

# **Marian Central Catholic High School**

## **Athletic Handbook 2017-2018**



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Woodstock, Illinois 60098

815.338.4220

<http://il.8to18.com/MarianCC>

## TABLE OF CONTENTS

Mission.....	2
Athletic Curriculum .....	3
Athletic Department Information.....	4
General Information.....	5
Attendance at Athletic Department Beginning of the Season Meeting.....	6
Required Information Needed Before Season Starts .....	6
Athletic/Club Participation Fee .....	6
Insurance, Health and Injuries .....	6
Team Size .....	7
Guidelines for Athletic Advancement.....	8
Commitment to Athletic Program .....	8
Attendance at Practice Sessions .....	9
Attendance at School .....	9
Attendance at Scheduled Athletic Contests .....	9
Penalties for Unexcused Absences .....	10
Disciplinary Eligibility .....	10
Scholastic Eligibility .....	10
Tattoos .....	10
Hair .....	10
Intimidation/Harassment/Bullying .....	11
Alcohol, Tobacco, Steroids, Performance Enhancing Supplements & other Drugs.....	11
Code of Conduct .....	12, 13
Equipment .....	14
Facilities .....	14
Athlete Conduct and Standards of Sportsmanship .....	14, 15
Parent/Guardian Guidelines .....	15
IHSA/Marian Central Expectations of Student/Adult Fan Behavior .....	15
Attendance at Awards Nights .....	15
Athletic Awards .....	16
Participation of Athletes in Out-of-Season Activities .....	16
College Athletics Academic Requirements .....	17
NCAA Eligibility Center .....	17
NAIA College Sports Certification .....	17
State Contests .....	17

Dear Athletes and Parents:

Welcome to the Athletic program at Marian Central. Being a member of a Marian Central Athletic Team carries certain responsibilities. Each student athlete must commit to complete loyalty and dedication. Parent support is a key ingredient in developing a successful young athlete. Both parents and athletes are expected to be positive leaders in promoting good sportsmanship.

There are nearly 690 scheduled athletic events, 41 teams and approximately 70 coaches involved in the athletic program at Marian Central. The purpose of the athletic program is simple - to provide the youth who attend Marian Central with the opportunity to experience success through interscholastic competition as they develop into mature, responsible people.

This handbook is provided to give parents and students the information required to help Marian Central student-athletes succeed. We ask you to read this handbook carefully and discuss it with your student- athlete as he/she becomes involved in the Marian Central athletic program. We invite you to take part in our programs as a supportive parent and enthusiastic spectator.

It is mandatory that the parents and student-athletes complete the Emergency Notification form, the Handbook Agreement/Insurance Waiver form, the IHSA Steroid/Drug Testing Consent Form, the IHSA Concussion Information Form which can be completed on-line:

<https://mariancc.8to18.com/accounts/login>

You must register your student-athlete, and have their physical on file before they are allowed to participate in interscholastic activities. If you have any questions, please contact the coach or the Athletic Director. Physicals should be returned to the main office, and student-athletes must register online .

## **VISION/MISSION**

Our Vision

Peregrini via Veritatis – “Pilgrims on the Way of Truth”

Our Mission

We, the administration, faculty, staff, students, and families of this Roman Catholic, diocesan high school, dedicate ourselves

- to welcoming all who seek Truth and strive to live by it;
- to proclaiming the Gospel of Jesus Christ – the Way, the Truth, and the Life – by sharing of the Catholic faith in word and deed;
- to forming students in mind, body, and soul through our college preparatory curriculum, diversity of extracurricular activities, and program of spiritual growth; and
- to sending servants into the world equipped with their God-given talents and acquired wisdom to spread God’s kingdom.

## **ATHLETIC CURRICULUM**

Interscholastic activities are an important aspect of any high school. Participation in high school athletics is an extension of what happens in the high school classroom. The opportunity to participate in a variety of sports is open to all Marian Central students. The opportunity for a student to participate in these sports is a privilege, not a right. Therefore, those who choose to engage in these sports must abide by certain rules.

Students who take part in athletics are encouraged to participate in multiple sports rather than choosing a single sport. Interscholastic sports help students learn valuable life lessons, and other qualities related to sports and life. Pride, teamwork, self-discipline, self-sacrifice, work ethic, commitment, perseverance and sportsmanship are a few of the qualities besides winning that should come from high school athletics and will be essential throughout students' lives.

The experiences encountered during high school athletics should be enjoyable and positive. The Marian Central community has a higher level of expectation for students who compete in interscholastic athletics and activities.

Coaches have a responsibility to define the educational curriculum of sports and activities in our school. The curriculum of standards and expected outcomes for our programs is NOT measured in WINS, LOSSES and CHAMPIONSHIPS.

The athletic program is designed to enhance the overall mission and philosophy of the school. The educational purpose of our athletic program is about more than teaching a young person a specific skill (i.e. hitting a curveball, serving a volleyball) or even earning a scholarship. To be sure, we all believe that athletics and activities teach teamwork, dedication to purpose, and playing within a set of rules. However, our number one core goal is the propagation of good Christian people for our country who will contribute to the quality of life. We strive to prepare young people to deal with the circumstances of life, develop good Christian people in society who exhibit respect for self and for others. This will be our contribution to the education of our youth through our activities.

Through sports and activities, students learn to seek and to find, to strive and to fail or succeed, to never yield and to accept the outcome, and to feel good about oneself. These are the core educational concepts, and they are all contained within the high school athletic/activities programs. Sports and activities provide not only the opportunity to teach and learn respect for self and respect for others, they also place participants in a unique context - competition - that can further instill and develop values necessary for the development of respect for self and respect for others.

# MARIAN CENTRAL CATHOLIC HIGH SCHOOL ATHLETIC DEPARTMENT INFORMATION

1001 McHENRY AVENUE WOODSTOCK, IL 60098

**Athletic Director Telephone: (815) 338-4220 ext. 119**

**Assistant Athletic Director Telephone: (815)338-4220 ext. 111**

**Athletic Department Fax: (815) 338-5883**

**Website: <http://il.8to18.com/MarianCC>**

Superintendent: Mr. Steve Baldwin

Principal: Ms. Debra Novy

Athletic Director: Mr. Curtis Price

Assistant Athletic Director: Mrs. Kelly Jackson

CONFERENCE: EAST SUBURBAN CATHOLIC

NICKNAME: HURRICANES

COLORS: RED & COLUMBIA BLUE

FOOTBALL: GEORGE HARDING FIELD

SOCCER: PETER A. BAKER STADIUM

LACROSSE: PETER A. BAKER STADIUM

TENNIS: ARTHUR FALLON COURTS

ATHLETIC COMPLEX COURTS

VOLLEYBALL: LANDERS PAVILION & AUXILIARY GYMNASIUM

WRESTLING: LANDERS PAVILION & AUXILIARY GYMNASIUM

BASKETBALL: LANDERS PAVILION & AUXILIARY GYMNASIUM

BASEBALL: THOMAS F. BOLGER FIELD

SOFTBALL: RAYMOND BENOY FIELD

TRACK: PETER A. BAKER FAMILY STADIUM

GOLF: CRYSTAL WOODS GOLF CLUB, WOODSTOCK;

BOONE CREEK GOLF CLUB, McHENRY

## GENERAL INFORMATION

The Athletic Director, Mr. Curtis Price, is responsible for all matters pertaining to the athletic program including scheduling of contests, ordering athletic equipment, maintaining an inventory of all athletic equipment, and arranging transportation for all athletic contests. His phone number is 338-4220 Ext. 119; his email address is [cprice@marian.com](mailto:cprice@marian.com), and his office is located off the commons area, near Landers Pavilion. Mrs. Kelly Jackson serves as the Assistant Athletic Director; her phone number is 338-4220 Ext. 111; her email address is [kjackson@marian.com](mailto:kjackson@marian.com), and her office is located off the commons area near the Landers Pavilion.

Marian Central is a member of, and adheres to the rules and regulations of the Illinois High School Association (IHSA) and the East Suburban Catholic Conference (ESCC). The other members of the ESCC are: St. Viator (Arlington Hts.), Marist (Chicago), Marian Catholic (Chicago Hts.), Joliet Catholic Academy, Nazareth Academy (LaGrange Park), Benet Academy (Lisle), Carmel (Mundelein), Notre Dame (Niles) and St. Patrick (Chicago).

Marian Central currently offers no co-ed sports, therefore, no female student is allowed to participate in a male sport and no male is allowed to participate in a female sport. The following is a list of the interscholastic sports that are offered at Marian during the course of the school year:

FALL SPORTS	WINTER SPORTS	SPRING SPORTS
Cheerleading	Cheerleading	Baseball
Boys Cross Country	Dance/Pom Pon	Boys Lacrosse
Girls Cross Country	Boys Basketball	Girls Soccer
Dance/Pom Pon	Girls Basketball	Softball
Football	Wrestling	Boys Tennis
Boys Golf		Boys Track and Field
Girls Golf		Girls Track and Field
Boys Soccer		
Girls Tennis		
Girls Volleyball		

The following club teams are also sponsored by Marian during the school year: Co-ed Scholastic Bowl, Co-ed Fencing, and Co-ed Bass Fishing.

### Non-School Sponsored Sport Participation

Marian will enter a student-athlete in a non-Marian sponsored IHSA tournament sport. All expenses incurred for participation (transportation, meals, lodging, etc.) will be paid by the student-athlete/parent. Should any expenses be incurred by the school in hiring a teacher/coach to go with the individual athlete as required by the IHSA or a substitute for the teacher/coach, the student-athlete/parent will be responsible for this cost.

## **ATTENDANCE AT ATHLETIC DEPARTMENT BEGINNING OF THE SEASON MEETING**

Prospective student-athletes and at least one parent/guardian **MUST** attend the athletic department meetings scheduled at the beginning of each sport season if the athlete plans to participate in a sport that season. The Fall sports meeting is scheduled on Monday, August 7th; the Winter sports meeting is scheduled on Tuesday, October 24th; and the Spring sports meeting is scheduled on Tuesday, February 20th. Each of these meetings starts at 7:00 p.m.

## **REQUIRED INFORMATION NEEDED BEFORE SEASON STARTS**

Prior to the start of practice for a sport, all students **MUST** turn in the following four forms to the offices identified:

**No athlete will be allowed to begin officially practicing without having clearance from the Athletic Director. The AD will not provide such clearance until the following forms have been properly completed and turned in.**

1. **PHYSICAL EXAMINATION** – This form must be signed by a licensed physician. Incoming freshmen and transfer students use the required school entrance physical. A physical is valid for 13 months from the date of the physical. Therefore, it is recommended that physicals take place after June 1st. Physicals for freshmen are turned in to the School Office and physicals for sophomores, juniors, and seniors are turned in to the Athletic Director's office.
2. **EMERGENCY NOTIFICATION FORM** – This form is part of the registration process which is done on-line.
3. **INSURANCE WAIVER/HANDBOOK AGREEMENT & STUDENT INFORMATION FORM** – This form includes a sign off indicating that the student/athlete and his/her parent/guardian have read this handbook and agree to abide by the policies stated herein. This form is part of the registration process which is done on-line.
4. **IHSA STEROID/DRUG TESTING CONSENT FORM** – This form indicates consent on the part of athletes and their parents to random drug testing in accord with IHSA policy. This form is part of the registration process which is done on-line.
5. **IHSA CONCUSSION INFORMATION FORM** – This form indicates you have read and agree with the IHSA policy and procedure outlined in the form. This form is part of the registration process which is done on-line.

## **ATHLETIC/CLUB PARTICIPATION FEE**

Each athlete is required to pay a participation fee. This is accounted for by the school bookkeeper. The fee is \$175. The fee is required for participation in one sport/activity including all which the student is participating. This fee is non-refundable. Exceptions can only be made by the Superintendent. **INSURANCE, HEALTH, AND INJURIES**

1. The school/diocese does not carry medical insurance for injuries to students. Therefore, the cost for medical expenses incurred by a student as the result of an accident or injury which occurs on school property or at a school activity will be the responsibility of the student's family or family insurance provider. Students participating in athletics will be required to present proof of insurance while registering your student-athlete on-line before being allowed to participate in any sport. In the case of an accident, no matter how minor, the student has a responsibility to report the accident to the teacher or coach in charge.
2. If an individual has any special medical problem, the parent must inform the Athletic Director in writing. This is essential to safeguard your son's/daughter's health. This in turn will be given to the athletic trainer.
3. Any injury occurring during practice or a contest is to be reported to the coach and athletic trainer immediately.

## **TEAM SIZE**

1. Every attempt will be made to allow as many students as possible to participate in any sport. Practical situations such as facilities, number of coaches, available playing time, etc. dictate that in certain situations, a team will have to be "cut" down to a manageable size.
2. In no case will cuts be made before three (3) practices have been completed. In general, sophomore and varsity team sizes will parallel IHSA tournament regulations. Freshman team sizes will generally be larger than sophomore and varsity team sizes. Team sizes in sports that offer freshmen "A" and "B" levels will be large enough to field teams for both levels. The expected team size for various levels of each sport is as follows:

### **Sport Level Size**

Boys/Girls Cross Country - Total 28

Football - Varsity 55 Sophomore 35 Freshman 35

Boys Golf - Varsity 7 Junior Varsity 7

Girls Golf - Varsity 7 Junior Varsity 7

Boys Soccer - Varsity 22 Junior Varsity 22 Freshman 22

Boys/Girls Tennis Total 28

Girls Volleyball - Varsity 14 Sophomore 14 Freshman 20

Boys/Girls Basketball - Varsity 15 Sophomore 15 Freshman 20

Wrestling Total Unlimited

Baseball - Varsity 22 Sophomore 22 Freshman 22

Softball - Varsity 18 Sophomore 22 Freshman 22

Girls Soccer - Varsity 22 Junior Varsity 22 Freshman 22

Boys/Girls Track - Total 60

Pom Pon/Dance Each Squad 20

Cheerleaders Each Squad 16

Lacrosse 35



## **GUIDELINES FOR ATHLETIC ADVANCEMENT**

**PROCEDURES:** If an underclass student athlete is being considered by the coaching staff for advancement to a higher level within the program (ie. Freshman or Sophomore athletes moving up to Junior Varsity or Varsity-level), the Head Coach will discuss with the Athletic Director and the following steps will be taken:

1. Pending approval from the A.D., the coaching team (Head Coach of sport and the Athletic Director) will contact the parents and propose a meeting between parents, student-athlete, administration, and coaches involved. The student-athlete or parents of the athlete may decline such a tryout or advancement consideration.
2. Advancement consideration may occur prior to, or shortly after, the beginning of the sports season. Underclass-level athletes also may be advanced for post-season tournaments.
3. In reviewing a potential student athlete under consideration for higher level advancement, the Athletic Director will consider not only the team's needs and team chemistry, but more importantly all aspects of the student's growth and development including physical, emotional, social, intellectual and spiritual. The student's school records including academic, discipline, and attendance also will be taken into consideration.

### **ADVANCEMENT REVIEW:**

1. The Coaching Team (Head Coach and Athletic Director) has a responsibility to closely monitor the development of the student-athlete once level-advancement occurs. Continued observation will be made in regard to the following:
  - a.. Team needs and chemistry
  - b. Student growth and development, including physical, emotional, social, intellectual, and Spiritual.
  - c. Student school records including academic, discipline, and attendance
2. Student-athletes who have been advanced in playing level may be recommended to return to their original sport level should the Coaching Team deem necessary for the welfare of the student-athlete and team. A transparent review process involving the student-athlete, parents, and Coaching Team will take place prior to this recommendation and will be handled on a case-by-case basis.

### **COMMITMENT TO ATHLETIC PROGRAM**

As a member of a Marian Central athletic team, all athletes are to understand and abide by the expected level of commitment for such membership. Attendance and participation at all practice sessions and contests, support for fellow teammates, as well as respect for coaches is an expected part of being a Marian Central athlete.

- a. When a team Mass is scheduled during the season, all athletes are to attend.
- b. Family Vacations During an Athletic Season – Attendance at practices and contests is important for the continuity and development of the team. However, an athlete who will be absent for a vacation or trip with a parent(s) must present notification of that intent to his/her coach. Such parent-written notice must be presented a minimum of one week in advance of the planned vacation/trip stating the days s/he will be missing practices/contests. The coach will excuse a student for this purpose a maximum of three practice/contest days each season. The student will be responsible for personal improvement as assigned by the coach upon return.
- c. Participation in Outside Athletic Activities During an Athletic Season – If you choose to compete in a Marian Central athletic program, this will have precedence over any outside athletic activity. Each practice or game missed as a result of attending an outside athletic activity will result in an unexcused absence.

## **ATTENDANCE AT PRACTICE SESSIONS**

An athlete must attend each scheduled practice session. The only exceptions are the following:

- a) Serving a school or teacher detention. Detentions must be served at the assigned time. Having a detention is not an excuse to miss a practice or a game. Similarly, having a practice or a game is not an excuse to miss a detention. Coaches have the option of penalizing an athlete for missing a practice or a game due to the fact the athlete was serving a detention.
- b) Excused all day absences (If the athlete is in school and goes home prior to practice the athlete should contact his/her coach or the Athletic Director prior to leaving).
- c) Pre-arranged events approved by the coach. Whenever possible, athletes are asked to seek approval from their coach 24 hours in advance.

## **ATTENDANCE AT SCHOOL**

1. On a regular school day an athlete is required to be in school by the beginning of third period (10:00 i am) in order to be eligible to participate in a practice or a contest. A student is required to attend a minimum of his/her last five classes of the school day to be eligible to participate.
2. If an athlete is absent from school because of illness, the athlete may not participate in a practice or a contest.
3. If an athlete leaves school because of illness during the day of a contest, the athlete will not be eligible to participate in a practice or a contest.
4. If an athlete is absent from school for reasons other than illness, the decision of eligibility will be left to the discretion of the Athletic Director or Director of Academics.
5. During a school suspension the athlete will not be allowed to participate in contests, practice sessions or any other school event.

## **ATTENDANCE AT SCHEDULED ATHLETIC CONTESTS**

1. Athletes are to attend all scheduled athletic contests for their team.
2. If an athlete must miss a contest due to an emergency, the athlete shall contact his/her coach prior to the event for approval.
3. Attendance At Games: Players who are in a program are expected to be at other games in the program when games are being played at home the same day or night. (i.e.) Frosh "B" at Frosh "A"; varsity at sophomore; sophomore at varsity. They will sit together, dressed appropriately, in spots or areas designated by the head coach of that sport.
4. Travel To and From Contests: Student athletes MUST travel with the team to and from each contest on the school provided transportation. Parents who find it necessary to transport their son/daughter home from the contest must notify the coach in person that they are taking their son or daughter home with them. In the event a parent needs their son or daughter to go home with another student's parent(s), a permission slip must be signed by the student's parent and turned in to the coach. Permission will not be granted to student athletes to drive to and from contests outside McHenry County nor will permission be granted for an athlete to ride with another athlete to or from a contest within McHenry County. Student athletes who miss the school provided transportation will NOT be allowed to participate in the contest.

## **PENALTIES FOR UNEXCUSED ABSENCES**

### **1. Unexcused Absence from Practice:**

1st Offense: The athlete will not be allowed to start the next contest and will be expected to do personal improvement drills at the next practice as outlined by the coach prior to the beginning of the season.

2nd Offense: The athlete will not be allowed to participate in the next contest. Athletes will participate in all practices prior to the contest to be missed.

3rd Offense: The athlete will be subject to dismissal from the team as determined by the coach and Athletic Director.

### **2. Unexcused Absence from Contest:**

1st Offense: The athlete will not be allowed to participate in the next contest and will do personal improvement drills at the next practice as outlined by the coach prior to the beginning of the season.

2nd Offense: The athlete will not be allowed to participate in the next three contests. Athletes will participate in all practices before contests to be missed.

3rd Offense: The athlete will be subject to dismissal from the team as determined by the coach and Athletic Director.

## **DISCIPLINARY ELIGIBILITY**

All students are expected to adhere to all school regulations and policies. Failure to do so may result in the athlete losing his/her privilege to participate in the school's athletic program.

## **SCHOLASTIC ELIGIBILITY**

1. Eligibility is determined on Wednesday of each week. The weekly grade check determines the semester grade for each course that a student would receive were that student to transfer to another school at that time.

2. Students are ineligible to participate for the following week if: s/he has a) 2 or more F's; b) 1 F & 2 or more D's; c) 3 or more D's. Ineligible students will not be allowed to participate in any interscholastic games or activities from Monday through Sunday of the following week. Ineligible students may practice with their team, but this is up to the discretion of the coach.

3. Students failing two classes for a semester will not be eligible for the next semester. Ineligible students may practice with their team, but this is up to the discretion of the coach.

## **TATTOOS**

Tattoos are highly discouraged. If a student/athlete has a tattoo(s), it must be covered at all times so that it is not visible.

## **HAIR**

See Student Handbook page 30

## **INTIMIDATION/HARASSMENT/BULLYING**

Please reference Student Handbook Appendix C

## **ALCOHOL, TOBACCO, STEROIDS, PERFORMANCE ENHANCING SUPPLEMENTS, & OTHER DRUGS (PLEASE ALSO REFER TO THE STUDENT HANDBOOK APPENDIX D)**

Students are prohibited from using or being under the influence of alcohol or drugs while at School or any School-related function. Included within the prohibitions set forth in this Policy are the following:

Use, possession, manufacture, distribution, dispensation or sale of drugs, drug paraphernalia or alcohol on School premises or with respect to School-related activities;

Storing in a locker, desk, automobile or other repository on School premises or in connection with any School-related activity any drugs, drug paraphernalia or alcohol;

Being under the influence of drugs or alcohol on School premises or in connection with any School- related activities.

The School reserves the right to require a student to undergo testing for the use of alcohol and/or drugs when a reasonable suspicion of such use exists. A "reasonable suspicion" of drug and/or alcohol use may be based upon the observation of the student's behavior, information received regarding alleged alcohol or drug use and/or other indicia giving rise to a suspicion of a violation of this Policy. A student's failure to cooperate in testing required by this Policy or other violations of this Policy may result in disciplinary action up to and including expulsion from the School. Tobacco use or possession of tobacco products in or on Marian Central property is likewise prohibited. Administration of this Policy is as follows:

Tobacco Products: Offenses accumulate on a calendar year from the date of 1st offense basis

1st Offense: One-day suspension; a Saturday detention; parent notification; refused participation in all co-curricular activities for a minimum of one calendar month; dismissed from any student government or any other leadership position for the remainder of the school year  
2nd Offense: Three-day suspension; parent notification; refused participation in all co-curricular activities for a minimum of one calendar month; and enrollment in and completion of a Marian approved tobacco use education program to be paid for by the family.  
3rd Offense: Expulsion from Marian Central

Alcohol, Steroids, Performance Enhancing Supplements and Other Drugs: Offenses accumulate throughout high school career

**Any student who sells or otherwise deals such drugs to other students will be expelled whether the exchange took place on campus or off campus.**

Use and/or Possession of Such Drugs, Supplements, Drug Paraphernalia, etc.:

1st Offense: Three-day suspension; a Saturday detention; parent notification and conference with the Director of Activities & Discipline; enrollment in and completion of a Marian approved alcohol/drug abuse program by a date determined by the Director of Activities & Discipline and paid for by the family; refused participation in all co-curricular activities for a minimum of one calendar month; dismissed from any student government or any other leadership position for the remainder of the school year.  
2nd Offense: Five-day suspension; a Saturday detention; parent notification and conference with the Director of Activities & Discipline; enrollment in and completion of a Marian approved alcohol/drug abuse program by a date determined by the Director of Activities & Discipline and paid for by the family; possible hearing before the Board of Discipline; refused participation in all co-curricular activities for a minimum of three calendar months; dismissed from any student government or any other leadership position for the remainder of the school year.  
3rd Offense: Expulsion from Marian Central.

All suspensions begin the first academic day of/following the offense, are recorded as unexcused absences, and students receive an "F" for each class missed. Students suspended from all co-curricular activities for violations of tobacco and/or other drug policies are to continue practice with the team unless s/he is suspended from school.

## CODE OF CONDUCT

Student athletes at Marian Central are held to a higher standard than other students regarding the illegal use of drugs as well as other illegal acts. As such, additional consequences for violations of the tobacco, alcohol and other drug regulations and other illegal acts are applicable.

The following rules and regulations are in effect under the following conditions: Any student who is a participant in any of the school sponsored sports, academic team or other IHSA sponsored events shall be subject to all rules written in this code. These rules apply twenty-four hours a day, seven days a week, twelve months of the year, in school or out of school. There are no exceptions.

Violations:

1. Confirmed involvement in the use or possession of smoking tobacco and/or smokeless tobacco products.
2. Confirmed involvement in the use or possession of alcoholic beverages, other illegal drugs, steroids, and/or controlled (non prescribed) substances.
3. Confirmed involvement in acts of vandalism, violence, theft, or any act considered unlawful in any legal jurisdiction.
4. Confirmed involvement as a participant at a party or gathering where illegal activities are occurring. The student will be considered a participant should s/he fail to leave the premises once s/he becomes aware of these illegal happenings.

Confirmed involvement: Any student apprehended by law enforcement authorities or witnessed by, reported and verified by any school official (administrator, faculty member, coach) shall be considered in violation of the stated rules.

Those additional athletic consequences for such violations shall be as follows:

1st Offense: Suspension from participation in all regular season contests for 25% of the competitive season . Refer to the Athletic Suspension Table – Column 1. The student is expected to participate in all practices during that time, as eligible and attend all games.

2nd Offense: (Of the tobacco and tobacco products regulation) Suspension from participation in all regular season contests for 50% of the competitive season or one calendar month and which could result in the consequences being served over two seasons. Refer to the Athletic Suspension Table – Column 2. The student is expected to participate in all practices during that time, as eligible and attend all games.

3rd Offense: (Of the alcohol and other drugs regulations) Suspension from participation in all regular and postseason contests.

<b>Sport</b>	<b>Column 1 Contest 25%</b>	<b>Column 2 Contest 50%</b>
Tennis	4	8
Soccer	4	8
Football	2	5
Cross Country	5	9
Golf	5	9
Volleyball	5	9
Wrestling	5	9
Basketball	5	10
Track & Field	4	8
Baseball	7	14
Softball	7	14
Cheerleading	6	15
Dance Team	6	15
Lacrosse	5	10

Athletic suspensions reflect regular season scheduled contests and tournaments. The athlete is suspended during any tournament that falls within his/her suspension. Each tournament counts as one contest. Suspensions will be served during post season contests when necessary. If an athletic contest is canceled during the suspension, it will not count as part of the suspension. A suspension may be applied to the sport season in which the athlete has participated in the past or to the current or next sport season as deemed appropriate by the administration. A suspension will be carried over to a second sport season when necessary.

## **EQUIPMENT**

1. The school attempts to provide the best and safest equipment money can buy. Each athlete is expected to take excellent care of this equipment. This includes laundering uniforms. If the equipment needs repair any time during the season, the athlete should notify the coach as soon as possible. 2. The original equipment and uniform issued must be cleaned and returned by the athlete within

one week of the close of the season. 3. The athlete must accept full responsibility for equipment or uniforms issued by the school. If they

are lost or anything is damaged, she/he must pay the school for its replacement. 4. When an athlete completes a sport season, he/she will have one week from the final contest to return issued equipment to the coach. An athlete who does not return or pay for lost equipment or uniforms will be charged for the replacement cost.

## **FACILITIES**

1. Coaches' offices are for coaches. No student/athlete should be in the coach's' office areas, Athletic Director's, Assistant Athletic Directors, or AD Secretary's offices unattended or uninvited.

2. The training room is off limits unless attended by the athletic trainer.

3. Weight room facilities are only to be used under the direction and supervision of the athletic strength and conditioning staff.

4. Penalty for being in restricted areas uninvited or unsupervised may result in disciplinary action.

5. Only music that is appropriate in a Catholic school environment is to be played in school facilities and on school grounds. Athletes using inappropriate language are subject to disciplinary action.

6. Athletes are to walk under the supervision of a coach to and from the athletic field complex.

Athletes are not to drive and/or park their vehicles at the complex.

7. Vandalism -- See Student Handbook

## **ATHLETE CONDUCT AND STANDARDS OF SPORTSMANSHIP**

1. Student/athletes are to maintain all standards of behavior identified in the student handbook. School pride, loyalty, sportsmanship, and respect toward the opponent and the opponent's' school should always be displayed.

2. The following rules are in effect:

a) Use good judgment, be responsible, and show respect for person and property.

b) Be respectful to all adults and be cooperative in following the instructions of coaches.

c) Display outstanding modesty in victory and graciousness in defeat.

d) Respect and acknowledge the integrity/judgment of officials.

e) Demonstrate outstanding restraint from the use of profanity or displays of anger.

f) Exhibit positive behavior with opponent fans and teams before, during and after the contest.

g) Maintain a good reputation as a representative of the school.

3. Team members not living up to the highest standards of personal conduct and sportsmanship will be suspended from further competition by administration and/or coaches.

4. No athlete will go to a game in anything but school type clothes. Exceptions will be team uniform, team warm-ups or team dress outfits. Examples: team sweaters, ties. At NO time are athletes to go to games they are involved in wearing jeans.

### **PARENT/GUARDIAN GUIDELINES**

1. Be supportive of the team, the participants, and the coaches.
2. Help the participant follow and uphold the training rules and team policies.
3. Learn the basic rules and strategies of the sport to gain a better understanding of it.
4. Because sportsmanship begins with you, we ask that you exhibit good sportsmanship at all times. Your admission to a contest is to watch the performances of the student athletes - not a license to abuse officials, coaches, players or other spectators. Be a positive role model for all of our student athletes.
5. Bring any questions or problems concerning your son/daughter to the attention of the coach involved. Communication is of utmost importance for all of us to operate in a cohesive team manner.
6. Parents are reminded that pets are not allowed on school grounds for any outdoor athletic **event.**

### **IHSA/MARIAN CENTRAL EXPECTATIONS OF STUDENT/ADULT FAN BEHAVIOR**

Marian Central Catholic and the East Suburban Catholic Conference (ESCC) are registered participants and supporters of the IHSA Do What's Right! Program [www.ihsa.org/resources/sportsmanship/dowhatsright.aspx](http://www.ihsa.org/resources/sportsmanship/dowhatsright.aspx). As such we are committed to the promotion and display of good sportsmanship from our student athletes, coaches, parents and fans. Marian Central Catholic/IHSA Do What's Right! Expectations:

- Represent the school and community through positive interaction with opposing fans and players.
- Use positive cheers, chants, songs or gestures.
- Display modesty in victory and graciousness in defeat.
- Respect and acknowledge the integrity/judgment of officials.
- Exhibit positive behavior before, during and after the contest.
- Fans are not to use artificial noisemakers at any indoor events.
- Fans are not to use whistles, horns, sirens, etc. at any outdoor or indoor events.

### **ATTENDANCE AT AWARDS NIGHTS**

Athletes are required to attend the sports award night for their sport unless excused by the school. These are held to honor each athlete, thank them, give out various awards and letters for their sport and have the coach wrap up the season with remarks on the season. It is also a time for coaches to outline off-season and/or summer expectations. This is to be a dress up/business casual occasion. Jeans or shorts are not appropriate. Should a student be absent for an awards night, awards for the absent student will be retained by the athletic department for **student pick up for two weeks only.**



## **ATHLETIC AWARDS**

1. **FRESHMEN** - numerals for participating and completing the season. It is possible to earn a minor "m" or a varsity "M" if competing at a higher level and qualifying under the criteria for the sport.
2. **SOPHOMORE** - minor "m" for participating and completing the season. It is possible to earn a varsity "M" if competing at a higher level and qualifying under the criteria for the sport.
3. **JUNIOR** - minor "m" or varsity "M" depending on whether they qualify under the criteria for the sport.
4. **SENIOR** - minor "m" or varsity "M" depending on whether they qualify under the criteria for the sport. A senior who has competed in a sport for at least two years in that sport will always receive a varsity "M" and a senior plaque, regardless of meeting the criteria.
5. **SENIOR PLAQUE** - senior will receive a plaque depicting participation in sports, with number of years, providing they have competed in at least one sport for two years and received a varsity "M" or competed in a sport for at least two years.
6. Athletes who letter in three varsity sports in one year will also receive a patch in recognition of that achievement. Student-athlete will receive only one patch through their high school career.
7. A student/athlete who participates in a non school sponsored sport will receive the following letter award(s):  
As a freshman, numerals or if competing for 1st time, regardless of class, receives numerals;  
As a sophomore and a junior provided s/he has competed prior, s/he will receive a minor "m";  
As a senior, s/he will receive a varsity "M" provided s/he has competed for a least three years in the same sport. S/he would also receive a senior plaque.  
Should the individual qualify for State, s/he will receive a varsity "M" regardless of year in school.
8. Individual and team awards will be presented at an Awards Night scheduled at the conclusion of each sports season. An athlete must complete the season in order to earn an award. All athletes are required to be present at this awards night to receive their individual awards.
9. Athletes who have not returned equipment and/or uniforms are not eligible to receive awards or recognition on awards night.

## **PARTICIPATION OF ATHLETES IN OUT-OF-SEASON ACTIVITIES**

1. **Participation of athletes in any out-of-season activity related in any way to the athletic program at Marian Central is voluntary and completely at the discretion of the athlete and his/her parents. Any form of coercion to force an athlete to participate in any out of season activity is inappropriate.**
2. Athletes are welcome to participate in the many out-of-season sports that are available. Athletes and parents are welcome to consult a coach for recommendations and advice concerning participation in these sports.
3. Athletes that choose to participate in out-of-season sports make the decision (with parental input) on which activities and how much time they dedicate to those activities.
4. During the off-season no athlete is to use or have use of school equipment pertaining to a sport out-of-season. Exceptions are for use of equipment needed for a summer camp or league.

## **COLLEGE ATHLETICS ACADEMIC REQUIREMENTS**

A student who wishes to practice and play his/her freshman year at an NCAA Division I or Division II college must satisfy certain NCAA requirements including core courses passed, SAT or ACT test scores, and grade point average. Definitive information regarding college eligibility can be found at the NCAA's web site – [www.eligibilitycenter.org](http://www.eligibilitycenter.org).

### **NCAA ELIGIBILITY CENTER**

Athletes who intend to participate in Division I or II athletics as a college freshman must be certified by the NCAA Eligibility Center. The Eligibility Center is accessed through the NCAA web site. At this site you can find all of the information you will need to know about eligibility as well as registering for certification by the Eligibility Center. The Assistant Athletic Director is the NCAA compliance officer for Marian Central and is available to assist student athletes with any questions.

### **NAIA COLLEGE SPORTS CERTIFICATION**

A student who wishes to play in an NAIA college athletic program must register and have his/her eligibility determined through the NAIA Certification Center. Requirements are identified at [www.playNAIA.org](http://www.playNAIA.org).

### **STATE CONTESTS**

Students who are members of an athletic team may be excused from school when they are playing/competing in a State Series Contest (IHSA). Athletic coaches will assume supervisory responsibility only for those team members designated for competition in the athletic contests. Non-participating members are required to have parent permission, and parents assume full responsibility for travel, lodging and supervision.