

ST. IRENAEUS PARISH SCHOOL
RULES AND POLICIES FOR
PAROCHIAL ATHLETIC LEAGUE (PAL)
(www.parochialathleticleague.org)

Parents & Student Athletes

www.stischoolcypress.org

2018-2019

I. SIGN-UPS - TRYOUTS - PRACTICES

- A. Tryouts and Practices commence fifteen (15) minutes after the dismissal bell, or at the discretion of the coach.
- B. All mentioned team policies should be discussed and understood by the parents and players. It is suggested that the parents get together with the player to make sure there is no misunderstanding of the rules.
- C. By returning the tear-off sheet signed, parents indicate that all policies listed on this paper and the following papers are understood by both parent and player. Also that parent and player are willing to abide by the rules.
- D. During tryouts the players will be assigned drills to perform. There will be very little coaching during the tryouts. It's up to the players that are trying out to demonstrate their abilities, attitude and level of cooperation. Parents please do not attend the tryouts as it may make students uncomfortable and affect their performance.
- F. Students (boys & girls) are required to wear knee pads for basketball & volleyball seasons. Students not having knee pads available for practices or games will be required to sit out. (Knee pads must be worn both at indoor and outdoor facilities.)

II. TEAM SELECTIONS

- A. Team selection will be based on how an individual can contribute in a conducive manner on the success of a winning team. Attributes to be scrutinized by the coach on each player will be:
 - 1. Attitude
 - 2. Ability
 - 3. Responsibility (being punctual, etc.)
 - 4. Attentiveness
 - 5. Aggressiveness
 - 6. Respect
 - 7. Sportsmanship Behavior
- B. Every player who tries out fully realizes that there exists a possibility of not making the team. Parents who sign the tear-off are also aware of this possibility.
- C. The list of players who have been selected to the team will be posted on the school bulletin board located near the physical education office and or Sycamore website under 'News'.
- D. Players must attend ALL TRYOUTS, unless arranged with their coach prior to the first meeting.

III. TEAM POLICIES (The Program in General):

- A. The PAL League is a competitive league. All schools play with a competitive spirit and strive to win. This is the philosophy of PAL. This does not mean win at all cost.
- B. All efforts will be made to play all players on the team so long as it does not affect the outcome of the game. (Please trust that the coaches have your child's best interest in mind.)

IV. PARENTS

- A. Parents are responsible for arranging transportation to the games.
- Parents are required to sign their child out in the office before they can be dismissed from class. If you have arranged for your child to be released by another parent, a letter signed by you must be on file in the front office or they will not be released.
 - *Parents must also help out with scorekeeping especially during Basketball season. On-site training will be provided.
- B. It is imperative that adults set a good example for the school children at inter-school games. Any unruly behavior will not be tolerated. It's not a feat to leave a game as a happy winner. It's when we lose that there is a challenge to leave a game with good sportsmanship and Christian demeanor. Temperamental behavior by an adult towards an official is passed on to the school children and will not be tolerated. If you are ejected from any school contest you will be asked to not attend the next game. There will be no exceptions.
- C. Parents are not to take part in coaching from the sidelines. Parents please sit in the spectators section and refrain from walking the fields. This will be done by the coach. All directions to the players will be done by the Coach. Parents are not to interfere with any aspect of the game. If there are any concerns, parents should communicate that information to the Coach, the Athletic Director or our Principal.
- D. Parents are required to attend an evening meeting with the coaches before each season and to help at league-game contests as much as possible. Fish hours may be earned for driving team athletes, score keeping, line officiating etc.

V. PLAYERS

- A. Players must attend practices.
- B. If a player misses a practice due to illness, etc., s/he must bring a written notice from his/her parent the following day. Failure to do so will result in an unexcused missed practice.
- C. If a player is tardy without a good reason it will be noted by the coach.
- D. Players who are tardy due to a detention or other school disciplinary action do not have a valid excuse for being late. Penalty will be left to the discretion of the coach.
- E. Three (3) tardies equals one (1) unexcused missed practice.
- F. One (1) unexcused missed practice will result in suspension of (1) game. Player will be at game in uniform but will not participate.
- G. Two (2) unexcused missed practices may be grounds for expulsion from the team. This decision will be rendered by the Coach.
- H. If a player must leave practice early s/he must notify and secure permission from the Coach before practice begins.
- I. Inappropriate language will not be tolerated and may lead to suspension from the team.
- J. All players are expected to act like ladies/gentlemen at games. Poor sportsmanship, bad tempers, disrespect towards officials or opposing players will not be tolerated and will be dealt with accordingly.
- K. Any player who violates Rule J will be called into conference with the respective coach, the Principal and the Athletic Director. A penalty will be placed on the violating player.

L. Uniforms/Athletic attire:

Casual, appropriate clothing with tied athletic shoes & **school socks must cover the ankle and be visible at all times.** Refer to student handbook. Uniforms will be provided by the school. Uniforms may be machine washed in cold water, including soft helmets, but must be air dried. Uniforms are also not to be carried inside backpacks or helmets. Please find another suitable bag to carry sports uniform and other attire. This will help to ensure uniforms are not damaged and stained by any ink. Team members misplacing or neglecting to care for the uniforms/soft helmets properly will be asked to reimburse the costs. Knee pads are to be purchased by the players and are required for Volleyball & Basketball seasons for indoor and outdoor games.

M. *There is a non-refundable fee for participation of **\$TBD per sport and a P.A.L. fee of \$TBD per student per year.** All fees will be withdrawn from all **FACTS accounts.** There is no need to pay by check unless you have made other arrangements with the school. Cheer fees are \$80 and will be deducted twice a year.

N. Players are to walk to the practice areas once the coach arrives and safety dismissal has ended. **No players are to leave the grounds for any reason after school.**

O. Academic Grades:

Student's grades and behavior must be in good standing. Grades and behavior will be evaluated throughout the season at the teacher's discretion.

P. All players must address coaches as Mr., Mrs., Miss, or Coach and coach's last name. (Example: Mr. Jones or Coach Jones.)

Q. All students being selected for the teams will be committed to the entire season!! (Exception: grade evaluation, injury). Please read these rules and policies carefully before signing the attached "Tryout Permission Form".

R. If not fulfilling these commitments the student will not be eligible for the next sport season.

VI. ATHLETE OF THE YEAR SELECTION

A. Only 8th grade student athletes are eligible for this nomination.

B. Students will be evaluated on all sports participated during the school year by faculty and Coaches.

C. Criteria

***Exceptions will be made due to illness or injury.

1. Athletic Ability
2. Christian Behavior (in school and sports program)
3. Leadership
4. Responsible Behavior & Academics (teacher input) NO Grade lower than "S" or "C"
5. Sportsmanship

Permission Tryouts & Rules & Policy Agreement 2018-2019 Saint Irenaeus Parish School

Questions: rflores@stischoolcypress.org (714)827-4500 ext. 113

Please Sign indicating that you have read these Rules and Policies for PAL and agree to be governed by them during the coming season. Students may not tryout if agreement form is not signed and turned in the day of tryouts. Thank you!

Students Name (Please Print)

Date

Homeroom Teacher (Name)

We have read the above and understand it fully and agree.

Parents Signature

Date

Student Signature

Date

Concussion Information Sheet 2018-2019 School Year

The following letter is to inform you of the new law **AB 588, Fox. School athletics: concussions** in effect as of January 2014. Please take the time to read this form and the following information sheet. Return both forms before the first day of tryouts. Students will not be allowed to participate if these forms are not on file.

AB 588 (Fox) School athletics: concussions.

This bill establishes provisions that apply to all private school students engaged in athletic activities taking place outside the regular school day (i.e., the policies apply to students engaged in extra-curricular sports activities). Its provisions require that an athlete suspected of sustaining a concussion or head injury during the course of an athletic activity:

- shall be immediately removed from the athletic activity for the remainder of the day;
- shall not be permitted to return to the athletic activity until he or she is evaluated by a licensed health care provider who is trained in the management of concussions and is acting within the scope of his or her practice;
- Shall not be permitted to return to the athletic activity until he or she receives written clearance to return to the athletic activity from that licensed health care provider.

I _____ the parent of _____ hereby acknowledge that I have read the new law AB 588 (Fox) School athletics: concussions and agree to follow the terms stated above.

Sincerely,

Rodolfo Flores
Athletic Director

Monica Hayden
Principal
St. Irenaeus Catholic School