

Welcome

Welcome to the Gibault Catholic High School athletic program. If you have specific questions or concerns as you read the contents of this manual, you are encouraged to contact a member of the Gibault coaching staff, or the Athletic Director.

GHS Mission Statement

Gibault Catholic High School, a Catholic educational community, celebrates the dignity and uniqueness of every person, cultivates lifelong learning and the pursuit of excellence, fosters faith, inspires commitment to service and justice, and works to develop a life giving relationship to the world.

The Gibault athletic department strives to support this mission by developing athletic programs designed to strengthen the student-athlete physically, spiritually, and mentally, thus providing them with the discipline and work ethic necessary to succeed in the classroom, on the field of competition, and in life.

Gibault Sports Seasons

Fall:

Boys/Girls Golf -- Boys Soccer -- Girls Volleyball – Boys/Girls Cross-Country – Girls Tennis

Winter:

Boys/Girls Basketball -- Boys/Girls Bowling – Cheerleading - Dance

Spring:

Boys Baseball – Girls Softball – Girls Soccer – Boys/Girls Track- Boys Tennis

Illinois High School Association (IHSA)

The Illinois High School Association (IHSA) is the governing body for all Illinois high schools. The IHSA divides high schools into classes based on enrollment information from the previous year. These classes are referred to as Class A, Class AA, and so on.

All of Gibault's sports programs will play a regular season schedule that includes school's from all classes to ensure that our student-athletes get the opportunity to compete against various levels of competition.

Grade Checks and Eligibility

Gibault High School conducts weekly grade checks as required by the IHSA. Athletes who are doing below average work or are exhibiting poor effort in class will have their privilege of leaving early for athletic contests revoked. In addition, poor academic performance will result in decreased athletic participation. If an athlete has either one F or two D's they are declared ineligible from that Sunday to the following Sunday. The

athlete cannot practice or participate in any interscholastic contests during their period of ineligibility.

Grade checks are made known to the head coach to ensure their knowledge of the situation. Athletes who are ineligible will meet with their teacher(s), and if necessary the administration to determine a course of action for retaining eligibility.

If an athlete fails three or more classes in a semester they will lose their eligibility for the entire next semester. If an athlete fails three or more classes during the spring semester, they may take summer classes to be eligible to play fall sports. The summer courses must be approved by the administration.

Physicals

The IHSA and Gibault High School require a current physical be in file with the school office. All physicals must be in file before a student-athlete is allowed to practice.

Insurance

Gibault High School requires all athletes to show proof of insurance. This form must be completed each year and be in file prior to the athlete participating in sports activities.

Sports Fee

Gibault Catholic High School requires that each athlete pay a fee of \$50 when they try out for a sports team. The maximum that any athlete will pay during the course of a full school year is \$100. In the event that an athlete does not make the sports team they tried out for the sports fee will be rescinded and the money returned.

Transportation

Gibault High School supplies transportation to most athletic events. A *transportation release form* must be given to the coach in advance if an athlete chooses to not use school provided transportation (a copy of this form can be obtained from the school's website). Coaches reserve the right to require athletes to use school provided transportation unless extenuating circumstances dictate otherwise.

Injuries and Pain

Injuries and pain are a normal part of sports. All athletes will occasionally experience pain during the course of their athletic career. It is important to know the difference between playing with pain and playing with an injury. **NO ATHLETE SHOULD EVER PLAY WITH AN INJURY THAT ENDANGERS THEIR HEALTH!** It is the role of the coaching staff, and the athlete to determine the extent of any and all injuries, and to communicate that information to the office of the athletic director. Parents and athletes must report any injuries that occur outside of school functions to the appropriate coaching staff at their earliest possible opportunity. Athletes who are under the care of a physician must obtain a release before resuming practice. Coaches have the discretion to

hold a player out of a game or practice based on their evaluation of the situation, and its overall impact on the individual and the team.

Sports Fundraising

All athletes at Gibault High School are required to participate in the annual NFL Sweepstakes fundraiser, **or whatever athletic fundraiser is in place at the time.** This fundraiser is important to the viability of Gibault's Athletic Department and contributes significantly to its operating budget. It should be noted that the athletic fundraiser is separate from other school related fundraisers, and does not exclude the student-athlete from other fund raising responsibilities.

Player/Parent/Coach Relationship

Both parenting and coaching are daunting tasks. This section is an attempt to develop an understanding of what is expected from each of the parties.

The following is what you can expect from every coach:

1. Philosophy of the coach
2. Team requirements (fees, equipment, conditioning, practices, etc)
3. Discipline procedures
4. Injury procedures
5. Location and times of games and practices
6. Open lines of communication with both the parent and the player

The following is what the coach will expect from the parents:

1. Be accepting of your son or daughter's role. Our coaches make judgments based on performance in practice and games, and in conjunction with what is best for the entire team.
2. Never confront a coach directly before or after a game. Wait twenty four (24) hours and then contact the coach with your concerns.
3. Do not contact the coach to discuss strategy, starting line-ups, or playing time of other team members.
4. Be an example for your child. Show good sportsmanship at all times.

There are situations that may require a conference between coach and parent. When a conference is necessary, the parent(s) should call the school to set up an appointment. If the coach cannot be reached contact the Athletic Director during school hours to expedite the meeting. During the meeting all parties should behave in a professional manner in order to expedite a solution that satisfactorily addresses the situation. If no solution is reached, the parent(s) may call for an appointment with the Athletic Director. This meeting will determine what further action is required, if any, and the necessary steps to be taken.

Multiple Sport Athletes

Gibault High School encourages its student-athletes to participate in multiple sports. The advantages of this policy are numerous and necessary for a school of this size.

The enrollment of Gibault High School allows virtually all of the student-athletes who attend here the opportunity to participate in high school sports. This participation is important. In order to remain competitive and give our student athletes the greatest opportunity to learn and grow the coaching staff of Gibault High School must have sufficient numbers with which to conduct practices, manage around injuries, and evaluate talent levels. While student participation has direct benefits to the athletic program, many benefits will befall the student-athlete as well.

Participating in more than one sport allows the student-athlete to experience different coaching styles, develop new skills, cross-train muscle groups, develop improved levels of conditioning, and embrace important relationships among many teammates. All student-athletes will grow and change over the course of their high school athletic career. It is the hope of the Gibault Athletic Department that as the student-athlete grows physically they will also grow mentally, spiritually, and emotionally. The confidence that comes from mastering new skills and conquering new challenges within Gibault High School's "culture of participation" will enhance this growth, both on the field of competition, and off.

Sportsmanship

Gibault High School expects all participants, both athletes and spectators, to exhibit good sportsmanship at all school sponsored events. Remember, your behavior reflects not only on the school, but also on you as a person, as well as on your family. Things to remember:

- Never boo a player, coach, or official
- No profane or insulting language
- No insulting signs or gestures
- Acknowledge a good play, regardless of the team
- Very few teams in any sport will go undefeated. No one likes to lose, but how you accept it says a lot about your character.
- Remember that it is a game! Control what you can - effort, intensity, execution - and accept what you can't.

The Gibault administration reserves the right to remove unruly fans and spectators from any athletic contest if their level of behavior is in violation of the standards as expressed in this manual. Depending on the violation, removal from an athletic contest may result in a multiple game suspension, as determined by school administration.

Varsity Letter Awards

The criterion for earning individual athletic letters at the varsity level will be the same for all of Gibault's sports teams. That is, if an individual participates in at least one varsity contest during the course of the season they will have earned a varsity letter in that sport. The Tri-Athlete award is presented to athletes who earn three varsity letters in the same school year. Four-year letters are presented to those athletes who lettered in a varsity sport during each of their four academic years while at Gibault. *Awards nights for individual sports are under the direction of each head coach.*

Drug Policy

Gibault Catholic High School strongly believes that alcohol, tobacco, marijuana, illegal narcotics, and steroids are harmful and have a negative affect on all individuals. We also believe that athletic participation is a privilege, not a right. The use of any of the above mentioned substances endangers the health, safety, and well-being of all students participating in athletics at Gibault High School. Therefore, any athlete who violates school policy by engaging in the consumption or use of the above mentioned products will be held accountable, and are subject to disciplinary procedures as described herein.

Code Coverage and Duration

This code covers the use, possession, transportation, or sale of alcohol, tobacco products, marijuana, illegal narcotics, steroids, and drug paraphernalia. This code also covers theft, vandalism, and the conviction of a felony or misdemeanor. This code will cover minimum penalties for the infractions listed. Coaches may add higher penalties, but they may not lower them. Coaches who have higher penalties must submit them in writing to the Athletic Director prior to the first day of practice, and must abide by those rules for the entire season. All athletes must sign a sheet confirming their knowledge and understanding of those penalties. This code is in effect from the first day that a student participates in a Gibault High School athletic activity, until they graduate from Gibault High School. Students are expected to abide by these rules year-round.

Basic Rules

The following are basic team rules that should be followed by all student-athletes at Gibault High School, and are to be enforced by the Gibault coaching staff.

1. The school dress code is in effect when traveling with the team. If approved by the coach, teams may travel wearing team warm-up apparel if done as a team.
2. Inappropriate behavior will not be tolerated. This includes, but is not limited to, disrespectful behavior while traveling with the team, or as an individual during an athletic event.
3. Athletes are expected to attend all practices, games, and team related functions. It is up to the head coach to allow excused absences. Athletes are expected to be on time to practices, games, and bus departures. Violations of this rule may result in loss of playing time or game suspension.

4. Athletes must have a current physical on file. Any athlete who is missing this form will not be allowed to play in any games. Physicals must be on file before beginning official practice.
5. Athletes must return all uniforms and equipment by the assigned date and in proper condition. Athletes will be charged for any damaged or missing gear.

Major Rules

Major rules consist of substance abuse violations, including alcohol, tobacco, narcotics/prescription drugs and steroids. Major rules would also include any activity resulting in the arrest or suspension of the student-athlete, including those actions listed in the student handbook. These prohibitions are in effect for the entire year, not just during the athletic season, and are cumulative for grades 9-12. An infraction of a major rule will result in the following penalties:

- 1) **First Infraction:** The student-athlete will not be allowed to participate in the next scheduled event as follows:
 - Baseball/Softball.....4 games
 - Basketball/Cheerleading.....3 games
 - Bowling.....2 matches
 - Golf.....2 matches
 - Soccer.....3 games
 - Volleyball.....4 matches
 - Track.....2 meets
 - Cross Country.....2 meets
 - Tennis.....2 matches
 - A) The penalty will begin with the athletic contest immediately following the occurrence of the major violation, and will be served consecutively. The penalty will be served to the highest team level attained by the athlete. A JV athlete who also plays varsity would miss all JV games until the specified number of varsity games is also missed.
 - B) The athlete must still practice with the team or participate in other school activities while the suspension is served, unless other suspensions are enforced.
 - C) If the offense occurs out of season, the penalty will begin in the next sports season.
 - D) In case of illness or injury, the penalty will begin upon the athlete's return to school.

Second Infraction: The penalty for the second infraction will be double the penalty for the first infraction.

- A) The athlete will be referred to any support services offered by the school.

- B) The athlete's parents or guardians must participate in a meeting to include the athlete, the principal, and the athletic director before reinstatement occurs.
- C) If the second infraction is for the same offense as the first, the athlete must participate in a documented rehabilitation program at the expense of the athlete. Approval of the program must be made by Gibault High School Administration before athletic participation resumes.
- D) The penalties must be served during the current season or the earliest season available. Athletes may not join a team for the first time to serve the penalty.

Third Infraction: The athlete will be banned from any future athletic participation. There is no reinstatement procedure available.

Notification Process

Step 1: Incident is reported to the Principal/Administration

- Explain what has occurred and who is involved
- Gather all pertinent facts

Step 2: Meet with the Athlete, Principal, Athletic Director, and Coaches involved.

- Contact parents or guardians
- Discuss accusations
- Discuss penalties
- Determine guilt or innocence if possible

Step 3: If accusations prove to be untrue or unproven...

- All actions stop
- Party who made the accusation is notified
- Parents or guardians are notified

Step 4: If accusations are true...

- State the penalties
- Explain future consequences
- Contact parents or guardians
- Provide written notification

Step 5: Parent/Guardian notification and participation

- Meet with parents
- Explain actions to be taken, the evidence, and consequences
- Explain/Discuss what can be done to help the athlete

Step 6: Notify law enforcement agencies if necessary

Step 7: Follow-up

Implied Consent:

It is the responsibility of athletes and parents to read and comply with the handbook. Participation in any of the Gibault athletic programs implies consent to any and all policies and procedures contained herein.