



SAINT ALPHONSUS LIGUORI

Athletic Handbook 2023 - 2024

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OVERVIEW

The Athletics Program at St. Alphonsus School is operated under the provisions and guidelines of the publication Handbook for Athletics in the Elementary School (2019) from the Office of Catholic Schools, Archdiocese of Chicago. This document is available for review on the school website www.saintalphonsusschool.com.

Sports Offered

Sport	Timing	Grades	# of Teams
Girls Volleyball	August – October	4 – 8	2
Cross Country	August – October	5 – 8	1
Girls Cheerleading	October – March	5 – 8	1
Boys Basketball	October – February	5 – 8	2
Girls Basketball	November – March	5 – 8	2
Soccer	September - October	4 – 8	2
Track & Field	April - May	5 – 8	1

Conference Overview

St. Alphonsus belongs to the Northwest Catholic Conference. The following schools participate in the conference:

School	Location
St. James	Arlington Heights
Our Lady of Wayside	Arlington Heights
St. Anne	Barrington
St. Mary	Buffalo Grove
St. Zachary	Des Plaines
Queen of the Rosary	Elk Grove Village
St. Huberts	Hoffman Estates
Holy Family	Inverness
St. Francis	Lake Zurich
St. Raymond	Mount Prospect
St. Emily	Mount Prospect
St. Theresa	Palatine
St. Thomas Villanova	Palatine
St. Alphonsus	Prospect Heights

The Athletic Board may also schedule non-conference games for some teams. These games will be scheduled to match each particular team's ability level with the other non-conference team's ability level and/or play schools we might otherwise not have a chance to play.

The Athletic Board allows up to 2 tournament entrances per sport/team per season.

COACHES

Coaches for our teams are selected from parent volunteers and other qualified individuals who present themselves for service to the athletes in our program. The current roster of coaches is available from the Athletic Board.

The Archdiocese of Chicago requires the completion of the "Protecting God's Children" training for all coaches, assistant coaches, helpers, and anyone who works with or in any way comes into contact with children through school or extracurricular activities. All coaches will also have to have a back-ground check before being allowed to coach. The Athletic Board of St. Alphonsus School strives for compliance with these requirements.

FINANCES

The St. Alphonsus Athletic Program is self-funded. No monies from the parish or the school are used to fund athletic programs.

Revenue & Expenses

Revenues are generated from the following:

- Athletic Fees
- Gate Admissions Fees
- Game concessions
- Tournaments run by St. Alphonsus
- Alumni Activities (basketball/volleyball/dodge ball)
- Special "Lunch" Programs (Hot Dog, Pizza Days, etc.)
- Dine and Shares
- Grade Fund Raising Activities (e.g. Car Washes)
- Corporate Sponsorship and donations
- Retained Uniform & Participation Deposits

Expenses are generally spent for the following:

- League Fees
- Referees
- Uniform Replacement
- Trophies, Awards
- Athletic Equipment Supplies
- Tournament Entry Fees
- Concessions
- Office Supplies (Scorebooks, etc.)
- Pep Rallies
- Coaching Clinics
- CPR/First-Aid instruction and supplies
- Gym Maintenance

Budget Goals:

The goal is to have a balanced budget. We try to balance out the fees generated from players, families, and other parishioners/teams. The ability to balance this budget depends on the participation levels, success of fund raising efforts and maintaining costs (e.g. proactive good maintenance of uniforms defers wholesale replacement). Again, the Athletic Department is self-supporting and receives no (zero) funding from the school.

TOURNAMENTS

Tournaments may be hosted during the year. Tournaments will be scheduled with the assistance of the Athletic Board and will be allocated to respective teams by seniority. The tournament host team, along with the Athletic Board will be responsible for identifying teams, collecting fees, scheduling games, and procuring tournament awards. Parents of the St. Alphonsus team participating will be responsible for procuring and selling concessions, collecting door receipts, security/maintenance (including gym preparation and takedown) and serving as official scorers/timekeepers. This applies to all games in the tournament, not just the games in which St. Alphonsus participates. A typical 8 team tournament spans about 18-20 hours. Please contact the Athletic Board for tournament interests.

EXTRACURRICULAR & CO-CURRICULAR PROGRAMS

Extracurricular Eligibility

Extracurricular participation for St. Alphonsus students is a privilege and requires the adherence to academic and behavioral expectations. Students participating in after school sports are expected to keep up with their work and grades. Students who do not maintain the stated expectations may become ineligible to participate in practices or games for a specified period of time.

Academic Eligibility

Any student participating in extracurricular activities who earns an unacceptable grade average in one or more core subjects (achievement below 77% and/or an unacceptable level of effort) is considered to be ineligible for school extracurricular activities. The school administration reserves the right to determine the student's eligibility. Core academic subjects include: Religion, Reading, Literature, Language Arts, Mathematics, Social Studies, Science and Spanish. Students may also become ineligible as a consequence of school disciplinary violations as defined below under Behavioral Ineligibility.

If a student becomes ineligible during the trimester, he or she may not participate in extracurricular activities such as rehearsals, practices, games, etc. for a period of at least seven (7) school days. The period of probation shall continue until the student seeks reinstatement.

Behavioral Ineligibility

Any student participating in extracurricular activities will be considered ineligible based upon the following criteria:

- 1st Behavioral Detention within a trimester = suspension for next scheduled event.
- 2nd Behavioral Detention within a trimester = suspension from team or activity for one (1) week.
- 3rd Behavioral Detention within a trimester = removal from the team or activity for the remainder of the season or event.

A behavioral detention is issued by the Principal or teacher who will then notify the activities director and the parents.

ELIGIBILITY

It is the responsibility of the Athletics program at St. Alphonsus School to ensure that all student athletes understand that:

- participation in athletics is a privilege commensurate with an acceptable level of academic performance.
- that as a member of a team, student athletes are representatives of St. Alphonsus, and should behave appropriately.
- Failure to maintain the academic standards or code of conduct set forth by the Saint Alphonsus Administration and Athletic Board can result in suspension of the athlete.

Academic Eligibility

All student athletes must maintain an acceptable grade average in all core subjects (achievement above 77% and/or an acceptable level of effort) to be eligible for school athletics. The school administration reserves the right to determine the student athlete's eligibility. Core academic subjects include: Religion, Reading/Literature, Language Arts, Mathematics, Social Studies, Science, and Spanish.

Grading System

A+	100 – 99	4.33
A	98 – 95	4.0
A-	94 – 93	3.67
B+	92 – 91	3.33
B	89 – 87	3.0
B-	86 – 85	2.67
C+	84 – 83	2.33
C	82 – 79	2.0
C-	78 – 77	1.67
D+	76 – 74	1.33
D	73 – 71	1.0
D-	70 – 69	0.67
F	<68	0.0
I	Incomplete	0.0

Process to Determine Academic Ineligibility:

The on-going process to assess student athletic eligibility is accomplished through the following:

Weekly Grade Screenings:

- The Athletic Director will reach out to the teachers of current athletes to gather grade reports.
- Any athlete who has a grade below 77% will first receive a warning email to their parents to update them on their child's progress.
- The 2nd week, if their grades are still below an acceptable level, then an official ineligibility email will be sent to parents informing them that their child cannot participate in athletics for the next seven days, until the following check-in.
- This will continue for each week of the sporting season.

Consequences of Ineligibility:

If a student athlete becomes academically ineligible during the season, he or she may not participate in team activities such as practices and games for a period of at least seven (7) school days.

Behavioral Eligibility:

A core responsibility of the Athletic Program at St. Alphonsus is to teach student athletes to respect other athletes, coaches, parents, and officials both from our school and from any other school with which we come into contact, and to be positive members of their team.

Examples of this are:

- Being on time for practices and games.
- Respecting officials.
- Being supportive and positive with teammates at all times.
- Respecting the facilities at which they practice and play.

Students can become ineligible as a consequence of school disciplinary violations or exhibitions of unsportsmanlike conduct on or off the field of competition. A "One Day, No Play" penalty in which the ineligible athlete must suit up and sit on the bench for the duration of the next game is the typical consequence for disciplinary and unsportsmanlike misbehavior.

Absence on the Day of a Game or Practice:

Any child who is absent from school for reasons of health may not participate in any extracurricular activity on the day he/she did not attend school. A student who is absent for more than half of a regular school day is ineligible to participate in any game or practice session on that day. Students must be in school by 12:00 noon to participate. This excludes medical appointments and funerals.

PLAYING TIME GUIDELINES

The Current policy of our school Christian youth athletic program is a "no cut" policy, in which each student is a member of the team as long as the student has met academic and conduct standards.

Given that everyone is a member of the team, this is a privilege and carries with it requirements of each player and their parents:

- Consistent attendance at practices and games
- Good conduct at practice
- Academic understanding of plays, goals of team
- Proper respect of teammates, coaches and referees
- Parental participation in fund raising activities (Door, concession service at home games, team fund raising activity)

Athletics 4th-6th grade level:

"In grades 5 and 6, coaches are expected to do the best they can with awarding equal playing time for all participants over the course of the season." (AOC Handbook for Athletics in the Elementary School, Revised 2019, page 23).

Coaches will have some limited discretion to shorten playing time of players who have not attended a reasonable number practices or games or have had conduct issues during practice or games, however in general, athletes in 4th 5th and 6th grade should receive an equal amount of playing time.

Athletics 7th and 8th grade level:

"In grades 7 and 8, playing time should be a reflection of ability, effort, attendance at practices, and commitment to the team. Coaches at the 7th and 8th grade level should work collaboratively with parents in helping all student athletes understand that not everyone who is on the team will play equal amounts. However, playing time for all is expected at the 7th and 8th Grade Level. For example, simply putting a player in the game for two minutes and calling that playing time is not acceptable. "Winning at all costs" or the exclusion of participation of eligible players is never tolerated." (AOC Handbook for Athletics in the Elementary School, Revised 2019, page 24).

Circumstances for each offense are generally unique and consequences are appropriately at the discretion of the Athletic Directors with ratification or modification by the Athletic Board.

CONCUSSION POLICY

The students must have had a sports physical within the past 395 days of competition. And the parents and student must sign the concussion document. The school follows the IHSA concussion protocol.

The school has appropriate staff members who are familiar with and in compliance with the requirements of 105 ILCS 5/22-80 and any associated regulations including but not limited to the following requirements:

1. We have a concussion oversight team
2. We remove students from practice or competition if we believe a student has sustained a concussion
3. The students cannot resume practice or competition unless the concussion protocol has been followed
4. A health professional (MD, PA, or NP) must clear the student in writing
5. Emergency action plans are posted in the gym.

Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.

Definition of a Concussion

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be "knocked out") to have suffered a concussion. Behavior or signs observed indicative of a possible concussion Symptoms reported by a player indicative of a possible concussion

- Loss of consciousness
- Appears dazed or stunned
- Appears confused
- Forgets plays
- Unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Shows behavior or personality changes
- Can't recall events prior to or after the injury
- Headache
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion

NOTE: The persons who should be alert for such signs, symptoms, or behaviors consistent with a concussion in an athlete include appropriate health-care professionals, coaches, officials, parents, teammates, and, if conscious, the athlete him/herself. This protocol is intended to provide the mechanics to follow during the course of contests/matches/events when an athlete sustains an apparent concussion.

For the purposes of this policy, appropriate health care professionals are defined as: physicians licensed to practice medicine in all its branches in Illinois and certified athletic trainers.

A student that has been diagnosed with a concussion must present an official document from a health care professional to the Athletic Board before being allowed to participate in a practice or game.

PRACTICE FACILITIES & TIMES

Gym Usage by Parish Groups

The following are general guidelines for usage of the gym based on days of the week.

Monday through Friday, 2:20 – 6:00 PM	Extended Day Care (EDC)
Saturday 6:00 to Sunday 7:00 AM	PADS (October through April)
Monday through Friday, 6:00 – 9:00 PM	St. Alphonsus (Grades 4 – 8) Sports Teams
Saturdays, 7:00 AM to 4:00 PM	St. Alphonsus (Grades 4 – 8) Sports Teams
Sundays, 1:00 – 7:00 PM	St. Alphonsus (Grades 4 – 8) Sports Teams

Normal recurring events such as Boy Scouts, Rummage Sale, Fun Fair, Parish plays, School and Parish Dances, Parish mission, etc., will be scheduled for their applicable times. Regularly scheduled events can change due to conflicts with other events or conflicts with other schools, in case of sporting events. Parish staff asks that the lead persons who have scheduled the events work together to try to solve the matter in as Christian a matter as possible.

Practice Priorities

Practice time and location is allocated to the teams based on which sport is in season and then seniority:

- 8th Grade Boys & 8th Grade girls (rotating)
- 7th Grade Boys & 7th Grade girls (rotating)
- 6th Grade Boys & 6th Grade girls (rotating)
- 5th Grade Boys & 5th Grade girls (rotating)

It is requested that if a team has a coach that has the ability to use available daytime gym time, they should attempt to do so, so as to relieve pressure on fixed gym availability.

The Athletic Board is responsible for setting all practice times and locations.

When practice sites/times are limited, it is the intent of the director to secure for each team in season at least one practice per week.

HOME GAME SITE PREPARATION/TAKE DOWN, CONSESSIONS, DOOR ADMISSION

Each team's Parents/Guardians will be responsible in covering operational duties for each home game. These duties include gym set-up and take-down, scorekeeping, concession stand operations, door admission collections, hall monitoring, and other details that ensure a satisfactory game experience for all. A downloadable checklist of duties can be found in our athletics area of our school web site.

UNIFORM & PARTICIPATION DEPOSIT

The Uniform and Participation Deposit program has been instituted to encourage the cooperation of all parents/guardians in making ours a successful and well-run athletic program. If, in the opinion of the Coach and the Athletic Board, a parent/guardian has not met his/her obligations in contributing to the operational success of the season, the Uniform and Participation Deposit may be retained for use in the general Athletic Department Fund.

ATHLETIC BOARD

The St. Alphonsus Athletic Board meets once a quarter, or as needed. See school website for contact info. If you would like an item placed on to the agenda or would like to be a part of the board, please contact the Athletic Director.

2023-2024 Athletic Board

Monika Klococki	Athletic Director
Monika Klococki	Scheduler
Monika Klococki	Treasurer
	Secretary

2023-2024 Auxiliary Board

OPEN	School Liaison
Monika Klococki	Uniforms Manager
Monika Klococki	Concessions Manager
OPEN	Fundraiser Coordinator
OPEN	Basketball Coordinator
OPEN	Cross Country Coordinator
OPEN	Track Coordinator
OPEN	Volleyball Coordinator
OPEN	Volunteer Coordinator
OPEN	Spirit Wear Coordinator