

SAINT PATRICK



ATHLETICS

***SAINT PATRICK HIGH SCHOOL
ATHLETIC HANDBOOK***

PARENTS: TOP 9 WAYS TO SUPPORT YOUR CHILD!

Maybe your child will be a great athlete someday, and maybe they won't but they will be a better Athlete if you follow these rules. And if you follow these rules they will have a lot more fun.

- 1. Make sure your child knows that win or lose, you love them. Let them know that you appreciate their efforts and that you won't be disappointed in them if they fail. Be the person in their life they can always look back to support.*
- 2. Try to be completely honest with yourself about your child's athletic ability, their competitive attitude, their sportsmanship, and their level of skill.*
- 3. Be helpful, but don't coach your child on the way to the game or at the breakfast table. Think how tough it must be on them to be continually inundated with advice, pep talks, and criticism.*
- 4. Teach your child to enjoy the thrill of competition, to be "out there trying," to be consistently working to improve their skills, to take the physical bumps and come back for more. Don't tell them that winning doesn't count because it does and they know it. Instead help them to develop a healthy competitive attitude, a "feel" for competing, for trying hard, for have in a good time.*
- 5. Try not to live your life through your child. You've lost as well as won, you've been frightened, you've backed off at times, you've been the villain. Don't expect any better of your child. Sure, they are an extension of you, but don't assume they feel the same way you did, want the same things or have the same attitudes. Don't push them in the way that will give you the most satisfaction.*
- 6. Don't compete with your child's coach. The coach may become a hero to your child for awhile, someone who can do no wrong, and you may find that hard to take. Or your child may become disenchanted with the coach. Don't side with your child against the coach. Talk to your child about the importance of learning how to handle programs and how react to criticism. Try to help them understand the necessity for discipline, rules, and regulations.*
- 7. Don't compare your child with the other players on the team - at least not within their hearing. If your child has a tendency to resent the treatment they get from the coach, or if they are jealous of the approval other players get, try to be honest with them. Don't lie to your child about his capabilities as a player. If you are overly protective you will perpetuate the problem.*
- 8. Remember that children tend to exaggerate, when they are praised and when they are criticized. Temper your reactions to the stories your child brings home from the game or practice. Don't criticize them for exaggerating, but don't over react to the stories they tell you.*
- 9. Teach your child the meaning of courage. Some of us can climb mountains but are frightened to get into a fight. Some of us can fight with out fear but turn to jelly at the sight of a bee. Everybody is frightened of something. Courage isn't the absence of fear. Courage is learning to perform in spite of fear. Courage isn't getting rid of fear, it's overcoming it.*



ADMINISTRATION

Br. Konrad Diebold
President

Dr. Joseph Schmidt
Principal

Jeffrey Troxell
Assistant Principal

Christopher Perez
Curriculum Director

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ATHLETIC DEPARTMENT

Brian Glorioso
Athletic Director

Cathleen Cernak
Athletic Office Assistant

HEAD COACHES

Baseball
Dan Eberle

Basketball
Michael Bailey

Bowling
Peter Dougherty

Cross Country
Anthony Enright

Football
Dan Galante

Golf
Thomas Hayes

Soccer
Dave Nowak

Swimming & Diving
Marty Gibson

Tennis
Meagan Carlevato

Track & Field
Anthony Enright

Volleyball
Joel Anderson

Water Polo
John Przekota

Wrestling
Patrick Duggan

Dear Student Athlete,

You are here, first of all to get a quality education. Any other reason is secondary. It is a privilege for a student-athlete to represent Saint Patrick on the field of play.

We definitely feel our teams should play to win, but this will not always happen. However, we expect our athletes to give 100 percent of themselves and their ability to win. Anything less will be cheating yourself and fellow teammates.

We also feel there are other important values derived from participation in the athletic program. Because of this, we have established guidelines for participants to help in the total development of the athlete and a good citizen.

Your coaches are here to assist you in any way possible, and to help you to become a better person. Many approaches will be used - tough and soft. Each of you is different and their challenge is to find the right approach.

The coach can do just so much. Success comes to that person who (1) knows where he is going, (2) determines what he should do to move in this direction, (3) works very hard to master all details and (4) believes with all his heart that "he can have success if he works as hard as he can to attain it."

I sincerely hope that this handbook will be of service to the athletes and their parents or guardians, and will aid us in showing the true objectives of Saint Patrick athletics.

Sincerely,

SAINT PATRICK HIGH SCHOOL

Brian R. Glorioso
Athletic Director

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SHAMROCK HANDBOOK

The essential difference between a good athletic program and a poor athletic program is its purpose. School exists for educational purposes and the sports program at Saint Patrick High School is organized and administrated on the basis of educational values. Athletics contribute to education objectives, and in establishing standards of behavior that represent the best in good citizenship.

A great deal of money is expended every year to purchase and maintain our facilities and equipment. Your parents, your friends and you help to finance our program in various ways. Do your part to help keep these costs down by taking pride in what we have and exercising good judgment in its use. Your presence on an athletic squad draws the focus of public attention to you as a representative of Saint Patrick. Be constantly on your toes in our gymnasium, on our fields, in the classroom, at home and in public, to display mature behavior. Assume more than your share of this responsibility and athletes will be respected and admired everywhere as champion citizens, as well as athletes.

SAINT PATRICK HIGH SCHOOL SONG

*You're a grand old school
And our one golden rule,
Is to cherish and laud your name,
You're the guide of youth!
The Home of Truth!
In manhood we'll love you the same,
RAH, RAH!
Every heart grows bold
'Neath the Green and the Gold
Which we'll follow as years unfold,
Lest alma mater be forgot
Keep your eye on Saint Patrick High.*

ILLINOIS HIGH SCHOOL ASSOCIATION

ELIGIBILITY RULES

This is a reprint of a state association bulletin: It is issued to help you have a better knowledge of eligibility rules. The information is not detailed, so remember that if there is any doubt in your mind as to what you may or may not do, find out from your Coach or Athletic Director. Save yourself and others grief by knowing and not guessing.

YOU ARE NOT ELIGIBLE:

1. *When you reach your twenty (20th) Birthday unless your birthday occurs during a sports season.
(See Bylaw A/1-9)*
2. *If you do not have credit for twenty (20) hours of work earned during the last semester, or if you are not currently passing twenty (20) hours of work per week for high school credit. (See Bylaw A/1-3 for exceptions).*
3. *If you are in violation of Saint Patrick High School's weekly eligibility checks.*

ATHLETICS AT SAINT PATRICK

I. Competition in thirteen (14) sports:

FALL	WINTER	SPRING
<i>Football</i>	<i>Basketball</i>	<i>Baseball</i>
<i>Golf</i>	<i>Wrestling</i>	<i>Tennis</i>
<i>Cross Country</i>	<i>Swimming</i>	<i>Track & Field</i>
<i>Soccer</i>	<i>Bowling</i>	<i>Volleyball</i>
	<i>Ice Hockey</i>	<i>Water Polo</i>

II. Under the rules and regulations:

- a. The National Federation of State High School Association establishes rules and guidelines for various sports. Many state Associations utilize these basic rules for conducting sports activities.*
- b. The Illinois High School Association is our state representative for the National Federation. They established rules, practice, regulations, established championship series (such as the State Basketball series) and they are responsible for supervision of all athletic programs in the state.*
- c. The East Suburban Catholic Conference of which we are a member, is required to abide by the rules and regulations established by the above mentioned organizations. In addition to the above, the conference sets up schedules for most sports, decides on the method of establishing championships, hires officials, and is responsible for the eligibility of all members of the conference.*
- d. The Athletic Department establishes basic rules and regulations concerning training practice. Attendance eligibility and conduct are the same for all sports. However, each coach, working in conjunction with the Athletic Director, may establish additional rules and regulations which are applicable to a particular sport.*

III. Requirements for Participation:

1. *Parent permission*
2. *Physical examination*
3. *Insurance or waiver*
4. *Training Rule Form*
5. *Satisfied all academic eligibility requirements.*

EQUIPMENT

Please do not abuse your equipment. We spend considerable money to supply you with the best; we hope you will take pride in it. Keep your equipment hung up in your locker, not piled on the bottom. See that it is exchanged, and cleaned as directed and wear it only at our own contests or practices. Equipment exchange and insurance schedules will be established by the Athletic Director. When equipment is turned in, it must be rightside out and unfolded. No one is allowed to enter the equipment room except when personally conducted and supervised by a coach, or team manager. Managers will be in the equipment room only when performing a definite assignment.

The athlete is responsible for every item of equipment issued to him. Everything is recorded with the Athletic Director. Coaches, managers are operating under definite regulations. Lost equipment must be paid for. If you are found to have unauthorized equipment, it will be taken from you and disciplinary action will be taken.

Game and meet equipment must be checked in and out in detail. Be sure you get athletic shoes to fit you. Good ones will fit your feet better than ordinary street shoes. They should be snug and supporting. Generally, you will find that the best fitting athletic shoe will be a half size or full size smaller than your street shoes. Blisters are usually the result of loose shoes. Make sure the tongue of the shoe is smooth and the shoe laced snugly from the bottom up. Socks are worn for the purpose of protecting the feet. They are not designed to fill up shoes that are too large. Socks should fit smoothly and snugly, with no wrinkles, folds or bunching.

LOCKER ROOMS

Use only the locker assigned to you and keep it locked with the proper school lock. Other locks will be cut off without warning. If you find equipment on the floor, you will be doing everyone concerned a favor by turning it in at once. Do not put it in your own locker. Do not go into the halls unless properly dressed. Get in and out of the locker rooms quickly, both before and after practices. Shower, dress, take care of your equipment and leave at once. This will help your coaches, custodians, and fellow athletes. Horseplay cannot be tolerated in the locker and shower rooms. It, too often, leads to injury, equipment damage and hard feelings.

PHYSICAL EDUCATION CLASSES

The State of Illinois urges every school to offer a daily physical education program. Saint Patrick is in complete agreement with the State's proposal requiring physical education for all of its students. It is the policy of our school that every student be actively engaged in a daily physical education program. Exceptions are made when there is evidence of a physical handicap which prevents participation and on days of Varsity Competition.

CHANGING SPORTS

Once a boy becomes a member of any squad (the first day of activity) he may not change to another sport during that season.

Exceptions are:

- 1. He is cut to reduce the size of the squad.*
- 2. The coach believes that he would fit in another sport better and initiates the change.*

If a boy quits a squad, he is dropped because of scholastic difficulties, discipline, poor attendance, etc., he must wait out the rest of that season before he may try out for another sport. He may not participate in weightlifting or open gyms as such.

GENERAL

Use exists from gym as directed during various seasons of the year. You will not be allowed to enter the rest of the building after practice, so see that you leave nothing you need in your locker. No athlete or manager is to enter the gymnasium without a coach being there to supervise. When you are directed to report at the gymnasium, see that you get there at the proper time. If you are early and the coach is not there, you must wait outside until he arrives. Make sure he tells you when and where to report. See that your own, and the school's equipment is kept clean. Exchange regularly and see that your personal equipment is washed at home often. Make sure that you keep your own personal body clean.

TRAINING RULES

The following training rules have been adopted by Saint Patrick High School for all athletic squads. Training rules are enforceable 365 days a year in-and-out of the sport season. An athlete will follow all training rules from the time he signs the training rule form until graduation. These rules are applicable regardless of whether a student is competing during a sport or not.

Coaches are obligated to enforce these rules for all athletes. Coaches realize the importance of training muscles and nerves in performing a sport-related skill and negative effect that drugs have on this process. Head coaches and the Athletic Director will work with any athlete that requests assistance with an abuse problem.

- Smoke or chew tobacco substances.*
- Consume or possess alcoholic beverages.*
- Traffic in or aid or abet in the traffic of narcotics, drugs and/or controlled substance, or look-alike substance, including anabolic steroids and creatine.*
- Use, conceal or possess narcotics, drugs and/or a controlled substance, or look-alike substances.*
- Steal or vandalize personal or school property, including, the property of those schools with whom we compete.*
- Violate rules of the Student Handbook.*
- Falsification of a signature on the athletic permit card. (If falsification is by a parent or another student, the athlete will be held responsible).*
- Repeated acts of unsportsmanlike conduct during the sport season in which the athlete is involved, such as cheating, fighting, or verbal abuse of officials, contestants, coaches or spectators.*
- Participants at a party, or gathering where illegal activities are occurring, including vehicles, will be considered an active participant, and therefore are in violation of the drug/alcohol policy.*
- Hazing of any type will not be tolerated by Saint Patrick High School. Such incidents will be dealt with on an individual basis.*

- I. *Any athlete who presents himself to the Head Coach or Director of Athletics as having a substance abuse problem will retain full practice and playing privileges as long as the following conditions, as deemed applicable by the Athletic Director are met.*
 1. *The admission of the said abuse is initiated by the athlete and the admission is not made as a means of escaping disciplinary action which may result from the athlete being exposed as a user of tobacco, alcohol or drugs.*
 2. *The athlete and parent are referred to and receive counseling at a recommended treatment center.*
 3. *The athlete and parent satisfactorily completes such recommended counseling treatment as determined by the treatment personnel and school officials.*
 4. *The athlete does not break the training rules after he first admits the abuse.*
 5. *The athlete makes full restitution for damages and repairs. If the above requirements are not satisfied, the athlete will be ineligible for the equivalent of one (1) sports season. See (V.)*
- II. *An athlete who breaks training rules and does not initiate admission of the infraction, may retain partial eligibility if he fulfills the following conditions, as deemed applicable by the Athletic Director.*
 1. *The student/athlete needs to be evaluated to determine if a problem exists.*
 2. *The athlete and parents shall make full restitution for damages and repairs.*

If requirements 1 and 2 are satisfied, the athlete would be ineligible for the equivalent of one third of the sports season. If the above requirements are not satisfied, the athlete would be ineligible for the equivalent of one (1) sports season. (See V.)
- III. *Any athlete breaking training rules for a second time will be ineligible for the equivalent of one (1) sports season. (See V.)*
- IV. *Any athlete breaking training rules for a third time will forfeit all athletic eligibility for the remainder of his high school career.*
- V. *A sport season is the next scheduled sport in which a senior or junior athlete has participated in the previous year. A sports season is equal to the number of contests an in-individual is eligible to participate in during the season (as set forth by the IHSA). The number of contests shall not include state playoff series or competitions. If an athlete breaks the training rules out of season, he will be ineligible for the next sports season in which he competed the previous year or has evidenced intent to compete in for the current year.*

A one (1) season penalty will include the contests remaining in the sports season in which the infraction occurs. Those contests missed will be used to compute a percentage of total season, the remaining percentage of a complete sports season will be assessed to the next regular sports season as defined in this section.

- VI. Any athlete who demonstrates inappropriate behavior will be determined by the judgment of school officials, which is not conducive to the subject of disciplinary action. Such disciplinary action for conduct unbecoming of an athlete, may be the sole discretion of school officials, be ineligible for one third of a season, one (1) full season or the forfeit of all athletic eligibility for the balance of the student's high school career.

PRACTICE AND GAME SCHEDULE

Saint Patrick Athletes will not be allowed to practice or participate if they are not in attendance on that school day. This does not include prearranged or field trip absences. If an athlete is ill, they may participate in an athletic contest on that day if they are in attendance for a minimum of two (2) class periods. **Fall sports for 2009-10** consisting of Cross Country, Golf, Football and Soccer will begin on Wednesday, August 12th. **Winter Sports** - Basketball and Wrestling will begin on November 9th. Bowling begins October 26th. Swimming will begin on November 23rd. Track and Field will begin on January 18th. The remaining **Spring Sports** - Tennis, Baseball and Water Polo will begin on March 1st. Volleyball will start on March 8th.

Practice and contests are conducted over the Christmas vacation during the winter sports season and during spring break in the spring sports season. In order to run a smooth program, the coaches cannot make exceptions to excuse boys from games or practice. We realize that this causes inconvenience for family planned vacations, however, to be fair to all, we feel this is the best policy to follow.

BASIC REQUIREMENTS FOR AWARDS

- A. It is presumed that all coaches will base their judgment relative to awards on a high plane and that every attempt will be made to confirm the principle that Saint Patrick awards are great honor and privilege for the recipients.
- B. No student shall be allowed to remain on a squad unless they maintain a high standard of citizenship and strive to contribute to the welfare of the squad and the school.
- C. A student shall be required to participate regularly in practice sessions. No athlete may be given an award if he is dropped from a squad for the remainder of a season because of disciplinary or scholastic problems, or violations of eligibility rules, even though he may have satisfied the other requirements for an award.

BREAKDOWN OF ELIGIBILITY FOR AWARDS

Varsity letter winners are eligible for the following awards:

1. Major letter (8")
2. Minor letter (7")
3. Certificate of participation. Captains are signified by a star on their major letter
4. Bars signify years of Varsity service

Sophomore team award winners are eligible:

1. Junior Varsity letter (6")
2. Certificate of Participation

Freshman team award winners are eligible:

1. Numerals (regardless of what level you play)
2. Certificate of Participation

APPROPRIATE DRESS

Appropriate Dress means minimum school dress code requirements, or shirt and tie, or sweater. This includes to and from activities - school as well as non-school days. Earrings are not allowed to be worn by any athlete to or from such activities. Its up to each coach to establish and enforce his dress attire policy.

ATHLETIC JACKETS

Once a student/athlete is on a roster, he will be allowed to purchase a green athletic jacket only from the Athletic Director.

GENERAL

Letters and numerals are awarded by the Athletic Department and are the property of the Athletic Department until graduation or termination of enrollment at Saint Patrick High School. Any act bringing disgrace to the letter may justify review of the situation by the Athletic Director. Initiative for such action may come from the coaching staff, the principal or a reputable source. Final action shall be made by the Athletic Director.

ACADEMIC REQUIREMENTS

COURSES	ST. PAT'S	N.C.A.A.	4 YR. UNIVERSITY OR COLLEGE
ENGLISH	4 YRS.	3 YRS.	4 YRS.
MATH	2 YRS.	2 YRS.	3 YRS.
SCIENCE	1 1/2 YRS.	2 YRS.	3 YRS.
SOCIAL STUDIES	2 1/2-3 YRS.	2 YRS.	3 YRS.
PHYSICAL EDUCATION	3 SEM.		
HEALTH	1 SEM.		
GEN. EDUCATION		2 YRS. ADDITIONAL	
FINE ARTS	1 SEM.	ABOVE CLASSES (OR)	
COMPUTER EDUCATION	1 YR.	FOREIGN LANGUAGE	

These requirements are subject to change by the policy making bodies of the organization listed. You should check with the organization to be aware of current requirements.

The last column includes the requirements published by the Illinois State Board of Higher Education. For more accurate information, contact the College of University Admission Office.

In order for a student to be eligible for the NCAA Division I Athletic scholarship, student will need to meet requirements of the NCAA column. This is only for a student who may receive an athletic scholarship from an NCAA Division I school.

INSURANCE

All claims must be made to the Athletic Director within 10 days of an injury, failure to do so may result in nonpayment under the Student Accident Plan. Claims must be filed with primary insurance carrier, unpaid portion of the charges will be paid in accordance with the terms of the Christian Brothers Accident Plan.

SAINT PATRICK HIGH SCHOOL
Athletic Handbook/Policy Release Form

NAME _____ **SPORT** _____
(Print)

YEAR IN SCHOOL SENIOR JUNIOR SOPHOMORE FRESHMAN
(Circle One)

TRAINING RULES

Please Note: This form must be on file in the Athletic Office before a student may participate in the Athletic program. Be sure all signatures are obtained.

*I hereby give consent for _____ to have the privilege of participating in the Saint Patrick Interscholastic Athletic Program during the **2009-2010** school year, which is governed by the Illinois High School Association.*

In January 2008, the Illinois High School Association's Board of Directors approved a plan developed by the IHSA's Sports Medicine Advisory Committee to implement random testing for steroids and performance-enhancing dietary supplements of teams and individuals qualifying for state finals competition.

*Beginning with the **2009-10 school term**, any student-athlete who ingests or otherwise uses substance from the association's banned drug classes, without written permission by a licensed physician, to treat a medical condition, violates IHSA By-law 2.170 and its subsections, and is subject to IHSA penalties, including ineligibility from competition. The IHSA will test certain randomly selected individuals and teams that participate in state series competitions for banned substances. The results of all tests shall be considered confidential and shall only be disclosed to the student, his or her parents, and his or her school.*

By signing below, we agree to the terms and conditions outlined in the **Shamrock Athletic Handbook** and we consent to random testing in accordance with the **IHSA's steroid testing policy**. We understand that, if the student or the student's team participates in state series competitions, the student may be subject to testing for banned substances.

No student-athlete may participate in IHSA state series competition unless the student and the student's parent/guardian consent to random testing.

A complete list of the current IHSA Banned Drug Classes can be accessed at
http://www.ihsa.org/initiatives/sportsMedicine/files/IHSA_banned_list-2008-09.pdf

Signature of student-athlete

Date

Signature of parent/guardian

Date

OVER

