

# CATHEDRAL



## SPORTS GUIDE

2009 - 2010

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## **Sports Available to Cathedral Students**

### **Boys Athletics**

Baseball	August - September	7, 8
Basketball	October - January	5, 6, 7, 8
Volleyball	January - April	5, 6, 7, 8
Track	April - May	4, 5, 6, 7, 8

### **Girls Athletics**

Softball	August – September	7, 8
Volleyball	October - December	4, 5, 6, 7, 8
Basketball	December - March	4, 5,
Track	April - May	4, 5, 6, 7, 8

## **Diocesan Sports Policy**

Copies can be obtained from the School office or the sports web page.

## Important Phone Numbers

Athletic Director: Michael Phillips  
239-6437 (H), 920-8604 (C)  
Email: Phillipsmc66@yahoo.com

Cathedral Rectory: 234-1166,  
Cathedral Grade School: 233-6414

## Coaches

Baseball:	Jon Friedrich .....
Girls Softball:	No Softball .....
Girls Volleyball:	
5 <sup>th</sup> & 6 <sup>th</sup>	Sandy Dahm-Schell .....257-9038
7 <sup>th</sup>	TBD.....
8 <sup>th</sup>	.....
Boys Basketball:	
5 <sup>th</sup>	Alan Shelley .....304-9961
6 <sup>th</sup>	Rich Dorrough .....233-2458
7 <sup>th</sup> & 8 <sup>th</sup>	Greg Wells .....235-6539
Girls Basketball:	
5 <sup>th</sup> & 6 <sup>th</sup>	TBD.....
Boys Volleyball:	
5 <sup>th</sup> & 6 <sup>th</sup>	TBD.....
7 <sup>th</sup> & 8 <sup>th</sup>	TBD.....
Track:	TBD.....

## SPORTS WEB PAGE

### Accessing Information on the Web Page

Type “<http://webpages.charter.net/cgs/sports>” in the address box:

Hit the “Enter” key on the keyboard

# Academic Policy for Extracurricular Activities

All students are encouraged to participate in extracurricular activities. However, it is to be understood by Students and Parents that it is a privilege for a Student to participate in an extracurricular activity.

Extracurricular activities are defined as **Chorus, Student Council, Speech, Computer Club, Science Club, Math Club, Band, and Athletics**. Therefore, the Academic Grade Policy is implemented to encourage each student to do his/her best academically while participating in these activities.

The following Academic Grade Policy criteria is to be applied to the seven major subjects of Religion, English, Math, Reading, Spelling, Science, and Social Studies:

1. Student must maintain a minimum “C” average with no “F” in any of the seven major subjects. Eligibility to participate in extracurricular activities is reviewed every two weeks by the Teacher of each major subject.
2. A student who falls below the minimum grade requirement will be ineligible to participate in extracurricular activities per the following guidelines:
  - A. Teacher will notify the Student, Parent, and Principal in writing that the Student’s grade(s) have fallen below the minimum requirements. A meeting will then be scheduled between the Teacher, Student, and Parent to discuss a plan of action. After the meeting, the student will be placed on Academic Probation for a period of 2 weeks. If no meeting is scheduled after one week of the Teacher’s notification date, the student is automatically placed on Academic Probation. During this period, the Student is allowed to fully participate in extracurricular activities at the discretion of the Parent.
  - B. If within the 2-week Academic Probation period the Student raises his/her grade(s), the Student will return to full eligible status. Written documentation of this improvement will be provided to the Student, Parent, and Principal and kept in the Student’s file.
  - C. If after the 2-week Academic Probation period the student has not raised his/her grade(s), yet the Teacher and Parent feel the Student has sincerely improved to the best of his/her ability, a conference will be held with the Teacher, Parent, and Principal. At the discretion of the Parent and with approval from the Principal, the Student will be allowed to fully participate in the extracurricular activity. Written documentation of this decision will be kept in the Student’s file. The student remains on academic probation and grades are reviewed every two weeks.
  - D. If after the 2-week Academic Probation period the Student has not demonstrated any effort to improve his/her grades and the Student is not working to the best of his/her abilities, the Teacher will notify the Student, Parent, and Principal in writing. Effective immediately, the Student will be placed on Academic Suspension and will be excluded from participating in any extracurricular activity including practices, games (including tournaments), and/or meetings. Academic Suspension period is a minimum of one week with the total length of suspension to be agreed upon by the Teacher, Parent, and Principal. Written documentation of this decision will be kept in the Student’s file.

The Student’s total well being is the primary focus of this policy. Exclusion from extracurricular activities is to be thoroughly discussed by the Parent, Teacher, and Principal prior to any action being implemented. The Principal will have final authority in all matters.

The Principal is responsible for notifying the Moderator, Instructor, and/or Athletic Director of any Student’s ineligibility to participate in an extracurricular activity. Discussion of the Student’s grade(s) with the Moderator, Instructor, Athletic Director, and/or Coach, is strictly at the discretion of the Parent. Student confidentiality is respected at all times.

**If a Student is absent from school, or comes in after 9:30AM on a regular scheduled school day, he/she is not allowed to participate in any extracurricular activity** including practices, games (including tournaments), and/or meetings for that same day unless the absence or tardiness has been excused by the Principal.

# **Athletic Suspension Policy**

While reading the following policy, remember how fortunate we are to have athletes that have not exhibited these behaviors, but also understand our reasoning for devising such a policy.

As the Athletic Department, we are very proud of the conduct exhibited by our Cathedral student/athletes. In representing CGS, by wearing a Cathedral uniform, our athletes are indeed winners in our eyes.

In keeping with this tradition of good sportsmanship and winning attitudes, we have been asked to come up with a discipline/suspension policy so we can continue enforcing good behavior.

Sports are a privilege at Cathedral Grade School, not a right. A Cathedral athlete may be suspended from their team for any actions that are harmful to our school, to our athletic program, or to opposing schools.

Possible examples are:

1. Disregard for the authority of our coaches or referees.
2. Disregard for teammates or opposing players.
3. Disregard for Cathedral team regulations.
4. Any improper language or conduct that brings shame to our athletic program

These suspensions may be for practices and games or for just games.

Offenses such as stealing, foul language, and vandalism will result in a 3-game suspension.

Offenses such as sexual contact, alcohol and/or drug possession, weapon possession or coming to practice or a game under the influence of drugs or alcohol will result in immediate removal from the team.

Athletes will be removed from their team for repeated offenses or very serious infractions. Each case will be handled individually by the players Coach, Athletic Director, and Principal. These offenses may also result in further disciplinary actions taken by the school in regards to academic attendance and other extra curricular activities.

Parents will be notified immediately by the Athletic Director if their child is to be disciplined and an incident report will be filed with the Principal.

The above policy and statements pertain to Cathedral Athletes when at practice, games, and whenever they are wearing the Cathedral uniform or representing Cathedral Grade School.

## **ATHLETIC PAPERWORK**

1. All required paperwork must be filled out and given to the Athletic Committee prior to child participating in any sporting event. See **Athletic Participation Checklist** in this Sports Guide for required paperwork and fees.
2. No child will be allowed to participate in any practice or game until all paperwork, fees, and physical forms have been provided to the Athletic Director at least 1 day in advance of the event.

## **INCIDENT REPORTS (IR)**

1. Will be used by any individual with a complaint or issue related to conduct or behavior of parents, guardian, family member, coaches, referees, athletic director, and athletes at a school sporting event (game, meeting, and/or practice).
2. Any complaint or issue must be documented on an Incident Report form within 72 hours of said issue or complaint or it will not be investigated or addressed.
3. Copies of the Incident Report Form are at the McCormick Center, on the school and sports web page (under forms), in the school office, and in the Sports Guide (hard copy).
4. All Reports will be reviewed initially by the Principal and Athletic Director and along with actions taken to resolve will be provided for further review to the School Board and Father.

## **CONDUCT AT SPORTING EVENTS**

1. Any coach thrown out of a game will be suspended for 5 games. A second offense will result in suspension for the remainder of the school year.
2. Any parent, guardian, or family member thrown out of a game will be suspended from attending any sporting event for 3 weeks or 5 sporting events which ever is longer. A second offense will result in suspension for the remainder of the school year.
3. Any parent, guardian, or family member accosting or belligerently talking to a coach before, after (before the 24 hour cooling off period), or during a sporting event will be suspended from attending any sporting event for 3 weeks or 5 sporting events which ever is longer. A second offense will result in suspension for the remainder of the school year of both the parent and child.
4. Any Player thrown out of a game will be suspended for 5 games. A second offense will result in suspension for the remainder of the school year.

## **CONDUCT AT PRACTICE**

1. Coaches will be required to fill out an Incident Report for any child who is not acting properly before, during, and after a practice, any injury or usual situation that may occur during their practice time and provide it to the Athletic Director for evaluation.
2. Coach(s) are in charge of all practices and any parent who is participating in a practice must listen to and take direction from the coach.
3. Parents who are observing a practice must not interrupt or distract the athletes in anyway.
4. Any parent, guardian, or family member accosting or belligerently talking to a coach before, during, or after a practice, and before the 24 hour cooling off period. Will be suspended from attending any sporting event for 3 weeks or 5 sporting events which ever is longer. A second offense will result in suspension for the remainder of the school year of both the parent and child.

## **PARTICIPATION AND ACCOUNTABILITY**

1. Parents must contact the coach if their child will be missing a game or practice or it will be considered an unexcused absence not matter what the reason.
2. Excused absences are: sick and death in family
3. Any child having 3 unexcused absences must attend but sit out the next sporting event that they are available to participate.
4. Coaches will be required to fill out an Incident Report for any child who has had 3 unexcused absences and provide it to the Athletic Director for evaluation.
5. Parents of athletes need to provide the coach in writing any planned vacations as soon as the information is available.

## **PARENT/GUARDIAN PARTICIPATION**

1. Parents/Guardians of any athlete will be required to attend / participate in 2 practices for each sport that their child participates in. After each practice a Practice Evaluation Form must be filled out and provided to the Athletic Director. Copies of the evaluation form are available on the sports web page, at the McCormick Center, in the sports guide, and in the school office.
2. Parents/Guardians of any athlete will be required to evaluate at least one game for each sport that their child participates. During / after each game a Sporting Event Evaluation Form will be filled out and provided to the Athletic Director. Copies of the evaluation form are available on the sports web page, at the McCormick Center, in the sports guide, and in the school office.

# **GYM / ATHLETE SUPERVISION**

1. If a child is not on the team practicing or has not been invited to stay in the gym during practice by the coach responsible for the practice, then they are not allow to stay anywhere in the McCormick Center without a parents or guardian present at all times.
2. When a child arrives for a practice the parents are to ensure that the coach for that child's practice is present prior leaving their child at the McCormick Center. The coaches in the gym conducting other practices have no way of knowing who has come into the McCormick Center. The coach for your child's practice may be late, may be unable to show up for the practice, or practice have may have been cancelled.
3. The McCormick Center **can not** be used as an after school daycare or a library for students to do their homework as our coaches can not supervise both the practice in the gym and activities in the hallway, bathrooms, or other areas of the McCormick Center at the same time. Any athlete who disregards this rule will have and incident report written and will receive an athletic suspension. Any none athlete will have an incident report written and sent to the Principal.

# Athletic Program Philosophy

The purpose of the Cathedral's Athletic Program is to provide an environment where students can develop individual skills, positive attitudes toward themselves and their team, and good sportsmanship toward teammates and opposing teams.

Our goal is to provide a learning and development environment for all athletes. We try to develop teams that can be competitive with other schools while not sacrificing or student athlete's development process.

Students who participate in sports are expected to attend practices and cooperate with their coaches. Students who are absent from school are not allowed to attend practices or games that day unless absence was due to a funeral or they have permission from the Principal.

A good education is top priority at Cathedral Grade School and the athletic program is considered part of the education process. Any student involved in sports must have grades according to the sports academic policy as stated in the parent handbook to participate in practices and games. **Any conduct on school grounds or at the McCormick Center determined to be unacceptable by the Principal, Athletic Committee, or the Athletic Director will result in suspension of athletic privileges.**

Playing time in Grades 5, 6, and 7 may not be equal but because these are considered learning grade levels, students will have as much playing time as possible. Playing time will be determined by practice participation, attitude, grades, school discipline, and game situations as directed by the coach,

The 8<sup>th</sup> grade is considered a competitive grade level and playing time is more selective as judged by the coaching staff. Individual abilities of the student athletes and game situations will cause a coach to play some athletes more than others.

## Sports Fees

Any student participating in our sports program will pay a fee of \$40 per sport for BASEBALL, SOFTBALL, SOCCER, BASKETBALL, VOLLEYBALL, and TRACK with a maximum per school year of \$80.00. All checks are to be made payable to the "**Cathedral Athletic Committee**".

## Physicals

Any student participating in our sports program must provide a sport physical form filled out and signed by a qualified physician. **No student will be allowed to participate in any sporting event to include practices until a physical form is filled out and turned into the Athletic Director.**

## **Consent Policy**

St. Peter's Cathedral Parish nor any entity of said Parish covers any student who participates in the Cathedral Grade School Athletic Program with any health or accident insurance and that the parents must have insurance coverage for they're child. Each athletes parents must release St. Peters Cathedral, Cathedral Grade School, its employees, the Athletic Committee and the Coaches from any claims that might arise from an injury that they're child sustains while participating in these sports.

## **Team Division & Composition**

The Athletic Director will determine all team compositions.

## **Uniform Return Policy**

After each sport has completed for the year uniforms are to be turned in to the designated uniform manager. Uniforms are no longer to be turned into the office or coaches. The office personnel and coaches will not be responsible for the returning of these expensive items. Specific dates will be set up for the uniforms to be handed in and checked by the uniform manager. These dates will be posted at the school, gym, and the athletic web page. If uniforms are not returned or are damaged, the grades of the student and the work policy retainer check will be withheld until replacement costs are paid.

## **Parent Work Policy**

Parents of students involved in all sports are required to work concession stand or door during HOME games. Each student participating will have their parents assigned to work a minimum of two specific dates and times per sport. Each assigned time and date will be the responsibility of the family for which they are assigned. This date and time may be traded with other families or substitutes may be found to work these times, but will be done by the originally assigned family and not the Athletic Association. Individuals who work must be 16 years or older. A check of \$40 will be paid as a retainer at the beginning of the season. It will be returned when you fulfill your commitment to work and return all uniforms. If your commitment is not fulfilled then the check will be cashed. This retainer is in addition to your sports fee.

## **Season Pass**

The Athletic Committee offers a season pass at a cost of \$65.00 per family and can be purchase at anytime. This pass entitles everyone in the immediate family free admittance to all HOME games played at McCormick Center, regardless of the sport.

# Fund-Raising

The Cathedral Athletic Program operates solely on funds raised by the Athletic Committee. It is important that all parents contribute in one manner or another to our fund raising efforts. The revenue for the athletic program is collected at our various fund raising events along with the athletic fees and gate and concession receipts. It is of critical importance that the parents of athletes support all fund-raisers. Please invite your friends and neighbors to come out and watch our athletes in action and participate in our fund raising events listed below:

<u>Event</u>	<u>Date</u>	<u>Contact Person</u>
Raffle	2 Tuesdays Every Month	Linda Hobbs

## Athletic Participation Checklist

The following is a checklist of the information and forms that are required to be filled out and signed for an athlete to participate in any sport at the Cathedral Grade School. No student shall participate in any sport prior to the completion and submittal of parent signature page, physical form, and athletic fees. All forms and fees are for the complete 2009 – 2010 athletic year.

Note: **ONLY CHECKS WILL BE ACCEPTED FOR ANY ATHLETIC FEES THROUGHOUT THE YEAR ABSOLUTELY NO CASH.**  
All checks are to be made payable to the **Cathedral Athletic Committee.**

This checklist is only for your assistance and does not need to be turned in.

- Parent Signature Page
- Athletic Committee Work Retainer Check (\$40)
- Sport Participation Fee (\$40 per sport, max of \$80 per year)
- Athletes Physical Examination Form (completed and signed by a physician)
- Season Pass Check (\$65)

# OFFICE OF YOUTH MINISTRY

Diocese of Belleville  
2620 Lebanon Avenue  
Belleville, IL 62221-3299



Tel: (618) 235-9601  
Fax: (618) 235-7114  
E-mail: [jdaenzer@diobelle.org](mailto:jdaenzer@diobelle.org)

Throughout the Diocese of Belleville, all the Catholic churches, and all of their schools, have one goal in mind: to teach the people to live according to the teachings of Jesus Christ. The parishes and schools have many ways to carry out this task: mass, gospel readings, sermons, PSR, religion classes, everyday activities by priests and teachers..... and interscholastic activities.

The sports program at all schools deal primarily with the athletes, teaching them respect, self-discipline, responsibility, and thanksgiving for the God-given talents the athletes have developed to use in the athletic contests. As coaches strive to teach the athletes the above qualities, so must the schools, principals, and athletic directors strive to teach the parents the same things.

As a parent, it is only natural to want the best for your children. Hopefully, their experiences in interscholastic athletics on the grade school level will help them learn about respect for authority, for teammates, and for their opponents. Hopefully, they will be responsible concerning wearing the correct uniform, showing up at practices, and working hard to the best of their abilities.

As in life, not everyone can be the "best". There are winners and losers in all aspects, but everyone can be successful. As in school grades, musical talent, size, athletic ability, and in many other things, not all people are the same. But they can still try to be the best they can be.

With this in mind, from a parental standpoint, you should have faith in the coaches that they will put your child into situations in which they can succeed, not fail. Remember, in team sports, it is the success of the team that matters most. Players can contribute to that success, whether it be in practice or in games. Just as all students do not get equal grades in math, all students may not get the same playing time in games. But they can still be an important part of the team.

Remember, you as parents represent your child, your parish, and your school when you attend athletic contests as a fan. You, too, must show self-discipline and respect. Referees are human, just like the players are. Everyone will make mistakes. Realize that your child may miss a lay-up, or a serve, and a ref may miss a call.

At times, it will be difficult and frustrating to watch your child play in an athletic contest. The primary concern is for the athletes to do their best..... and, hopefully, be successful as a team.....and win the game. But even if they play hard, they may still be defeated by a better team.

In order to help all people involved in interscholastic sports the Diocese of Belleville has mandated that ALL parents attend a meeting to discuss their behavior and attitude at athletic contests. Parents must sign a paper that states they will act according to the Code of Conduct and abide by the written policies of the Diocese of Belleville. This paper must be signed before their child will be allowed to compete in interscholastic sports.

## Code of Conduct

- A. Parents/fans and supporters of the parish athletic program do not use abusive language at the referees, players, coaches, and fans from either team.
- B. Parents/fans and supporters of the parish athletic team treat all officials with respect and refrain from criticizing officials during and after games.
- C. Parents and fans are reminded that their actions reflect on the reputation and good name of the school.
- D. The actions of parents and fans promote good sportsmanship among everyone present.
- E. ANY COACH, PLAYER, PARENT, OR SPECTATOR EJECTED FROM A GAME WILL RECEIVE A ONE GAME SUSPENSION, AND MAY NOT ATTEND THE NEXT CONTEST. THIS SUSPENSION INCLUDES ANY GAME FOR THE REST OF THAT DAY AND THE NEXT SCHEDULED GAME. TWO EJECTIONS OF A COACH, PLAYER, PARENT, OR SPECTATOR WILL RESULT IN AN AUTOMATIC SUSPENSION FOR THE REMAINDER OF THE SCHOOL YEAR FOR ALL ATHLETIC ACTIVITIES.

Each school should submit an “incident report” form to the Diocesan OYM office in the event of any unsportsmanlike conduct by coaches, players, parents, or spectators. These reports should be submitted within 72 hours and should not be based on the calls of officials or referees. A copy of the “incident report” will be sent to the principals of the schools involved.

NOTE: Starting in 2002, ALL parents of students involved in any school sponsored sport MUST attend a meeting to discuss behavior and attitude at athletic contests. The parents must sign a Code of Conduct agreeing to abide by the above mentioned policies.

IT IS HIGHLY RECOMMENDED BY THE OFFICE OF THE OYM, THAT EVERY SCHOOL ADOPT AND FOLLOW A “24” HOUR COOLING OFF PERIOD TO DIFUSE POTENTIAL PROBLEMS BETWEEN PARENTS, SPECTATORS, OFFICIALS AND COACHES.

Any parent, fan, or spectator disregarding these guidelines shall be asked to leave the gym or playing field. If the parent, fan, or spectator disregards the request to vacate the area, the game shall not continue until the person (s) leaves, and could result in forfeiture of the game. The athletic director/designated representative, or coaches shall see that these regulations are enforced. Any parent, fan, or spectator that consistently violates these regulations shall not be allowed to attend games until determined by the principal or parish athletic director. Any athletic director/ designated representative, or coach refusing to enforce these regulations shall be suspended temporarily or permanently as determined by the principal.

It is the Office of Youth Ministry’s hope that by following these guidelines, you and your children will have an enjoyable and beneficial sports year.

# Parent Signature and Acknowledgement Form

## Initial

\_\_\_\_\_ I have read the Athletic Consent Policy and give my child \_\_\_\_\_ permission to participate in all Cathedral sports for the 2009 – 2010 school year. I understand that St. Peter’s Cathedral Parish (nor any entity of said Parish) covers any student who participates in the Cathedral Grade School Athletic Program with any health or accident insurance and that I must have insurance coverage for my child. I release St. Peters Cathedral, Cathedral Grade School, its employees, the Athletic Committee and the Coaches from any claims that might arise from an injury my child sustains while participating in these sports.

\_\_\_\_\_ I have read and understand the Sport’s Guide and will refer to this Guide when I have questions and/or problems arise.

\_\_\_\_\_ I have read the Athletic Associations Parent Work Policy and agree to work my assigned times or my \$40 retainer check will be kept by the Association.

\_\_\_\_\_ I have read the Diocesan Parents Code of Conduct Policies and agree to follow and abide by these written policies.

\_\_\_\_\_ I believe to the best of my knowledge that my child is in good health and able to participate in sports.

\_\_\_\_\_ I will be responsible for replacement costs of any equipment or uniforms that my child does not return at the end of the season or that my child damages.

\_\_\_\_\_ I understand that I owe a sports fee of \$40 for each sport that my child participates in not to exceed \$80 for the school year.

As the parent(s), I/we hereby affirm with my/our signature(s) that all above information is correct and I/we will abide by the policies and rules set forth by the Cathedral Grade School Athletic Committee.

Parents Name: \_\_\_\_\_

Date: \_\_\_\_\_

Parents Name: \_\_\_\_\_

Date: \_\_\_\_\_