



Saint Scholastica Athletics

2017-2018 Athletic Handbook

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1.0 THE ATHLETIC DEPARTMENT

The Athletic Department consists of the Athletic Director, program coordinators, volunteer coaches and assistant coaches, as well as volunteer parents of the student participants. The department is responsible for creating and maintaining an interscholastic athletic program that promotes and emphasizes Christian values through sporting activities for students of Saint Scholastica School in grades 5-8.

The entire program is under the jurisdiction of the school principal, with ultimate oversight by the pastor of Saint Scholastica Church.

2.0 PHILOSOPHY

Catholic schools provide for the development of the whole child. This includes education and formation in spiritual, mental and physical areas. School athletics are designed to enrich the religious formation and academic curriculum through individual and team participation.

Consistent with this philosophy, all the school's athletic programs offer activities that are grounded in Christian values. It provides opportunities for students to be involved in physical and social activity which contributes to their overall progress. Development of athletic skills is central to each respective sport. However, it is the Christian values of sportsmanship, teamwork, respect for your opponent, and a general sense of fair play, that are intended to help the student-athlete grow spiritually, as well as physically, through athletic activities.

Athletics also builds self-confidence, character and leadership skills, fosters cooperation, and encourages team and school loyalty. Athletics also encourages parent involvement and provides many opportunities, as coaches, boosters, spectators, etc., to help promote our school philosophy. Whereas winning is always fun and a goal for all those involved as it is a competition between participating leagues, our school values should never be compromised for the sake of winning.

The Athletic Director, coaches and parents, and all involved in the Athletic Department, serve as role models of Christian behavior through their contact with opposing teams, schools, coaches, parents, referees, and students.

3.0 NON-DISCRIMINATION POLICY

Schools operated under the auspices of the Diocese of Joliet admit students of any race, color, sex, national and ethnic origin to all the rights, privileges, programs and activities generally available to students at the schools.

4.0 EXTRA CURRICULAR ACTIVITIES

The purpose of extra curricular activities at Saint Scholastica is to provide an opportunity for the students to participate in activities which are not incorporated into the regular school day. Students should remember that involvement in any extra curricular activity assumes they can conform to the policies of the school, demonstrate good behavior and good effort scholastically. As participants in such activities, they represent the student body, the school, and the parish. Participation in an extra curricular activity is a privilege, not a right. Please see the Eligibility for Participation section for more details.

5.0 ROLES AND RESPONSIBILITIES

There are specific roles and responsibilities that are part of the Athletic Department and all its activities at Saint Scholastica. These are listed below:

Principal/Pastor

The principal of Saint Scholastica School and pastor of Saint Scholastica Church control the athletic program. He/she may delegate certain tasks to an Athletic Director, an athletic board or committee. The principal retains ultimate responsibility and is held accountable for the athletic program, policies, guidelines, regulations, rules, practices, procedures, schedules, personnel, and finances. The principal works with the pastor in the athletic area as in other areas.

Athletic Director/Assistant Athletic Director

The principal appoints the Athletic Director. The principal will ascertain that the Athletic Director understands and adheres with diocesan and the school's educational and athletic philosophy. The Athletic Director will be held accountable for implementation of all diocesan and school policies, guidelines, rules, and procedures.

A major part of the Athletic Director's responsibility is supervision at athletic events, in collaboration with the respective program coordinator. In cases when the Athletic Director cannot attend the event, it must be clear who is in charge of that event. The Athletic Director is directly responsible for the performance of coaches, assistant coaches, and the behavior of parents and students at games and practices. The Athletic Director models the performance and behavior he/she expects from others.

The following is a list of the Athletic Director's duties/responsibilities:

1. Set a Christian example by exhibiting the highest level of conduct at all times.
2. Attend or send a representative to any and all athletic meetings.
3. Approve or complete league paperwork with each sport's coordinator.
4. Distribute league information to school administration and coaches.
5. Communicate with school administration.
6. Support and implement policies of leagues and school.
7. Secure and monitor coaches, submit background checks.
8. Oversee events in the school's facility and arrange for set-up and cleanup.
9. Oversee coaches' behavior and ensure adherence to our school philosophy, policies, rules, and procedures.
10. Address any issues with coaches, parents, or students and take disciplinary actions, as required, in coordination with the principal and pastor.

11. Collects registration fees for all programs in coordination with the Program Coordinator.
12. Reviews fee rate for program registration with program coordinators and principal.
13. Keep financial records of all athletic income and expenditures (all deposits and check requests go through the parish office).
14. Oversees inventory and maintenance of extra curricular sports equipment by program coordinator.
15. Approve purchase or repair equipment as needed.
16. Oversee distribution and collection of uniforms.
17. Approve order of replacement uniforms as necessary.
18. Maintain active rosters of students involved in sports activities.
19. Maintain registration and insurance emergency form for all sports activity participants and distribute to coaches.
20. Work with school principal to maintain, update, and revise the Athletic Handbook.
21. Maintain a first aid kit for all teams and distribute to coaches.
22. In collaboration with program coordinators, submit calendar requests to the parish secretary.
23. In collaboration with program coordinators, conduct athletic registration and determine the number of teams for the leagues in each sport.
24. Coordinate practice schedules in our facility according to coaches' schedules and Diocesan guidelines and distribute calendars to coaches and school.
25. Secure officials and necessary workers for all athletic events.
26. Prepare communication letters to parents for registration, fees and other business.
27. Attend or make arrangements for a representative to be at fee payment days in August.
28. Pick up coaches keys from the parish office and distribute one set to each team. Collect keys at the end of the season and return to the parish office.
29. Review all League schedules for accuracy and distribute final schedules to coaches.
30. Order awards for each sport.
31. Help during Catholic Schools Week with coordination, management and oversight of the annual 3x3 tournament.
32. In collaboration with program coordinators, conduct a pre-registration survey in May to help with the planning of the following year.
33. Maintain school records for cross country and track, and update plaques as needed.
34. In collaboration with program coordinators, maintain all documentation for the Athletic Department (accident reports, coaches application forms, evaluation forms, tournament entry forms, etc.).
35. In collaboration with program coordinators, coordinate and oversee any and all Athletic Department fundraisers.
36. Provide monthly financial reports to the Finance Committee representative.

Program Coordinators

There are five program coordinator positions: Cross Country Coordinator, Volleyball Coordinator, Basketball Coordinator, Track Coordinator, and Chess Coordinator.

The following is a list of the Program Coordinator's duties/responsibilities:

1. Overall ownership for his/her respective program.
2. Promote our school philosophy and be a Christian example in representing our school.
3. Be available at all times during his/her respective program's season.
4. Has the option to select an assistant coordinator to help where needed.
5. Read and be familiar with the Saint Scholastica Athletic Handbook.
6. Read and be familiar with the league constitution and by-laws for his/her respective sport.

7. Prepare and submit a budget to the Athletic Committee for his/her respective sport prior the beginning of the school year.
8. Responsible for program registration, team rosters, league team formation and team commitments.
9. Oversees and tracks participation fees/late fees and any other program fees, and reports to the Athletic Director to assist in keeping the Master Registration List current.
10. Ensures parish security policy is enforced with the coaches by advising and overseeing proper opening and closing of the gym and building facilities.
11. Works with the coaches and Athletic Director on potential tournaments that our teams may participate in.
12. In concert with the Athletic Director, ensures league entry forms (e.g., class enrollments, team commitments, team rosters, etc.) and league entry fees are submitted by league deadlines.
13. Attends and participates in league meetings.
14. Prepares written reports covering league meetings, program activities, etc., to be presented to the Athletic Committee at the monthly meeting.
15. Coaches' liaison for Athletic Department decisions and league rules/policies.
16. Addresses any parent-child issues as they arise and are escalated above the coach.
17. Ensure parents follow the "chain of command" in addressing issues in the following order: coach, program coordinator, Athletic Director and finally, the Athletic Committee. If still unresolved after following the chain of command, the parent can take the issue to the principal next and finally and if necessary, the pastor for a final decision.
18. Enforces policies and procedures set forth in the Athletic Handbook.
19. Inventories equipment/uniforms for his/her respective sport and makes recommendations for expenditures for replacement as needed.
20. Works with coaches to ensure volunteers are scheduled prior to the start of season.
21. Trains & and oversees all scorebook and scoreboard personnel as needed.
22. Works with League and Athletic Director to resolve scheduling conflicts and rescheduling of League Games/Meets.
23. Handles rescheduling of any cancelled/postponed games with Athletic Director and communicates to coaches and league.
24. Ensures available gym dates and times for league games are submitted to the league by the required deadline.
25. Ensures all coaches conduct the team parent meeting(s), and attends if possible.
26. In concert with the Athletic Director, conducts pre-season and post-season coaches meetings (and parent meetings as necessary).
27. Coordinates, manages and maintains practice schedules with coaching staff and administers changes with the Parish Office as needed.
28. Schedules and trains officials when necessary.
29. For Cross Country and Track programs, schedules and organizes parent help for all meets.
30. Reviews and provides oversight to the evaluation process of the splitting of teams (A/B teams), overseeing tryouts with the coaching staff.
31. Reviews fee rate for program registration with the Athletic Committee.
32. Coordinates and oversees all fundraising activities for his/her respective sport.
33. Coordinate and oversees summer camps for his/her respective sport.
34. Oversee and ensure all coaches for their program have attended both the Protecting God's Children workshop and CPR/AED classes.

Coaches and Assistant Coaches

The following is a list of the coaches' duties/responsibilities. A minimum of two coaches/parents must be present at all practices and games.

1. Read and be familiar with the entire Athletic Handbook.
2. All coaches and assistant coaches are required to complete the Protecting God's Children program and must maintain CPR/AED certification. (CPR/AED certif. is every two years).
3. Read and be familiar with by-laws and rules as it applies to the respective league his/her team is participating in.
4. Head coaches take full responsibility for all aspects of coaching your team (strongly recommended to serve as head coach of only one team, but may be an assistant to other teams).
5. Set a Christian example for the student athletes.
6. Remember that our teams have athletes at different levels and the main objective of our program is for the students to learn the sport.
7. Treat officials, visiting coaches, athletes, parents, and fans with respect.
8. Conduct pre-season meeting with parents of student-athletes to set expectations about team rules, as well as league rules.
9. Provide parents of student-athletes a letter that briefly describes coaching philosophy and also re-emphasizes our school philosophy.
10. Provide parents of student-athletes documented practice and game schedules.
11. Maintain communication with parents about practices and games, especially if changes must be made.
12. Allow **parents** to make the decision to allow their child to participate in an extracurricular activity (such as the D.A.R.E. Lock-in or the Youth Group Lock-in) that can result in a potential conflict with an athletic event; this should be allowed without any negative repercussions to the student-athlete in terms of playing time, etc.
13. Recruit parents to perform volunteer duties for his/her specific athletic program.
14. For the **regular** season and any in-season tournaments, follow minimum playing time rules (for post-season, we follow DPL rules).
15. Follow all league, school, and Diocesan policies.
16. Arrive about 10 minutes before practice and stay until all participants are picked up.
17. Follow the Building Regulations in accordance with the Protecting God's Children program.
18. Adhere to your practice times, remember parents are waiting.
19. If your team is first to use gym make sure that only the top 4 switches on either side of the fuse box are used to turn on the lights. They take some time to warm up so be patient! If you are the last team to use the gym, only turn off the top 4 switches on either side of the fuse box and make sure all doors are locked.
20. Report any and all injuries by filling out and forward a completed Accident Report to the Athletic Director.
21. Bring Accident Report forms and any other required forms to all practices and games.
22. Report any problems with students, parents, officials, teams, etc., to program coordinator.
23. If your team will not be using your allotted gym time, please notify the Athletic Director.
24. The Athletic Director will inform the coaches of any players who are ineligible to participate in games or practices; please then abide by these decisions.
25. Strongly recommend participation in the Athletic Department fundraisers that are held several times a year.

Parents

The following is a list of the parents' duties/responsibilities:

1. Athletic fees are due with registration unless a later date is assigned or arrangements are made on an individual basis.
2. Be prompt dropping off students for practices and when picking them up at the end of practice; remember coaches are waiting.

3. Ensure your child to maintain good grades so he/she does not become ineligible. If a student becomes ineligible due to grades or conduct, the parents/guardians will be informed by email, phone, or in person. There will be a form that must be returned to school within three (3) days. If the form is not returned, there will be a follow up phone call.
4. Encourage your child to respect the coach and follow his/her directions and work hard; most practices are only one hour and one-half hour at most.
5. Inform the coach when the athlete will be absent from practices or games (due to sickness, schoolwork, etc.).
6. Advise the coach in a reasonable timeframe of any potential conflict with an athletic event that will prohibit the parent's child from participating (such as the D.A.R.E. Lock-in or Youth Group Lock-in). This allows time to arrange call-ups from a lower grade, if needed.
7. Please take care when washing uniforms; jerseys should not be put in the dryer.
8. Contact the teacher in the event of their child receiving a failing grade and an academic ineligibility notice. The reason for this is to acknowledge receipt of the notice, and to gain an understanding of their child's academic standing. The parents should contact the teacher even if they have not received a notice, if they feel their child is not doing well academically. In this case, athletics needs to be removed as an extracurricular activity (if this occurs, the parents should also notify the coach).
9. If there is a problem with your child's team or coach, please first go to the coach to address, then to the Program Coordinator. If the problem is not resolved to your satisfaction, then it can be escalated to be presented to the Athletic Board. A recommendation is made by the Athletic Board to be presented to the Athletic Director, the principal and finally, and if necessary, the pastor for a final decision.
10. Upon completion of the season, complete the Coaches Evaluation Form and turn into the school office.

Student-Athletes

The following is a list of the student-athletes' duties/responsibilities:

1. Act in a Christian manner by treating officials, coaches, other athletes, teammates, and fans with respect and dignity.
2. Respect the property of others.
3. Maintain good grades and turn in your assignments when they are due.
4. Be on time for practices and games; if there is a problem, make a phone call to your coach.
5. Follow all the school rules concerning conduct.
6. Keep your uniform neat and clean; if a T-shirt is worn under our uniforms it should match the color of the uniform jersey (navy blue or white).
7. Remove all jewelry before games and practice.
8. Refrain from chewing gum and/or eating during practices.
9. Remain in the gym or with your coaches during games both at our school and other schools.
10. Pay attention to your coaches and work hard at practices and games.
11. Remember when signing up for a sport that it is a commitment, and the coaches and players are expecting you for games and practices.
12. Understand participation in a sport is a privilege, not a right.
13. Take good physical care of yourselves, eat right and get enough rest.

6.0 ELIGIBILITY FOR PARTICIPATION

There are four areas that govern eligibility to participate in athletic activities. These are listed below:

Academics

Participation in the interscholastic athletic programs is open to all boys and girls in Saint Scholastica School in grades 5th through 8th that are in good academic standing. Student participants should maintain a minimum of a C average and not be failing any academic subject.

Teachers will average grades at progress reports and for report cards. Students with failing grades at progress report and report card times will not be eligible to participate in extracurricular activities (any athletic programs) until grades improve. When progress reports and report cards are issued, failing students will be ineligible the Monday following the notice. Students will be reinstated when they have passing grades.

If progress reports or report card are sent out prior to the Christmas break or spring break, teachers will make every effort to inform parents in writing two or three weeks before the break if a student is failing or near failing (parents must sign the written notice and return it to the teacher). Students will then have the opportunity to improve before the break occurs. However, if the failing students do not improve, they will not be eligible to participate during the break and until they have passing grades.

A student may also be pulled from extracurricular (athletic) activities if he/she is failing even if it is not a special grading period. Teachers may make this decision due to lack of effort on the student's part causing him/her to fail. The teacher will make this decision on an individual basis and report this to the coach and athletic director.

Students are responsible for keeping their parents informed of their grades on a regular basis. Parents are expected to communicate with their children regarding grades and assignments so that eligibility for sports can be anticipated. Teachers may be contacted with questions and concerns about grades and eligibility at any time during the school year.

In the event that your child becomes academically ineligible to participate in athletics, the parents/guardians and the Athletic Director will be notified. There will be a notice and form sent home that must be signed and returned to school within three (3) days. If this form is not signed and returned to the school, a phone call will be made to the parents/guardians.

Specifically, the student will be ineligible to participate in practice and games beginning the first Monday after receiving the academic ineligibility notice. The student will be ineligible to participate in ANY team activities for a minimum of one week from that first Monday of receiving the academic ineligibility notice. Coaches of academically ineligible students will be notified and kept informed by the Athletic Director. Coaches are NOT to contact teachers for status under any circumstances.

After that time, if the student is showing signs of improvement as determined by the teacher, he/she will be given an approval to return to practice; however, he/she will not resume game participation until all assignments are handed in and grades are above failing.

Sports Physical

Every student wishing to participate in any athletic program will be required to have a sports physical performed prior to participation in that program. The only exception should be made for the 6th grade classes who have already submitted complete school physicals. The student's sports physical is an annual requirement.

Absence from School

A student absent from school on a given day due to illness, truancy, or suspension is not eligible to participate in any athletic program, practice, or game on that day. Breaking this rule can result in expulsion from the program for the remainder of the year.

Behavior

Students with behavior problems in school or at practices/games may become ineligible to participate in the program. In the case of coaches having problems, the student will be warned verbally first. The coaches will notify the Athletic Director and the parents if the offenses continue and appropriate action will be taken. This could be a suspension from the activity for a week or more depending on the offense.

7.0 ATHLETIC PROGRAMS

Currently, these are the following athletic programs in place for Saint Scholastica students. These are listed below:

Volleyball

Volleyball is available to all boys and girls in grades 5 through 8. Practices begin before school starts in August.

League Participation

Saint Scholastica is a member of the DuPage Parochial League, also known as the DPL. The DPL represents 20 DuPage Area schools, large and small. It provides competitive play for all levels, A & B, for both boys and girls in grades 5th through 8th based on class size and the number of teams per grade per school.

Season Calendar

The first season matches are played the weekend following Labor Day and run until early November. Official season schedules are not available until August.

Games are played either on Friday evening, Saturday between 9:00am and 8:00pm, or Sunday afternoon/evening. Most of the time teams will only play one game over the weekend; however, there may be a weekend with two games or one with no games.

Outside Tournaments

Provided funds are available, teams will be given the opportunity to participate in outside tournaments that do not conflict with the regular season schedule.

Practices

Practice times vary by the availability of the coaches and the gym. Teams practice two or three times per week in our gym. Practices will begin in August (before school starts) and can run anytime starting at 9:00am to 9:00pm. However, once school starts, most practices will not start before 2:30pm and will be over by 9:00pm. Practices run for 1 ½ hours. The schedules are not determined until the Pre-Season Coaches Meeting which is held in August. Volleyball practice schedules are in place by the time you read this.

Coaches

There is always a need for volunteer coaches. If there are no coaches at a given grade, we do not field a team at that level. A process has been put in place to vet all coaching candidates that involves the program coordinator and other Athletic Department representatives. Recommendations are made, but the Athletic Director, Principal and ultimately, the Pastor has final say on all coaching positions. One other requirement is that all coaches must attend the Protecting God's Children class, as well as attending and achieving certification for CPR/AED.

Playing Time

As stated, the main purpose of our programs is to allow all students an opportunity to play and develop as players of the respective sport. Whereas we will try to win games, the main focus should not be on winning at all costs. With that said, because the league does become more competitive at the older grades, especially at the 8th Grade level, there will often not be *equal* playing time. However, all students who participate in practices and suit up for the games will get a chance to play in every game.

Our school policy is a minimum 15 points per match playing time for each player suited up for the game. Keep in mind – this is different from the league rules, described below:

DPL Rule:

"The Association recommends that coaches should attempt to play all players who dress for a match a minimum of 15 points per match, including tournament matches."

Saint Scholastica Rule:

Players who dress for a game must play at least a minimum of 15 points per match **REGARDLESS** of the number of players on the opponent's squad, but this applies only during the regular season. For tournaments, DPL rule applies.

We have created this school policy to ensure ample playing time for all participants, but again, this policy only applies during regular season DPL games.

Multiple Teams in the Same Grade

If there is a large number of volleyball registrations in any one grade/gender level (minimum 16), there will be tryouts for seeding purposes only. The tryouts will be conducted over several practices by the coaches (with oversight by the Athletic Director). All students registered and participating in the tryout/practices will be placed on a team.

End of Season Activities

The volleyball and cross country programs will present participation awards at the end of the school year. Additionally, coaches may host post-season parties for their respective teams and may use the school gym provided enough advance notice is given to the Athletic Director/Coordinator to ensure gym availability. Individual awards and party costs are incurred by coaches and /or parents of the student athletes in 5th, 6th & 7th grade.

Cross Country

The cross-country season lasts for about six weeks. Practice begins in the middle of August. There are five meets for the season, the first of which is held the first or second Saturday of September. The last meet is held the first or second week in October. 5th Grade boys and girls run 1.0 mile, 6th Grade boys and girls run 1.5 miles, and 7th & 8th Grade boys and girls run 2.0 miles. The meets begin at 8:00am and are finished before noon.

This is a great sport that will condition both the mind and body. Students will practice two to three days per week. Practices are held at **Castaldo Park**, but some will be held at other area parks for variety and training needs.

We combine with St. Dominic in Bolingbrook to field one team. We are affiliated with the Suburban Parochial League and we are a member of the IESA (Illinois Elementary School Association). The SPL website is www.s-p-l.org and this is where the meet locations are found as well as directions.

The main focus of our program is for the children to have fun, learn the fundamentals of cross-country running, and maybe in the process, win a ribbon or two. All students will be trying to beat their personal best times. During the season, students will learn to listen to their bodies so that with time and practice, he/she can improve their times.

Because of the nature of running, it is important that the students attend the practices. If conflicts exist, students may still be able to participate. However, this would mean they would need to do more running on their own time at home.

Basketball

The basketball program is the most extensive sport we offer at Saint Scholastica and always has the most participation from our student population. Details are described below:

League Participation

Saint Scholastica is a member of the DuPage Parochial Basketball Association, also known as the DBA, in which there are sixteen distinct leagues. The DuPage Parochial League (DPL) Conference has eight leagues, 5th through 8th grade levels, both boys and girls. Each of the above eight leagues are considered "A" leagues.

The remaining eight leagues form what is known as the DPL West, 5th through 8th grades, both boys and girls. The DPL West leagues are designed for "B" level players.

Note: As a rule, we do not refer to players or teams as "A" or "B", but only reference the league they participate in (DPL or DPL West).

Season Calendar

The basketball season begins in late October and runs until mid-March. Currently, the schedule has both boys and girls seasons running concurrently. The 7th and 8th graders

start sooner than the 5th and 6th graders. Official season schedules are not available until the beginning of November.

Teams at the 6th, 7th, & 8th Grade levels play 12 regular season games; 5th grade teams play 10 regular season games. All teams participate in a post season tournament.

Games are played either on Friday evening, Saturday between 9:00am and 8:00pm, or Sunday afternoon/evening. Most of the time teams will only play one game over the weekend; however, there may be a weekend with additional games or one with no games. All teams play no games in our gym. The design and size of our gym currently is not safe for the children playing games on our court.

Outside Tournaments

Our school, independently, may also enter teams in various tournaments throughout the season (separate from DPL league play). This would be at the discretion of the Athletic Director, principal and head coach of the respective team. Typically, the older grades can participate in 2 or 3 separate tournaments in one year, whereas the younger grades can enter 1 or 2 tournaments.

Practices

Practice times vary by the availability of the coaches and the gym. Teams practice two or three times per week. Most practices do not begin before 2:30pm and will be over by 9:30pm. Practices run for either 1 or 1 ½ hours. Practice schedules are not determined until the Pre-Season Coaches Meeting in late October.

Coaches

There is always a need for volunteer coaches, especially at the 5th grade level. If there are no coaches at a given grade, we do not field a team at that level. A process has been put in place to vet all coaching candidates that involves the program coordinator and other Athletic Department representatives. Recommendations are made, but the Athletic Director, Principal and ultimately, the Pastor has final say on all coaching positions. One other requirement is that all coaches must attend the Protecting God's Children class, as well as attending and achieving certification for CPR/AED.

Normally we like to have two or three people get involved with the coaching. We understand everyone has demands from their job and other family commitments. By having more people involved, the workload can be shared. Coaching clinics are usually offered before the season for those who are interested.

Playing Time

As stated, the main purpose of our programs is to allow all students an opportunity to play and develop as players of the respective sport. Whereas we will try to win games, the main focus should not be on winning at all costs. That said, because the league does become more competitive at the older grades, especially at the 8th Grade level, there will often not be *equal* playing time. However, all students who participate in practices and suit up for the games will get a chance to play in every game.

Our school policy is a minimum one quarter playing time for each player suited up for the game. We have created this school policy to ensure ample playing time for all participants, although, this policy only applies during regular season DPL games.

Coaches should use discretion, and are encouraged to play all their players at least for some part of the game.

Multiple Teams in the Same Grade

If there is a large number of basketball registrations in any one grade/gender level (minimum 14), there will be tryouts for seeding purposes only. The tryouts will be conducted over several practices by the coaches (with oversight by the Athletic Director). All students registered and participating in the tryout/practices will be placed on a team.

End of Season Activities

Coaches may host post-season parties for their respective teams and may use the school gym provided enough advance notice is given to the Athletic Director to ensure gym availability. Team trophies may be handed out by the coaches (this is separate from participation awards handed out by the Athletic Department at the end of the year). Trophies and party costs are incurred by coaches and/or parents of the student-athletes.

For both 8th Grade basketball teams (girls and boys), a Most Valuable Player (MVP) is selected by the coaches, Athletic Director and is approved by the principal. This player is usually one who not only has done the most to help the team win, but also is the student who best exemplifies the values we are teaching: leadership, sportsmanship, teamwork, respect for opponents, and hard work and effort in all situations (practice and games).

Track

Track is a 10-week season. The first track practice begins in the middle of March. There are a total of 5 Saturday meets beginning around the third weekend of April. The usual format for the meets is to have 5th & 6th Grade compete in the morning from about 8:00am until noon; and the 7th & 8th Grade compete from about noon until 4:00pm. This can change since the first two meets are invitational and the host school controls the format.

We combine with St. Dominic in Bolingbrook to field one team. We are affiliated with the Suburban Parochial League and we are a member of the IESA (Illinois Elementary School Association). The SPL website is www.s-p-l.org and this is where the meet locations are found as well as directions.

We currently practice at Humphrey Middle School in Bolingbrook. High jump practice may be held in the St. Scholastica gym one night per week. Ideally, all athletes will be able to attend all the practices and meets. Because many of our students have other activities in the spring as well as track, they will need to participate in two practices per week and fit these into their schedule. By participating in practice and working hard, athletes will improve tremendously over the course of the season.

Track is a shorter season than basketball. However, it does require more parent involvement at the meets. We have videotapes of the different events. Parents can watch them to become more familiar with the events. It is recommended to come to a practice and help run an event. Not only will this help the coaches, but the parent(s) will learn how to be a better worker at the meets.

If your child is in track, parents are expected to help out at a meet twice during the season. Each school is requested to provide four (4) volunteers per morning and afternoon sessions to assist in certain tasks running the meet. Examples would be timing, finish line judge, relay exchange zone judge, or providing all the workers to run a field event.

The students compete in a variety of different events from short 75m dashes to longer 1-mile runs. There are relays ranging in distance from 400m to 2000m. There are hurdles for 7th & 8th Grades. The field events are javelin (5th and 6th), long jump, triple jump, shot

put, and discuss (7th and 8th). We introduced the high jump as a new event in the 2010 season. Again, there is a need for more parents to get involved with the coaching. Experience is great, but not a requirement.

On occasion, we do have students who only compete in running events and others who only do field events at the meets because of conflicts with their schedules. Coaches will work with you to resolve those conflicts. We ask the student to notify the coaches if they will not be participating in a meet by Tuesday prior to the meet.

The benefits of the Track and Cross-Country programs are great. At the High School level, the competition to make a basketball, baseball, soccer, or volleyball team is very intense. Everyone can join the Cross-Country and Track teams and all students will compete at some level during the course of the season.

Basketball Camp

For students in Kindergarten through 4th Grade, we offer a basketball camp. This program involves four Saturdays during the winter months. Each session lasts for a minimum of one hour, during which basic skills and fundamentals are taught. At the 3rd and 4th Grade levels, the concepts of offense and defense are introduced.

The camp involves parent volunteers to be group leaders. The skills we are trying to teach will be demonstrated to the parent volunteers and the students at the same time. Then we break into groups of about 6 to 8 students so that each child can work on the individual skill. The sessions end with a few relay races that help the students with some of the basic moves they will use when they play basketball.

Parents who are not working with a group may stay in the gym to watch what is going on during the sessions, but we recommend leaving and coming back (this allows the young children to focus on the drills and *not* Mom or Dad who are watching on the sidelines). Some parents use the time to run errands; the choice is yours.

For those parents interested, the Woodridge Park District does offer a program for 4th graders, in which they can actually play games. Watch your fall and winter program brochure for exact details. The actual dates for the camp will not be set until mid November. A separate notice will be sent out in the Wednesday folder at that time.

8.0 FEES AND REFUNDS

All athletic fees charged help to defray costs for league fees, referee fees, award/trophy purchases, equipment and uniforms.

For the 2017-2018 school year, the fees are as follows:

Athletic Program	Fees
Cross Country	\$40.00 per student
Volleyball	\$65.00 per student
Basketball	\$95.00 per student
Track	\$40.00 per student

Track Camp	\$25.00 per student
Basketball Camp	\$30.00 per student
<i>Note:</i> Payment can only be made on our registration website, http://stscholastica.siplay.com/site/	

Uniform	Fees
Volleyball Uniform	No charge
Basketball Uniform	No charge (one warm-up shirt is provided in fifth grade that should be worn throughout all four years; if another one is needed, the shirt can be purchased for \$30.00)
<i>Note:</i> If your child already has a cross country/track shirt from a previous year and is in good condition, it can be reused.	

9.0 PARENTS INVOLVEMENT

Along with all our coaches and assistant coaches, our athletic programs at Saint Scholastica are a success only because of the help and involvement of so many parents. Fostering a spirit of volunteerism for our school, and especially for the benefit of our children participating in athletic activities, is what makes all our programs a success.

We ask parents of children involved in a sport to volunteer some of their time. Schedules are put in place to make it easy for everyone. Specifically, volleyball and track are two sports that require a lot of volunteers for the programs to be run smoothly. The work includes collecting admission money, running concessions, being a scorekeeper, operating the scoreboard, keeping time for events, being a spotter, and much more.

It is minimal time from each parent and it goes a long ways towards making each program run efficiently.

10.0 DIRECTIONS TO ATHLETIC EVENTS

The following table lists the directions to the various athletic events that our school participates.

Cross Country Course Locations

For updated locations or changes, visit website <http://www.s-p-l.org/>.

Course Location	Directions
Johnson School Warrenville, IL	Take I-355 north to I-88 west to Route 59 exit. Go north on Route 59 to Continental Drive, turn left, follow to the school.
Lyons Township South Western Springs, IL	Take 75 th Street east to Plainfield Road. Turn left on Plainfield Road and take to Willow Springs Road. Turn left on Willow Springs Road and go north to the school.
Downers Grove Swim and Racquet Club Downers Grove, IL	Take 75 th Street east to Fairview, turn left. Go north, entrance is about a block south of 55 th Street.
Marmion Military Academy Aurora, IL	Take I-355 north to I-88 west to Farnsworth Avenue north exit. Go north on Farnsworth to Butterfield Road and turn left less than a mile to school.
Madison Meadow Lombard, IL	Take I-355 north to Roosevelt Road, turn right and go to Main Street, turn left. Go north to E Madison Street and turn right Travel east $\frac{3}{4}$ mile to the park.

Basketball School Gym Locations

School	Directions
St. Alexander (Villa Park)	Take I355 north to Roosevelt Road, turn right, go to several miles to Ardmore, left on Ardmore to Kenilworth, turn right one block to Cornell, turn right to gym
All Saints (Naperville)	Take 75 th Street west to Washington, turn right and go north on Washington to Aurora. Turn left and go west on Aurora (will pass City Hall) to the school: 1155 Aurora Ave
St. Dominic (Bolingbrook)	Take Janes Avenue south to Boughton Road, go west to 1st stoplight, Pinecrest, go left, drive thru subdivision to the 3rd stop sign (1.7 miles - Briarcliff Road), go right (west) on Briarcliff (.4 mile), church and school are on the right
St. Francis High School (Wheaton)	Take I355 north to Roosevelt Road, get off on Roosevelt and go west 3 or 4 miles to the school, will be on the left
St. Francis Xavier (LaGrange Park)	Take 75 th Street east to Rt. 83, turn left go north to Ogden Avenue (exit on right), turn left at light go east about 4 miles, school is on south side of Ogden between Brainard and LaGrange Road
St. James (Glen Ellyn)	Take Rt 53 north to Park Blvd, turn left and take to 22 nd Street, school is on the northwest corner of 22 nd and Park
St. Joan of Arc (Lisle)	Take Rt 53 north to Main Street Lisle turnoff, turn right and continue north to Division, turn right about 3 blocks to school, north side of street
St. John the Baptist (Winfield)	Take I355 north to I88 west towards Aurora, exit at Winfield Road and go north (several miles) to Sunnyside, turn right, go about $\frac{1}{2}$ block, school is on Sunnyside and Church
St. Joseph (Downers Grove)	Take 75 th Street east to Lemont Road, turn left go north pass 55 th Street, pass the railroad tracks about one block, school is on the right side of the street
St. Mary (Downers Grove)	Take 63 rd Street east to Fairview, turn left go north to Prairie (1 st light north of Maple), turn left go $\frac{1}{2}$ block to gym on north side of street
St. Matthew (Glendale Heights)	Take I355 or Rt 53 north to North Avenue, turn left go to Glen Ellyn Road, turn right go north about $\frac{3}{4}$ mile, school is on right side of street

St. Michael (Wheaton)	Take I355 north to Roosevelt Road, turn left go west on Roosevelt to West Street, turn right go north to school on east side of street before railroad tracks
Our Lady of Peace (Darien)	Take 75 th Street east to Plainfield Road, turn left on Plainfield ¼ mile, school is on the right side of street
Sacred Heart (Lombard)	Take I355 north to Roosevelt Road exit, turn right and go east on Roosevelt to Finley, turn left, go north about 1 mile to Maple (stop sign), turn right (pass school) to next stop, Elizabeth, turn left, then left in parking lot. Gym in Parish Ctr.
Ss. Peter & Paul (Naperville)	Take 75 th Street west to Naper Blvd, turn right go north to Maple/Chicago Avenue turn left go to Ellsworth turn right go north to school
St. Petronille (Glen Ellyn)	Take Rt 53 north to Park Blvd, turn left go to Roosevelt Road turn left one block to Main Street, turn right go north to Hillside, turn left one block, gym is behind the church
St. Pius (Lombard)	Take I355 north to Roosevelt Road, turn right go east to Meyers/Westmore, turn left go north about one mile to school on east side of street
Queen of the Rosary (Elk Grove Village)	Take I355 north to Rt 53/I290 continue north to Biesterfield Road, turn right go about 1½ miles almost to the end, can see school from there
St. Raphael (Naperville)	Take 75 th Street west to Modaff Road, turn right go north about two blocks, school is on the left
St. Walter 201 W. Maple (Roselle)	I-355 north to Lake St. (Rt. 20) exit. Turn left on to Lake St. from the ramp. Go to Medinah Rd. and turn right (Medinah Country Club is on right). Turn left at the next light, Irving Park Road. Turn left at next stop light (Maple Street.). Cross Roselle Road and go 2 more blocks. The school is on the left. The parking lot and gym entrance are at the west end of the school building.
Westmont Jr. High (Westmont)	Take I355 north to Ogden Ave, go east on Ogden, pass several lights to Cass Ave, turn left go north two blocks to Chestnut, turn right (east) to a stop sign at Blackhawk Drive, make left on Blackhawk ½ block to school, gym is located on the north side of the building by the large parking lot

Track Meet Locations

Locations of the track meets will vary from year to year. Information for the locations will be provided prior to season's start. For the 2018 schedule, visit website www.s-p-l.org

