



**Immaculata Academy
Athletic Handbook
2009-2010**

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INTRODUCTION

This handbook will provide student athletes and their parents/guardians with a guide to the interscholastic athletic program at Immaculata Academy. In addition to the information presented in this handbook, there will be specific policies for that sport season as determined by the coach. All student athletes are expected to adhere to the rules and regulations established by the Commissioner of Education, the New York State Catholic High School Athletic Association, the New York State Alliance of Independent Schools (NYSAIS), and the administration of Immaculata Academy.

It should be understood by all student athletes and their parents/guardians that it is a privilege to participate on an interscholastic team. With this privilege comes the responsibility of making a commitment to all rules and regulations. Student athletes who violate these rules and regulations will be subject to disciplinary action.

PHILOSOPHY OF ATHLETICS

The athletic program at Immaculata Academy is considered to be an integral part of the school's educational program. We believe this program provides experiences that will affect the student athlete physically, mentally, socially, and emotionally. We believe that by promoting sportsmanship at all levels, the athletic program instills pride, reinforces a sound value system and enhances the individual's self image, as well as the image of the school.

Immaculata Academy's Athletic Program should achieve and maintain the following goals and objectives:

1. Develop high moral and ethical values, standards and behaviors in student athletes.
2. Develop student athletes who demonstrate good sportsmanship. We believe the basic rules of good sportsmanship consist of the following:
 - a. Show respect for opponents.
 - b. Show respect for officials and their decisions.
 - c. Know, understand, and follow the rules of the contest.
 - d. Maintain self-control at all times.
 - e. Recognize and appreciate skill in an opponent's performance.
3. Concentrate on the development of skill and athlete participation in contests.
4. Develop a competitive winning attitude, consistent with good sportsmanship.
5. Encourage individual commitment to personal and team goals.
6. Promote pride in the school and the athletic program.

7. Emphasize and reinforce the importance of academic achievement.
8. Discuss with student athletes the importance of a lifetime positive attitude toward physical fitness.
9. Develop qualities of leadership within the participants in the athletic program.

VARSITY PROGRAM PHILOSOPHY

Varsity competition is the culmination of each sport's program. Normally, seniors and juniors make up the majority of the roster. Occasionally, a sophomore and/or a freshman may be included on the team providing that evidence of advanced levels of physical development, athletic skill and appropriate socio emotional development is demonstrated. A few of the sports programs offered have a varsity level only; therefore, all grade levels are on that varsity team's roster.

Squad size at the varsity level is limited. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice and to play the contest. It is vital that each team member has a role and is informed of its importance. The number of roster positions is relative to the student's acceptance of their individual roles in pursuit of the team's goals. While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is never guaranteed.

A sound attitude and advanced level of skill are prerequisites for a position on a varsity team, as is the realization that a varsity sport requires a six day a week commitment. This commitment is often extended into vacation periods for all sports seasons. While contests and practices are rarely held on holidays and Sundays, the dedication and commitment needed to conduct a successful varsity program should be taken seriously.

The varsity coach is the leader of that sport's program and determines the system of instruction and strategy for that program. The communication among the junior varsity and varsity programs is the responsibility of the varsity coach. Preparing to win, striving for victory in each contest and working to reach the group's and individual's maximum potential are worthy goals of a varsity level team.

JUNIOR VARSITY PROGRAM PHILOSOPHY

The junior varsity level is intended for those who display the potential of continued development into productive varsity level performers. Although team membership varies according to the structure of each program, freshmen and sophomores occupy the majority of roster positions.

At this level of play, athletes are expected to have visibly committed themselves to the program, team and continued self development. To this end, increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play in addition to socio emotional development. Junior varsity programs work towards achieving a balance between continued team and player development and striving for victory.

The realization that practice sessions are important is a premise that is vital to a successful junior varsity team and player. For all team members, meaningful contest participation will exist over the course of a season; however, a specified amount of playing time is never guaranteed. Participants at this level are preparing themselves for the six day a week commitment that is expected at the varsity level. While contests and practices are rarely held on holidays and Sundays, practice sessions are sometimes scheduled on these days, and during school vacation periods. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected at the junior varsity level.

ELIGIBILITY REGULATIONS

- A. A student participating in the interscholastic athletic program must be a bona fide student as defined by the New York State Catholic High School Athletic Association's handbook and:
 - Enroll in and actually take at least seven classes, including physical education.
 - Regularly attends at school. Absences caused by personal illnesses are expected.
- B. A student athlete is eligible for interscholastic competition in grades 912, or until her 19th birthday. If she reaches the age of 19 after September 1st, she may continue to participate for the remainder of the school year.
- C. All student athletes must have a physical exam prior to participation of any sort. The student needs a physical once per year and the physical must be done through the athlete's private physician. The student athlete must return the pre-physical Parent Permission Form and I.A. Release Form to the school nurse prior to her physical exam.
- D. Student athletes at Immaculata Academy must also have the Update Form completed prior to each sports season; the Emergency Card is given to athlete after all other information is submitted through the nurse, and must be

presented to the coach prior to tryouts. No student may try out until all forms have been completed and returned.

- E. A student athlete may represent an outside team in the same sport while representing Immaculata Academy. However, if a conflict arises between the two teams, the high school team takes preference.
- F. The scholastic achievements of the students are more important than their accomplishments on the playing field. A student will be unable to participate in athletics if she is failing any of her subjects. A student will be suspended from the team if she has a failing average, and will be suspended until she achieves a passing average. Academic progress will be checked after five and ten weeks during each marking period. Athletes are also subject to individual teacher concerns at any time during the school year, which could lead to suspension until a passing grade is achieved. The student will be unable to practice with the team until she is passing. In addition, she will be unable to travel on the team bus, dress for the contests, nor sit with the team if attending a contest. The student athlete should spend her time improving her scholastic standing. The school will work with the student to insure success in the classroom, as well as on the playing fields.
- G. If a student earns below a 65 on a Regents or local exam, she will be placed on academic probation for the next sport she tries out for in the following manner:

Although she may try out for the sport and earn a spot on the team, she will be unable to participate for the first two games of the season.

For example, if a student fails her sociology or Regents chemistry exam with a 64, she will be unable to participate in the first two games of the following season she plays in, if she earns a spot on the team.

For the suspended contests, she will be unable to travel on the team bus, dress for the contests, nor sit with the team if attending a contest.

If a student attends summer school and passes, probationary status will be waived.

CODE OF CONDUCT

A student athlete is very visible within the school and is often admired and respected. Therefore, it is imperative that a student athlete behaves properly. The principal may suspend or dismiss a student athlete from a team for any behavior the principal feels is unacceptable. The Immaculata Academy Student Handbook discusses this in greater detail.

A student athlete is expected to be cooperative, orderly, and respectful to faculty, staff and students. Conduct that is insubordinate or that endangers the safety, morals, health and welfare of others, will be subject to disciplinary action. This includes a student athlete's behavior during school, after school before practices or games, and in the locker room before or after a game or practice.

While representing Immaculata Academy on the playing field, a student athlete should: refrain from profanity and vulgarity; never resort to dangerous or illegal tactics; show respect for officials, coaches, opponents and spectators; be gracious in defeat; be humble in victory and avoid verbal and physical confrontations.

POLICY REGARDING MORALS AND ETHICS

Immaculata Academy is identified with and by its student body. Each student must accept the responsibility of publicly demonstrating the honorable conduct rightfully expected of them as stated throughout this Athletic Handbook and the Student & Parent Handbook. All events of the school including all sporting events, field trips, evening and weekend activities, as well as daily attendance and any other event, trip or activity, where students represent Immaculata Academy, the following expectations will be in force:

Defiance, acts of bullying, harassment, inappropriate displays of affection, or poor language, toward other students, teachers, staff, guests, visiting team members, coaches, officials and others will be subject to immediate disciplinary action. This may include suspension or expulsion. It must be understood that any conduct or misbehavior that, in the opinion of the Administration is detrimental to the reputation of the school or the good name of the student body, will be grounds for serious disciplinary action.

MUTUAL RESPECT

Treating one's teammates, coaches, opponents, and officials with respect and common courtesy is a fundamental requirement for team membership. Their best friend and worst enemy may be on the team with them and it is expected that both loyalties and differences will be set aside for the sake of the team and the sport. The requirement for mutual respect among athletes and coaches is

broad enough to cover any foreseeable incident that may require disciplinary action.

SPORTSMANSHIP

Immaculata Academy athletes and fans are expected to follow the tenets of Good Sportsmanship as outlined below:

1. Keep cheering positive.
2. Respect the visiting team.
3. Learn and understand the game rules.
4. Show appreciation of good play by both teams.
5. Respect the integrity and judgment of the officials.
6. Accept victory and defeat with dignity.
7. The use of drugs, alcohol and tobacco is prohibited.

SELECTION OF THE TEAM

The selection of an interscholastic team is the responsibility and prerogative of the head coach. He/she shall determine lineups, playing time and special regulations pertaining to his/her sport. He/she has the right to consult with the assistant coach and delegate responsibilities to the assistant.

ATTENDANCE

A student athlete at Immaculata Academy is expected to be in regular attendance and on time for school. She must be in regular attendance for four periods (by 11:00 AM) to be eligible to participate in practice or a contest. She may be excused for special circumstances by making prior arrangements with the administration.

PHYSICAL EXAMINATIONS

As stated in the eligibility standards, a student athlete must have a physical examination by her private physician. A physical examination is good for one calendar year. State law requires that an Update Form be completed for each sport season if thirty days have passed since the student athlete's physical. This form is to be completed by the student athlete and her parents/guardians

TRANSPORTATION

Bus transportation is provided for almost all away contests outside of Hamburg. A student athlete is required to ride the bus to and from all away contests. A student athlete may be released to her parent/guardian for transportation home. No student can drive herself to or from any contest.

INSURANCE

Immaculata Academy provides limited supplemental insurance coverage for injuries sustained while participating in interscholastic athletics. The costs are the primary responsibility of the student athlete's parents/guardians.

INJURIES

There is a risk of being injured that is inherent in all athletics. The injury may be severe, including the risk of a fracture; paralysis; brain injury; or death. An Emergency Card must be returned to the coach prior to the first day of tryouts. All injuries should be reported to the coach immediately. If a student athlete is absent for five or more consecutive days or has an injury that requires medical attention, she must be released back to competition by her private physician. The release forms from her doctor must be given to the nurse, and the athlete will receive a return to play form to give to her coach.

TRAINING RULES

Use of certain substances, such as tobacco (including chewing and snuff), alcohol, and illegal drugs, is a significant health problem for many adolescents. Immaculata Academy teaches students that using these substances creates dangers to her physical, mental and emotional health. It is the philosophy of Immaculata Academy to forbid all student athletes: to use, possess, sell or otherwise distribute these substances or related paraphernalia. Disciplinary action will occur when this policy is violated.

EQUIPMENT/UNIFORMS

All school issued equipment and uniforms must be returned at the end of the season. They are to be returned in reasonable condition, considering normal wear and tear. A student athlete is financially responsible for equipment or uniforms that are lost, stolen or damaged. The student athlete is to make restitution for, or return lost items. Awards may be withheld and participation denied until the restitution has been made.

FUNDRAISING

Teams may fundraise for SPECIAL EVENTS ONLY and must be approved by the Athletic Director and the Principal.

CELL PHONE OPT-OUT POLICY

In the event that a faculty, staff, or coach needs to contact a student for BUSINESS PURPOSES ONLY, Immaculata Academy is giving its employees permission to call or text students. If you do not want your daughter contacted in this way, please put it in writing and give to the Principal as soon as possible.

SPORT OFFERINGS

FALL	WINTER	SPRING
JV Soccer	JV Bowling	JV Softball
Varsity Soccer	Varsity Bowling	Varsity Softball
JV Cross Country	JV Basketball	JV Track & Field
Varsity Cross Country	Varsity Basketball	Varsity Track & Field
JV Volleyball	JV Badminton	
Varsity Volleyball	Varsity Badminton	
Varsity Golf		

ATHLETIC FEES

Athletic fees are based on the need to secure transportation, officials, and practice sites. Once an athlete has secured a position on the team, the fee must be paid in order to participate. It is due before the first scheduled competition.

\$35	\$70	\$80
Golf	Soccer	Volleyball
Badminton	Cross Country	Basketball
	Bowling	Softball
	Track	

- Siblings are required to pay one fee per season. If they play different sports, the higher fee applies.
- Athletes traveling for overnight tournaments or the like are required to pay hotel fees.

- Athletes traveling to New York City are required to pay \$250 per athlete. An example of the cost for travel based on a 14 person team to NYC is as follows:

Transportation

Amtrack \$1,300

Bus within the City \$1,000

Hotel \$3,500

Total \$5,800

- The average cost is \$415 per student athlete. You are required to contribute \$250. If a team loses early in playoffs or a competition, they are required to take the next train available home to avoid unnecessary cost.

AWARDS

Varsity and Junior Varsity awards are given to student athletes who participate for an entire season. Any student athlete, who quits or is dropped from a team due to disciplinary or academic reasons, is not eligible for awards. Awards are given to student athletes who were prevented from finishing the season due to injury or illness. The awards are as follows:

- The Most Valuable Athlete award is given to an athlete on each varsity team, as selected by the head coach if he/she chooses.
- The Golden Bear award (based on effort, attitude, sportsmanship and leadership) is awarded to one athlete from each varsity and junior varsity team.
- The Most Improved Player award is also given to an athlete from each varsity and junior varsity team if the coach chooses.
- Senior athletes, who meet the necessary criteria, may be nominated for the Outstanding Athlete Award and/or the Lisa Manning Memorial Award.

SCHEDULING

The coaches of each team, overseen by the Athletic Director are responsible for establishing a full schedule. The same process will occur to set tournament schedules. It is important to consult the school calendar when scheduling contests to prevent conflicts. The decisions of the school, regarding scheduling, are final.

JEWELRY

In the interest of safety, all jewelry must be removed for both practices and games. This includes: rings, watches, necklaces, bracelets, all earrings, etc.

INITIATION

Immaculata Academy does not sanction, nor approve of, any type of initiation or hazing of athletes by other members of the team. Any athlete who hazes or initiates other athletes is subject to dismissal from the team.

PROCESS FOR SPORTS SIGN-UPS AND TRY-OUTS

1. Students sign up at the Health Office for the sport desired.
2. The nurse will check to see if there is a parent permission form, I.A. release form and a current physical examination on file for the school year.
3. If no parent permission form and I.A. release form are on file, new ones will be issued to the prospective athlete.
4. If there is no current physical on file, the student will need to have one done through her private physician. The required form will be provided.
5. An update will be completed by the athlete's parent prior to tryouts if the physical is more than 30 days old.
6. All completed paperwork will be returned to the Health Office.
7. An emergency card with medical concerns (such as Diabetes, Asthma) documented, along with the individual's physical date will be given to the athlete.
8. Athlete presents the complete emergency card to the coach as evidence of completion of necessary paperwork and health requirements. The coach keeps this card with him/her for the season.
9. Injured athletes or those with outstanding concerns must present clearance from their private physician to the nurse, and receive a return to play form to give to the coach.

AMENDMENTS TO ATHLETIC HANDBOOK

The Principal has the right to amend or add to this handbook as situations warrant. Changes will be posted in the homerooms and office.