of the goals of the team and an appreciation of the needs of his/her teammates, coaches, opponents, and officials
- » nurture unselfishness in the student athlete by requiring that his/her actions on and off the playing field be consistent with the goals of the team as a whole and not be directed towards individual honors
- » generate in the student athlete a willingness to sacrifice his/her time and energy towards the fulfillment of shared goals

Mission Statement

The Saint Ferdinand Athletic Program provides a safe sports environment that serves as an extension of the school's academic and religious programming. All participants will learn the fundamentals of each sport and be given the opportunity to cultivate strong, healthy and disciplined minds and bodies. Participants will also develop a sense of good sportsmanship, fair play, and team spirit, as well as facilitate and enhance the moral and ethical development of all those involved.

Philosophy Statement

Saint Ferdinand Catholic School is concerned with the development of the whole person – the religious, moral, social and academic dimensions, as well as physical development. We believe that participation in athletics is an important component to a well-rounded educational experience. Through participation in the Saint Ferdinand Athletic Program, students will develop ethical and moral standards, life-long skills, and positive values. These values include leadership, healthy living habits, self-discipline, integrity, teamwork, respect for rules and regulations and the ability to participate with dignity and grace.

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Goals

The Saint Ferdinand Athletic Program has established the following goals:

- » acquire a strong sense of pride, sportsmanship, and personal integrity
- » foster school spirit
- » inspire our athletes to strive for academic and athletic excellence
- » promote development of the whole person-strong, healthy and disciplined bodies and minds
- » help students maintain good health through physical fitness
- » provide an enjoyable recreational activity that can be sustained into adulthood
- » encourage values of self-discipline, self-confidence, fair play, and cooperation
- » teach the proper attitude toward winning, losing and competing with dignity
- » further enhance Catholic values and teachings

Code of Ethics

It is the duty of all concerned with school activities to:

1. Emphasize the ideals of sportsmanship, ethical conduct and fair play
2. Eliminate all possibilities which tend to destroy the best values of the game
3. Stress the values derived from playing the game fairly.
4. Show courtesy to guests and officials
5. Establish a pleasant relationship between guests and hosts
6. Respect the integrity and judgment of sports officials
7. Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility
8. Recognize the purpose of the athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players
9. Work to the best of your ability all of the time, for the benefit of your team, school, and self

Factors For Program Participation

Only students in Grades 4-8, in good academic standing, may participate in inter-scholastic play. Students must be registered prior to participating. Registration includes all completed forms, current physical examination, and established fees.

Attendance

Students should attend all practices and games. It is important for them to learn responsibility to the school, coaches, team, and self. Not attending practices affects the entire team and detracts from the sense of teamwork that the coaches are striving to achieve. Please be prompt for the start and finish times of practices and games. It is the responsibility of the parent to contact the coach if the child will not be at a practice or a game.

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Parents are strongly encouraged to attend, both home and away, games with their child. An athlete who was absent from school due to illness is not allowed to attend practice or play in a game on that given day. Absence from school on a Friday will not affect Saturday and Sunday participation if the athlete has recovered sufficiently to play.

ELIGIBILITY REQUIREMENTS

A student-athlete may participate in school related athletic programs if he/she:

- » Is exhibiting academic progress as determined by the classroom teacher(s)
- » Is displaying positive social behavior
- » Has a current athletic physical on file with the Director of Athletics (Athletic Physicals are valid for one year)
- » Has a current Child/Minor Acknowledgement Form on file with the Director of Athletics
- » Attends school the day of a game and/or practice

Student Athletes:

Expectations And Responsibilities:

These criteria include, but are certainly not limited to, the following provisions:

- » submit all documentation within an established timeline
- » meet academic requirements
- » turn in all necessary permission forms
- » sign acknowledgments of expectations of behavior, effort and attitude
- » sign an agreement of support of the guidelines and policies of the athletic program
- » undergo a physical examination or present a letter attesting to the athlete's physical fitness
- » pay all required fees

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Uniforms and Equipment

This year's uniform is new, and must be purchased at the start of the season. Please follow the care instructions on the label. You are responsible for having a clean uniform at games.

Display Respect for Teammates, Opponents, Coaches, & Officials

Student-athletes must be respectful at all times towards their teammates, opponents, coaches, and officials. All student-athletes must also respect the spectators and fans. Athletes are expected to show good sportsmanship, play by the rules, and gracefully handle winning and losing. Losing self-control, using inappropriate gestures, verbalizing foul or abusive language, arguing a referee's call or a coach's decision, or displaying other signs of disrespect are reasons for disciplinary action. These expectations are also detailed in the Student-Athlete Code of Ethics below.

Adhere to a Student-Athlete Code of Ethics:

All student-athletes are expected to exhibit the following behaviors:

- » Play the game for the game's sake
- » Be generous in winning and graceful in losing
- » Display good sportsmanship and respect towards all opponents
- » Work for the good of the team
- » Accept the decisions of the officials gracefully
- » Conduct yourself at all times with honor and dignity. This includes during and after school, games, practices, and trips to other schools and facilities
- » Recognize, applaud, and encourage the efforts of your teammates and opponents
- » Show respect for your coaches
- » Show respect towards fans and personnel from other schools

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CATHOLIC BISHOP OF CHICAGO, A CORPORATION SOLE

CHILD/MINOR ACKNOWLEDGEMENT FORM

The Catholic Bishop of Chicago (CBC) and Saint Ferdinand Parish are committed to conducting programs and activities in the safest manner possible and holds the safety of participants in the highest possible regard. Participants and parents registering their child in these programs must recognize there is an inherent risk of injury when choosing to participate in these activities including athletics. The CBC and Parish insist participants follow safety rules and instructions designed to protect the safety of the participants and attendees.

Please recognize the CBC and the Parish does not carry medical accident insurance for injuries sustained in its programs. The cost would make program fees prohibitive. Each person registering themselves or a family member for a recreation program/ activity should review their own health insurance policy for coverage. The absence of health insurance coverage does not make the CBC or the Parish responsible for the payment of medical expenses.

I recognize and acknowledge there are risks of physical injury and I agree to assume the full risk of any injuries (including death), damages, or loss which I or my minor/ child/ ward may sustain as a result of participating in activities connected with this program. I am responsible for the transportation of my child/ward to and from the event(s). The use of my personal automobile to transport participants or attendees is not sanctioned by the CBC and the Parish and is my voluntary undertaking. While using my personal vehicle to and from parish/school activities, I acknowledge my automobile insurance is primary; I understand and will comply with the rules and regulations of the Illinois Motor Vehicle Code; I understand and will comply with other Federal, State and local laws; during the event(s) and to and from the event(s) I will not engage in any inappropriate behavior or activity and doing so will be my personal responsibility. On behalf of myself or child/ward, I will indemnify the Catholic Bishop of Chicago, a Corporation Sole and the parish from claims resulting from injuries (including death), damages and losses sustained by me or my minor child/ward or arising out of, connected with, or in any way associated with the activities of the program.

In the event of an emergency, I authorize the CBC or parish officials to secure from any hospital, physician, and/or medical personnel any treatment deemed necessary for my minor child's immediate care and agree I will be responsible for payment of any and all medical services rendered. I have read and fully understand the above program details.

Parent/Guardian Signature _____

Parent/Guardian Name _____

Child/Minor/Ward Name _____

Address _____

Home Telephone _____ Date _____

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STUDENT ATHLETE CODE OF CONDUCT

The purpose of the following Student Athlete Code of Conduct is to help define appropriate actions and behaviors that support the mission of the athletic program. All participating student athletes should read, understand, and sign this form prior to participation.

Any student athlete who does not follow the guidelines below may be suspended or expelled from the athletic program.

As a student-athlete, I therefore agree to the following:

I will play the game for the game's sake.

I will be generous in winning and graceful in losing.

I will display good sportsmanship and respect towards all opponents. I will work for the good of the team.

I will accept the decisions of the officials gracefully.

I will conduct myself at all times with honor and dignity. This includes during and after school, games, practices, and trips to other schools and facilities.

I will recognize, applaud, and encourage the efforts of your teammates and opponents. I will show respect for your coaches.

I will show respect towards fans and personnel from other schools.

Athlete's Name _____

Athlete's Signature _____ Date _____

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RESPONSIBILITIES & EXPECTATIONS FOR PARENTS/GUARDIANS

PARENTS/GUARDIANS: EXPECTATIONS AND RESPONSIBILITIES

Parental support is valued and encouraged. Parents/ guardians and spectators must conduct themselves in an appropriate manner and act as positive role models for all participants. The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when parents reflect these 'six pillars of character.'

Therefore, it is critical for parents/guardians to display the following behaviors:

- » Trust in their child's ability to have fun as well as to perform and achieve excellence on their own
- » Help their child to learn the right lessons from winning and losing and from individual accomplishments and mistakes
- » Respect their child's coaches, teammates and fellow parents as well as the players, parents, and coaches from opposing teams
- » Give only encouragement and applaud positive accomplishments, whether for their child, his/her teammates, their opponents or the officials
- » Show respect towards all officials and their decisions
- » Never coach their child or other players during games and practices, unless they are one of the official coaches of the team

Commit to the Demands of the Sport

It is important for parents/guardians to understand that participation in an interscholastic athletic program is a significant commitment. This commitment includes adhering to all school and league policies, attending every game at all locations at which their team is scheduled to play, driving student athletes to "away games" or tournaments that are a good distance from the school.

Act in Accordance with Catholic Values

Parents/guardians are expected to support and encourage their child's efforts. All comments from the stands should be supportive of the team's efforts. No negative comments and criticisms should ever be directed towards student-athletes. In addition, public criticisms directed towards the coaches, the athletic director, and the school administration are absolutely unacceptable. In addition, it is expected that parents/guardians act as role models for their children by putting wins and losses in their proper perspective.

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Let the Coaches Coach and the Referees Officiate

Parents/guardians should make no attempt to instruct players or the team from the stands. In addition, questioning, criticizing, or berating the coach and/or the referees does not set a good example for the young athletes involved in the contest.

Volunteer their Time

Parents/guardians are expected to contribute their time and service in support of the team and the interscholastic athletic program. **You may use only 1 unit for the required service to the school. Regardless of this, please remember that your involvement is necessary for the success of our program.** A viable volunteer program is dependent upon everyone's willingness to maintain a high level of quality and success. Parents/guardians may be asked to assist as scorekeepers, timekeepers, ticket or money takers, refreshment sellers, crowd control monitors, or to help with set-up or clean-up. When appropriate, parents/guardians may be asked to serve as team liaisons and assist with phone calls or provide a schedule to see that all tasks are filled and rotated in an equitable manner. In addition, parents/guardians may also be asked to help with and support fund-raising.

Provide Transportation to and from Games

Parents/guardians are expected to provide transportation for their children to and from games and practices. Coaches are not responsible for transporting the team players.

Engage in Respectful Communication

Pay all Necessary Fees and be in Good Financial Standing with the School. It is important for parents/guardians to realize the amount of time and effort it takes to run effective and efficient interscholastic athletic programs. The level of commitment that coaches, athletic director, and school administrators put forth demands the respect of all parents involved. Under no circumstance should parents/guardians sit in and around the bench area or speak with their child during games. Parents/guardians do not have these rights and privileges unless they are asked to serve as an official volunteer coach. Let the children stay focused on the game.

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TWELVE THINGS YOUTH LEAGUE PARENTS SHOULD NOT DO

1. Do not put yourself in your son's/daughter's place on the court. The child on the court is not you. If he/she makes an error, it's his/her error. If his/her basket or serve that wins the game, it's his/hers. Glory or grief, it is your child's game.
2. Do not talk about the big game all day. Chances are the big game is not as important to your son/daughter as it is to you, and that is healthy. The youngster will usually keep the game in proper perspective and keep pressure to a minimum.
3. Do not criticize any players on the field. That is not only classless and unseemly: it is dangerous as well. Chances are the player's mother is sitting in the next chair.
4. Do not yell instructions to your son/daughter during a game. That is the coach's job. Your voice only makes your son/daughter more nervous. Shout positive, general encouragement instead.
5. Do not start analyzing your child's performance immediately after the game. All the player wants is peace and quiet, and a drink!
6. Do not criticize the coach with other parents in the stands, and never under any circumstances criticize the coach to your son/daughter. If you do, your son/daughter will no longer respect the coach, and he/she will have the inability to be coached. Once this happens, everyone loses. Your son/daughter loses and the team loses. We understand that you may never agree with your son's/daughter's coach. But please, do them a favor, and keep your feelings to yourself. Watch your son/daughter perform, and support the team instead. Lastly, before you complain, ask yourself: Am I willing to give up all my valuable free time to coach?
7. Do not complain when the good coach plays everybody and even goes with different starters every game, right down to the child who has the least amount of athletic ability on the team.
8. Do not abuse the officials. This will not inspire the respect for authority that is demanded from your child at home or at school.
9. Do not decide your player has a future in professional sports. Likewise, do not write off that baby face in the large uniform either. Children mature athletically at different paces. Some are better now than they ever will be. Some of the worst players develop into varsity athletes with time and proper seasoning.
10. Do not forget to praise your child for simply performing. Do not over praise a good play either. Above all, do not dwell on an error or failure to deliver, especially not with scorn or anger. More importantly, do not get in the habit of continually praising mediocrity and allowing your child to settle for less than their best effort.
11. Do not forget to praise all the players after the game, especially if they lost.
12. Do not take yourself or the outcome too seriously. Even the BIG game is not the answer to all of the world's problems. Put the game in its proper perspective!

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SPORTS PARENT/GUARDIAN CODE OF CONDUCT

The purpose of the following Sports Parent/Guardian Code of Conduct is to help define appropriate parental/guardian actions that support the mission of the athletic program. Parents/guardians should read, understand, and sign this form prior to participation.

Any parent/guardian who does not follow the guidelines below will be asked to leave the sports facility and be suspended from the privilege of attending games.

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these pillars of character.

As a parent/guardian, I therefore agree to the following:

I will not force my child to participate in sports.

I will remember that the game is for youth, not adults.

I will learn the rules of the game and the policies of the league.

I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy towards all players, coaches, officials, and spectators at all games and practices.

I (and my guests) will not engage in any kind of unsportsmanlike conduct (booing, taunting, etc) or any other form of harassment towards any official, coach, player or parent.

I (and my guests) will not use any profane language or gestures.

I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.

I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.

I will demand that my child treat other players, coaches, officials, and spectators with respect.

I will teach my child the importance of hustle, playing fairly, and doing one's best.

I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.

I will emphasize the importance of skill development over winning and losing.

I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my own child.

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I will respect the officials and their authority during games, and will never publicly question their decisions.

I will respect the coaches for the time they donate, and I will never publicly confront, question, or criticize them.

I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol, and I will refrain from their use at all sports events.

I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches for the team.

Athlete's Name _____

Parent/Guardian Signature _____ Date _____



Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|--|--|
| <ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns | <ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment |
|--|--|

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness



Concussion Information Sheet (Cont.)

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:
<http://www.cdc.gov/ConcussionInYouthSports/>