

Immaculate Conception Catholic Grade School Elmhurst, Illinois



Athletic Handbook 2025-2026 School Year



ICGS ATHLETICS

Parent and student/athlete agree to abide by the Catholic philosophy and academic guidelines set forth by Immaculate Conception Grade School. Student/athletes are expected to comply with all ICGS academic and behavioral standards during the school year and are aware of the academic behavioral eligibility guidelines as set forth in the ICGS Parent/Student Handbook and the ICGS Interscholastic Athletic Handbook.

I authorize Immaculate Conception Grade School and the Immaculate Conception Grade School Athletic Department, to publish my child's/children's personally identifiable image and work in places and via electronic, video, auditory, print, and any other media accessible by the public (including said school and diocesan internet and print publications).

I authorize the coaches, assistant coaches, or parents of the team members acting in the capacity of activity, supervisors/vehicle drivers; as my Agents, to consent to medical, surgical or dental exam or treatment.

In case of emergency, I hereby authorize treatment and/or care at any hospital.

I grant permission for my son/daughter to participate in the ICGS interscholastic athletic programs for the 2025-2026 school year.

Student Athlete Name

Parent Printed Name

Date

Parent Signature

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This ICGS Athletic Handbook outlines the philosophy and reflects the rules and policies of the Immaculate Conception Grade School (ICGS) Athletic Program for the 2025-2026 school year.

I. PHILOSOPHY

The interscholastic athletic program at ICGS is designed to promote the physical, emotional, and spiritual growth of the individual student-athlete consistent with the educational philosophy of the school. At the appropriate grade level, each student-athlete is given the opportunity to develop athletic skills and personal character through individual effort and team competition.

The success of the ICGS Athletic Program in carrying out the mission of the school is dependent upon the generosity and cooperation of the many staff and volunteer coaches who share their time and talents. All participating coaches must articulate the philosophy and mission of the school through their actions and dialogues with student athletes.



II. ICGS ATHLETICS

The ICGS Athletic Program is administered by the Athletic Director under the direction of the Principal. All final decisions regarding the athletic program are subject to the approval of the Athletic Director and the Principal.

The duties of the Athletic Director are defined by the Joliet Diocese Guidelines for Interscholastic Athletics. The guidelines require the Athletic Director to appoint coaches and assistant coaches after consultation with the Principal and Pastor. The Principal and Pastor retain final authority over the appointment and termination of all coaches.

The school athletic team nickname is the ICGS Knights.
The school athletic team colors are Royal Blue and White.

ICGS Athletic Director, Brad Johnson (630-782-1522)
athleticdirector@icgradeschoolelmhurst.org

ICGS Assistant Athletic Directors, Mary Kate Lyons and Brianna Hernandez

III. ATHLETIC PROGRAMS

Immaculate Conception Grade School offers a no-cut athletic program for all students currently enrolled in ICGS in graded 5-8. Parish and Religious Education students are not eligible to compete on ICGS sports teams.

In accordance with the ICGS policies regarding interscholastic athletics, ICGS offers student athletes the following sports programs:

Fall Season: (Aug-Oct)	Boys' & Girls' Cross Country	Grades 5-8
	Boys' Football	Grades 5-8
	Girls' Volleyball	Grades 5-8
Winter Season: (Nov. - Feb.)	Boys' Basketball	Grades 5-8
	Girls' Basketball	Grades 5-8
Spring Season: (Mar-May)	Boys' Volleyball	Grades 5-8
	Boys' & Girls' Track & Field	Grades 5-8

ICGS teams may participate in combined grade school sports programs with other schools as approved by the Athletic Director and the Principal.

ICGS athletic events are posted on the IC Grade School Athletics website (<http://il.8to18.com/icgs>)

Additional information can also be found on the IC Grade School website under "Athletics"
(www.icgradeschoolelmhurst.org)

IV. CONFERENCE AFFILIATION

A. Suburban Parochial League

ICGS participates in the Suburban Parochial League (SPL) comprised of area Catholic schools. ICGS plays under the Illinois High School Association (IHSA) rules as amended by the bylaws of the SPL and the Joliet Diocese Interscholastic Athletic bylaws.

All conference and non-conference contests must be approved by the Athletic Director.

Cross-Country/Track www.s-p-l.org

B. TriCounty Catholic Conference (TCC)

ICGS participates in the TriCounty Catholic Conference (TCC) comprised of DOJ Catholic schools. ICGS plays under the Illinois High School Association (IHSA) rules as amended by the bylaws of the TCC and the Joliet Diocese Interscholastic Athletic bylaws.

All conference and non-conference contests must be approved by the Athletic Director.

Basketball/Girls Volleyball www.tccathletics.org

C. Classic League

ICGS participates in the Classic League. ICGS plays under the Illinois High School Association (IHSA) rules.

All conference and non-conference contests must be approved by the Athletic Director.

Boys Volleyball www.sites.google.com/site/theclassicleaguesite/home

C. Northside Catholic Football Conference

ICGS participates in the Northside Catholic Football Conference (NCFC)

All conference and non-conference contests must be approved by the Athletic Director.

<https://www.c23athletics.org/football>

D. Non-conference Contests

In addition to conference games/contests, ICGS may participate in non-conference games/contests with other area schools only as approved by the Athletic Director or the Principal.

V. INSURANCE

ICGS provides NO coverage for injuries during participation in tryouts, practices or games.

VI. EVALUATIONS/TRYOUTS

Subject to the rules outlined below governing “eligibility,” any student who is willing to participate in a sport and to abide by the guidelines and regulations as outlined in this handbook may try out for a team of his/her own grade.

A. Notification

Notification for evaluation dates and times will be made by utilizing the most effective means reasonably available, as determined by the Athletic Director.

B. Evaluations/Tryouts

Evaluations for any sport requiring a tryout will be conducted by the ICGS Athletic Director and/or other qualified individuals designated by the Athletic Director. The evaluators will not be parents of the student athletes trying out and they shall include individual(s) other than the coaches of the team or grade level being evaluated.

C Attendance

Evaluations are the most effective and efficient method to determine a student athlete’s skill level. All students wishing to participate in those sports requiring evaluations must attend said evaluations on the designated date(s) to be considered for a team. Missing one or both sessions may adversely affect a student athlete’s placement, and may ultimately affect all others who attend the scheduled evaluation.

Because no alternative evaluation dates are scheduled, a student athlete missing an evaluation will be evaluated and placed on a team by the Athletic Director based on the objective criteria available.

D. Team Selection

Teams will be determined based on criteria including but not exclusive to:

- Evaluation/Tryout results
- Previous coacher’s player evaluations
- Attitude
- Commitment to ICGS athletics

E. Two-Sport Policy

1. Any student athlete wishing to participate in two sports during a given season, must fully register for two sports through ICGS Athletics.
2. Any student athlete participating in two sports during a given season, must keep academics as their no. 1 priority. Adherence to our academic eligibility is foremost criteria.
3. Any student athletes participating in two-sports in a given season, must designate one sport as their priority sport so coaches are aware of player’s commitment to the team(s).
4. Student athletes participating in two-sport season should continue to abide by the Joliet Diocese recommendations of ‘gatherings’ per week, “No team should gather more than four times per week... In cases where sport seasons overlap, an individual may participate in up to six gatherings’.

5. Student athletes must be committed to their ICGS teams and teammates throughout the season(s).

VII. SIZE OF TEAMS

A. Number of Teams

The number of teams per grade shall depend upon league availability and coaching availability.

B. Team Size

The size of teams will depend upon the number of teams allowed and will be limited as follows, unless otherwise determined by the Athletic Director.

Football: As determined by the Athletic Director

Cross Country: As determined by the Athletic Director

Volleyball: 9-12 players per team, unless there are less than 18 total players. In which case there may not be fewer than 8 players per team or more than 16 players on a single team; provided further that if there are a total of 25-26 players, there may not be more than 13 players per team.

Basketball: 8-10 players per team, unless there are less than 18 total players. In which case there may not be fewer than 7 players per team or more than 16 players on a single team; provided further that if there are a total of 23-25 players, or 33 players, there may not be more than 14 players per team.

Track & Field: As determined by the Athletic Director

C. 'A' and 'B' Team

The "A" and "B" teams for volleyball and basketball shall be equal in size, unless there is an odd number of players, in which case the size of the teams shall be as close to equal as possible, with the team evaluators recommending which team shall have the greater number of players, with the final decision being made by the Athletic Director.

VIII. ELIGIBILITY RULES/REGULATIONS

Student athletes should recognize that participation in the ICGS athletic program is not a right but a privilege. With this privilege come responsibilities in the areas of preparation, attitude, sportsmanship, academics and commitment to ICGS teams and teammates. These responsibilities exist both in and out of school and in athletic and non-athletic settings. By joining the ICGS athletic program, a student becomes a representative of ICGS.

A. Disciplinary Eligibility

Student athletes are expected to comply with all ICGS behavior standards during the school year. Any student athlete disciplined by the school may be suspended from practice(s) and game(s).

The principal shall determine the imposition and length of any suspension. The Principal

will notify the Athletic Director and the parents/guardians of any suspension from athletics, and the termination of any such suspension. The Principal's decision regarding athletic suspensions will be final.

B. Academic Eligibility

Student athletes are expected to comply with all ICGS academic standards during the school year. Parents should assist their student athlete in coordinating their schedules to maintain these standards.

Students who do not achieve and maintain a grade of a C (78%) or better in all subjects will have their eligibility to participate in practice(s) and game(s) reviewed by the administration.

Decisions regarding participation will be made by the Principal in consultation with the ICGS staff. The Principal's decision on participation will be final. If the student athlete is declared ineligible, the ineligibility period will be one week, from Monday to Sunday. Further ineligibility is left to the discretion of the administration.

C. School Absentee

If a student athlete is absent from school the day of a game or practice, the student athlete may NOT participate in that particular game or practice.

An excused absence may constitute an exception to this rule. Appeals may be made to the Principal and/or Athletic Director.

Determination of a student's absence from school is determined by the administration.

D. Health Eligibility

1. *Excused From Gym Class*

If a student athlete does not participate in gym class the day of a game or practice, the student athlete may NOT participate in that particular game or practice. Excused absences may constitute an exception to this rule as deemed by the Athletic Director.

2. *Injuries*

If a student athlete is unable to participate in a game or practice due to an injury or health reasons, and the Head Coach or member of the coaching staff has unanswered questions as to a student athlete's ability to participate safely in an activity, the Head Coach may request a note from the student athlete's parents, medical practitioner or guardian indicating the student athlete has permission and is capable of resuming the activity safely upon his or her return.

3. *Physical Exam Requirements*

All athletes in grades 5-8 must show proof of an annual sports physical. 6th grade physicals, as well as sports physicals, are a requirement of the Diocese of Joliet. Sport physicals will be accepted when state mandated physicals are not required. Physicals are valid for one calendar year. Students will not participate in practices or games if the physical requirement has not been met.

E. Participation Forms & Fees

To participate in any sport, a student athlete must present payment of the required participation fee, and a signed ICGS Athletic Parent Authorization Form, Medical/Emergency Authorization Form. Failure to do so will prevent the student athlete from participating in the specified sporting activity (practices and games.)

There will be NO refunds after teams have been announced. (Basketball/Volleyball)

F. League Rules of Eligibility

In addition to the rules and eligibility requirements of ICGS, all student athletes will be bound by league rules regarding age, weight, and grade level.

G. Player Eligibility

1. *Promotion of Player*

No student athlete will be allowed to participate outside of the student athlete's grade of eligibility unless said move is recommended by the student athlete's coach, and concurred by the "receiving" coach, Athletic Director, Principal and the student athlete's parents/guardians.

2. *Trading Players*

ICGS coaches are NOT allowed to "trade players" from one team to another. This includes trading players from an "A" team to a "B" team and vice-versa or trading "B" players from one team to another.

Special circumstances such as not having enough players to field a team may necessitate the movement of players and must be done by the Athletic Director.

IX. SPORTSMANSHIP

A. Code of Conduct for Student Athletes

All student athletes participating in ICGS sports are representatives of ICGS, whether they are on the field of play, in the school, or within the community and should behave in a manner consistent with the standards of our school.

All student athletes participating in ICGS athletics are expected to behave in an appropriate manner consistent with the highest standards of sportsmanship. Specifically, student athletes:

- Must be respectful to coaches, referees, opponents, and teammates.
- Must support his/her teammates at all times
- May never use profanity
- May not argue with or confront an official/referee
- Must be attentive and demonstrate effort at all practices and games
- Must put team goals before individual achievements
- Must be a gracious winner and loser

Coaches and/or administrators may discipline a student athlete for failing to adhere to these sportsmanship guidelines. Violation of the sportsmanship guidelines or any other inappropriate behavior may result in removal from practice, game, or team suspension.

B. Code of Conduct for Parents

Parents of ICGS student athletes must remember they also represent ICGS and that their

conduct should represent the principles of Christian behavior, and therefore agree to :

- Support and foster Catholic values and behavior in your child as related to athletics that confirms the policies of ICGS.
- MUST be respectful and courteous to coaches, game officials, team members and parents.
- May never use profanity or verbal intimidation.
- Support student athletes through positive encouragement

All ICGS parents are encouraged to adhere to the principles of the Positive Coaching Alliance Program. ICGS membership within PCA affords parents with online workshops which promote and teach the positive principles of the **'Second-Goal Parent' Program**.

Any parent/guardian not abiding by these behavioral guidelines will be asked by the Athletic Director, coach, staff observer or game official to leave the sporting event.

C. Code of Conduct for Coaches

Coaches must be messengers of the school mission and ensure that athletic programs embody the Catholic characteristics prevalent at ICGS. ICGS Coaches are called to be models and witnesses to their faith each day, and as such, coaches are expected to uphold high standards of conduct in and out of season.

All ICGS coaches are expected to complete the Positive Coaching Alliance online certification course, 'Double-Goal Coach'. Certified coaches promote teaching players how to win while helping them learn "life lessons" and positive character traits through sports.

ICGS coaches shall abide by the following:

- Language should be appropriate and constructive at all times.
- Model respect for the opponent's athletes, coaches and officials.
- Begin each gathering with a prayer (coach or student led).
- Follow the guidelines and policies set forth by the Diocese of Joliet (including successful completion of the "Protecting God's Children" program), the leagues in which they participate, and all ICGS policies.

D. ICGS 'Spirit of the Knight' Sportsmanship Award

Following each sport season, a coach may nominate a student athlete for the ICGS **'Spirit of the Knight'** Sportsmanship Award. Nominees shall exemplify the qualities outlined in the student athlete's standard of conduct.

Such nominations should be made to the Athletic Director within 30 days after the completion of the season. The Athletic Director, in conjunction with the school administration, shall select one boy and one girl student athlete from each of the 5th, 6th, 7th, and 8th grade nominations as recipients of the 'Spirit of the Knight' Sportsmanship Award.

X. COMMUNICATION: Coaches - Parents - Athletic Director

A. Pre-season Team Meeting

Each sports team will have a pre-season meeting with the parents, coaches, and Athletic Director to discuss an overview of the upcoming season. At that time, coaches will outline their team and player expectations with respect to team goals and playing time parameters.

B. Team Concerns/Complaints

Parents/guardians are to use the following chain of command in a mature and constructive manner when addressing a concern or problem that may develop. In each instance, the parent/guardian should expect to receive careful consideration and a timely response with no retaliatory measures inflicted upon the student athlete.

The proper chain of command is as follows:

1. Contact the coach in a private setting
2. Contact the Athletic Director in a private setting
3. Bring your matter to the Principal

C. School Announcements/Communications

School athletic announcements are coordinated through the Athletic Director's office. No announcements are made pursuant to student's requests. Every effort is made to ensure that all teams are represented fairly in our school announcements.

Approval must be obtained by the ICGS Athletic Director and the school administration to use team email lists, telephone numbers or addresses to solicit, promote, organize or advertise fundraising events or other school, parish or community activities.

Any distribution of announcements, promotions, handouts or other forms of communication to our athletic teams or programs must first be approved by the Athletic Director and/or school administration.

D. ICGS Directory

Information taken from the ICGS General Directory (including email addresses, telephone numbers and mailing addresses) cannot be used to solicit, promote, organize or advertise school, parish or community activities without prior approval by the Athletic Director and the school administration.

XI. PRACTICE

Team practice time and frequency are based upon school and Diocesan policies and facility availability.

A. Absences

Attendance at practice is mandatory, unless excused. Each student athlete, or his/her parent/guardian, must report an anticipated absence to the Coach or Athletic Director prior to a practice or game. Failure to comply with this rule may constitute an unexcused absence.

1. Excused Absence

Excused Absences may be accepted under appropriate circumstances including:

- Death in the family
- Emergency doctor/dentist appointment
- Academic reasons, on occasion
- Illness

2. Unexcused Absence

Any student athlete with an unexcused Absence for a practice may experience a no play, no start, or limited play as deemed appropriate by the coach unless determined otherwise by the Athletic Director. Excessive excused or unexcused absences constitute grounds for suspension from games or dismissal from the athletic team.

B. Canceled Practice

If practice is canceled or rescheduled, the coach shall notify the players and/or their parents/guardians, or there will be an announcement through school.

C. Practice Drop-off/Pick-up

Parents shall not drop student athletes off for practice any earlier than ten (10) minutes prior to practice time and must pick them up no more than five (5) minutes after practice time is over. Practice should be finished no more than five (5) minutes after the scheduled ending time.

D. Younger Siblings at Practices/Games

If parents/guardians visit practice sessions or sporting events with younger children, the parents/guardians are expected to watch them, supervise their behavior and keep them off the practice or sporting event area and out of school halls, washrooms, etc.

Younger siblings of ICGS student athletes should observe the sporting event or practice session from the bleachers/stands.

Coaches are discouraged from bringing younger children to practice due to the risk of injury and distraction away from ICGS student athletes.

E. Two Coach Minimum

Coaches and parents should make every effort to ensure that all time gatherings are attended by at least two responsible adults. If only one adult is present at a gathering, the supervising adult shall follow the principles and guidelines set forth in the "Protecting God's Children" program regarding proper supervision under such circumstances.

XII. PLAYING TIME

Playing time for the student athlete is based upon Diocesan policies, league policies, school policies, grade level, effort, safety, game situations, athletic ability, and eligibility under the rules in this handbook.

Regular participation by ALL team members in team activities is essential to the accomplishment of ICGS school and athletic program goals. As such, the lack of a specific playing time requirement in the ICGS Athletic Handbook should not be construed as giving the coaches the option not to

play or severely limit the play of any team member who is in good standing. Doing so would only serve to undermine the ability to achieve the overriding goals of the athletic program in the broader educational mission.

Substantive meaningful playing time in all games by all members of the team in good standing provides the recognition and encouragement that is necessary for the overall success of the team in meeting the stated goals. It is the responsibility of the coach to provide the necessary balance between competitiveness and meaningful participation by all team members.

ICGS Playing Time guidelines for each sport are as follows:

A. Football

Coaches shall strive to give all players the opportunity to play in every game. A reserve game or 5th quarter may be played when possible in an effort to give all athletes playing time.

B. Basketball (Girls and Boys)

5th Grade: All players must play one (1) full continuous quarter in each game before any other player may play more than one quarter.

6th Grade: All players are to play in each game an amount equal to or greater than one (1) full quarter.

7th/8th Grade: All players are to have substantive/meaningful playing time in every game:

Exceptions: Substitution of any player may be made if:

1. A player has more than two (2) fouls or one technical foul.
2. In case of injury
3. A player has been removed from the game by the referee/game official.

C. Volleyball (Girls and Boys)

5th/6th Grade: Each student athlete shall play the equivalent of at least one full game per match.

7th/8th Grade: All players are to have substantive/meaningful playing time in every match.

D. Track (Girls and Boys)

All Grades: No minimum requirements. However, coaches are strongly encouraged to schedule each student athlete for participation in as many meet events as possible/ reasonable throughout each meet of the season.

E. Cross Country (Girls and Boys)

All Grades: All student athletes meeting or exceeding league policies, school policies, grade level and eligibility under the rules in this Handbook shall be allowed to participate in each event, provided there are sufficient spaces or positions allotted to ICGS teams within the race. The coach shall select the student athletes who will participate in the race. In doing so, the coach shall strive to schedule each student athlete for participation in a race as much as possible throughout each meet of the season.

The number of team 'gatherings' per week is governed by league and diocesan guidelines. A 'gathering' is considered any team meeting of players and coaches. The Joliet Diocese has set the maximum number of gatherings per week to four (4). The ICGS week commences on Monday and ends on Sunday. Exceptions to this rule may be approved by the Athletic Director.

The number of team contests per season is governed by league and diocesan guidelines.

Every effort should be made to schedule athletic events so that they do not interfere with a family's attendance at liturgy. No games or practices are scheduled in a parish facility before the last Sunday morning or early afternoon liturgy has been completed.

The Athletic Director must approve any team contest or gathering, held with teams or organizations other than those authorized by the ICGS administration.

XIV. UNIFORMS

Student athletes will be issued a uniform upon payment of the participation fee and receipt of all required registration forms. All uniforms issued by the Athletic Program are the property of ICGS. The school may allow student athletes to modify their athletic or team uniform for the purpose of modesty in clothing or attire that is in accordance with the requirements of the student's religion, cultural values or modesty preferences.

A. Care of Uniforms

Each student athlete issued a uniform becomes responsible for its care and cleaning. Proper washing instructions must be followed, and all uniforms must be washed after each game. No uniform should be used for practice sessions.

B. Loss or Damaged Uniforms

Each student athlete is responsible for the loss of a uniform or damage other than normal wear. A charge will be assessed for any uniform that is damaged, lost, or destroyed because of misuse, abuse, or neglect.

C. Uniform Return

Parents should see that their student athlete's uniform is returned in clean condition within two (2) weeks of the conclusion of the season. Returned uniforms should be labeled with the student athlete's name and returned directly to the Athletic Director's office or delivered to the ICGS school office.

If this requirement is not fulfilled, you will be charged the cost of the uniform. Failure to return the uniform or pay its cost will detain the student athlete from participating in any other sporting activity (practices and games). If this occurs at the end of the school year, the student athlete's academic report card may be withheld.

D. Jewelry Prohibited

No student athlete shall wear any type of jewelry during any practice, game, race or meet.

E. Accessories

Any athletic accessories must be blue or white to match school colors. Unless otherwise approved by the Athletic Director.

F. Gym Shoe Requirement on Gym Floor

To protect the gym floor surface and keep it safe for play during rain and/or snow, gym shoes used for practices and games in basketball and volleyball shall be for gym use only, and shall not be used as street shoes. Student athletes should wear their street shoes to the gym for a practice or game, then change into their gym shoes once inside the gym.

XV. EQUIPMENT

All equipment issued by the ICGS athletic program and used by student athletes is the property of ICGS.

A. Student Athlete Purchased Equipment

Student athletes must purchase the following equipment, unless issued by ICGS, for the following sports:

Football:	Three-pad girdle, including two hip pads and tailbone pad; mouth guard, football shoes; athletic supporter; hand and arm pads (optional)
Basketball:	Gym Shoes
Volleyball:	Knee pads; Gym shoes
Track/Cross Country:	Running shoes as allowed by the league.

All equipment must conform to the guidelines established for each sport. The purchase of any equipment that would otherwise be provided by ICGS must be preapproved by the Head Coach or Athletic Director.

B. Care of Equipment

A charge will be assessed for any equipment that is damaged, lost or destroyed because of misuse, abuse or neglect of a student athlete.

C. Coach's Equipment

- Team Binder with Medical Release Emergency Forms and Athletic Crisis Management Plans
- Medical Kit
- Cell Phone

XVI. COACHES RESPONSIBILITY

Coaches are to provide by personal example and direction the ideals of leadership, citizenship, sportsmanship, and fair play to the athletes and spectators. They must understand their role as teachers and their responsibility to create a feeling of team loyalty by the encouragement and constructive criticism of all team members. Their success is not determined by winning percentage but according to how they instill life skills in each student athlete through discipline, accountability, teamwork, work ethic, fairness, and striving for goal achievement.

A. Team and Player Expectations

Each Head Coach must prepare and submit team and player expectations for the Athletic Director's approval prior to the start of the season.

Team and player expectations must be shared with the players and parents prior to the start of the season.

B. Protecting God's Children and Safe Environment

All ICGS Coaches, helpers and volunteers must have completed the Safe Environment policies which includes the Diocesan Protecting God's Children Program requirement.

C. Team Helpers

Any team helper must be cleared by the Athletic Director.

D. Team Handouts

Team handouts, other than schedules, must be approved by the Athletic Director.

Outside material, including any high school material must be approved by the Athletic Director and/or Principal prior to distribution.

E. Coach Attire

ICGS Coaches are expected to wear appropriate attire to practices and games. In an effort to be respectful to all in our community, it is requested that we do not show preference to any area school.

F. Coach Expectations/Duties

- Always be conscious of student athlete safety
- Supervise student athletes at all times
- Be a student of the game
- Organize practice agendas in advance of actual practices
- Communicate practice and game schedules with student athletes and parents
- Take attendance of players at both practice and games
- provide feedback to players regarding their performance during practices and games
- Allow dispensation from team rules when it involves academics or extenuating family circumstances
- Be on time for both practices and games
- Bring to the attention of the Athletic Director any problems with athletes, parents, spectators, or officials.
- Ensure cleanliness of all facilities
- Submit equipment requests to the Athletic Director sufficiently prior to the start of the season

- Volleyball coaches should assist with the set-up and take down of poles and nets to avoid the risk of injury to student athletes
- Participate in a post-season meeting up on the request of the Athletic Director or administration
- Submit end-of-season play evaluations to the Athletic Director (excluding 8th grade coaches)
- Submit nominations for the ICGS Spirit of the Knight Sportsmanship Award
- Report scores to Athletic Director
- Teach, follow and enforce the Standards of Conduct for student athletes, parents, and coaches as listed in this handbook

XVII. TEAM PARTIES

Any team function, including team pasta parties and end-of-season gatherings, should be for team members and families only. Because team gatherings are considered a school function, alcohol should not be available or consumed within the presence of the ICGS student athletes.

XVIII. TEAM GIFTS

A. Coaches gifts to Team/Athletes

Team gifts from coaches to student athletes are NOT allowed. No apparel or items other than token memento should be purchased for team athletes.

If coaches wish to issue a token memento of the season (eg. a framed team photo), it should be coordinated with other teams within that particular grade so that all the athletes within the grade can be included. Any team/class memento must be pre-approved by the Athletic Director.

B. Student Athlete Gift to Coach

A gift to a team coach at the end of a season from the parents of the student athletes is not required and no parent should feel obligated to contribute financially toward a gift for a coach. In lieu of a financial gift (eg. gift card), it is suggested that parents consider a lower cost alternative, such as a token memento from the season (eg. gramed team photo or ball signed by the student athletes) to recognize the time and effort of a coach throughout the season.

XIX. CONTRIBUTIONS/DONATIONS

Donations for specifically designated purposes are encouraged and appreciated by the ICGS Athletic Department. All such donations are to be directed to and administered by the Principals Office.

Please contact the Principal's Office prior to placing any order for or making any delivery of any specific donation. The Principal will approve any logo, design, color size, number, type or other

specifications. In order to be useful to the ICGS Athletic Department it is essential that the specifications of all such donations are consistent with the ICGS Athletic Department's needs.

XX. ICGS ATHLETIC FUNDRAISING

All fundraising done for the benefit of ICGS Athletics must be pre-approved by the Principal.

Any outside fundraising group wishing to solicit money or sales at ICGS Athletic events must be pre-approved by the Principal or Athletic Director and must meet the following criteria:

- Sales initiatives must be approved by the Principal
- Sales cannot be in competition with ICGS Athletic fundraisers
- There can exist no competition from within the ICGS community, ie Whole school initiative or if there are multiple groups within the ICGS Community, all groups must be offered an opportunity to sell products.

XXI. IC PARISH COMMUNITY/GROUNDS

ICGS Coaches, Parents and Student Athletes are expected to support and respect all of the IC Parish Community. ICGS Coaches should be sensitive to our parish high school, by not wearing clothing depicting other local high schools.

ICGS Coaches, Parents and Student Athletes are asked to be respectful of the IC Parish grounds and surrounding neighboring churches and schools. ICGS Coaches and Parents are asked to park only in the IC Parish lots.

XXII. FACILITIES

ICGS Coaches and Parents are responsible for student athletes behavior at gyms/fields and other schools. All athletic facilities should be left clean.

A. Outside Facilities

Any use of outside facilities must be coordinated and approved by the Athletic Director.

B. Team Field Trips

If a team is to go on any "field trip", excluding season scheduled games or contests, coaches must have permission forms signed by parents.

This Handbook may be revised at any time by the ICGS Athletic Director with the approval of the Principal.

Reviewed, revised and adopted July 2025



Immaculate Conception Grade School Athletics

July 2025

ICGS Head Injury Policy and Protocol

IC Grade School is acutely aware of the seriousness of head injuries such as concussion during athletic play. The ICGS Athletic Program takes every measure of safety to prevent head injuries.

In Football, our coaches are all IESA certified on the latest safety techniques and protocol. Our coaches have amended their practices structure to substantially reduce practice contact. All ICGS football equipment is certified to meet all safety standards.

In compliance with the "Protecting Our Student Athletes Act," signed into law in the State of Illinois on July 28, 2011 (105 ILCS 5/10-20.53 and 105 ILCS 5/34-18.45), ICGS has adopted the policies, protocols and by-laws of the Illinois High School Association (IHSA) and the Illinois Elementary School Association (IESA) regarding student athlete concussion and head injuries.

The protocol requires that any player 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 a game or practice and shall not return to play until cleared by an appropriate health care professional.

In cases when an athlete is not cleared to return to play the same day as he/she is removed from a contest following a possible head injury (i.e., concussion), the athlete shall not return to play or practice until the athlete is evaluated by and receives written clearance from a licensed health care provider to return to play.

For the purposes of this policy, licensed health care providers consist of physicians licensed to practice medicine in all its branches in Illinois and certified athletic trainers working in conjunction with physicians licensed to practice medicine in all its branches in Illinois.

The protocol and policies developed by the IHSA and IESA apply to all ICGS student-athletes and are intended to minimize the risk of concussions and head injuries. Consistent with this policy, ICGS will provide educational information supplied by the IHSA and the Center for Disease Control (CDC) to parents of ICGS student athletes regarding the IHSA's head injury policy and will require the parents to sign an acknowledgment and agreement regarding receipt of the protocol before a student athlete will be allowed to participate in practice or interscholastic activity.

All coaches (head and assistants) for all sports at ICGS are required to complete the Concussion Certification Training every 2 years.

ICGS Concussion Management Team

Sharon Meyer, ICGS Principal
Mary Koykar, ICGS Asst. Principal
Kathy Benco, ICGS Nurse
Brad Johnson, ICGS Athletic Director
DeeDee Shin, ICGS Physical Education Teacher

The current IHSA “Head Injury Protocol” and the IHSA “Return to Play” policy can be found on the IHSA web site (<http://www.ihsa.org>). Additional materials available through the IHSA and the Centers for Disease Control (<http://cdc.org>) include:

1. Fact Sheet for Parents
2. Fact Sheet for Athletes
3. Injury Protocol by IHSA
4. Return to Play Policy – IHSA
5. Concussion Information Sheet to be signed by parents

Resources:

<http://www.ihsa.org/documents/sportsMedicine/Concussion%20Protocols.pdf>
<http://www.iesa.org/documents/general/IESA-ConcussionInfo.pdf>
http://www.cdc.gov/headsup/pdfs/schools/tbi_returning_to_school-a.pdf
http://www.cdc.gov/headsup/pdfs/policy/rtp_implementation-a.pdf
<http://www.ihsa.org/multimedia/articulate/2015-16/concussion/presentation.html>
<http://www.catholicmutual.org/Portals/0/Docs/Risk%20Mgmt/CARES/Healthcare/Concussion%20CARES.pdf>
http://www.cdc.gov/concussion/HeadsUp/high_school.html
<http://www.ihsa.org>
<http://www.ihsa.org/Resources/SportsMedicine/ConcussionManagement.aspx>
http://www.cdc.gov/concussion/pdf/Coach_Guide-a.pdf
<http://nfhslearn.com/electiveDetail.aspx?courseID=15000>

“SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS”
National Federation of State High School Associations (NFHS)
Sports Medicine Advisory Committee (SMAC)



Immaculate Conception Grade School Athletics

July 2025

ICGS Families, grades 5-6-7-8,

ICGS Athletics, along with the ICGS administration, work continuously to develop the safest environment for our student athletes.

To assure player safety in our program, ICGS has built-in multiple safety measures including:

- Review of all athletic equipment.
- Updated security for all our facilities and equip coaches with Emergency Plans for all athletic facilities.
- Proper coach application process, adherence to Diocesan Protecting God's Children requirements and background checks.
- Medical equipment available to all ICGS Coaches.
- Emergency medical forms for all our student athletes.
- League & School guidelines relating to 'return-to-play' rules following injury.
- Partnership with IESA and the Concussion Management/Education program

We are all aware of the heightened awareness and concern about concussion. Concussions may occur in any sport where there is a potential for collision.

Any athlete who suffers a direct or indirect trauma to the head and develops symptoms consistent with a concussion should be evaluated by a trained, licensed health care professional, such as a certified athletic trainer or physician. Following IHSA and IESA rules, no athlete suspected of having a concussion will be allowed to return to competition until they have been examined by a physician and released to play.

Most concussions resolve within 1-2 weeks. The hallmark of concussion management is rest. No foolproof means of preventing concussion exists. Emphasis should be placed on prompt diagnosis, removal from sport until all symptoms have resolved as well as educating coaches, parents and athletes about the seriousness of concussions.

Many schools, sports clubs and clinics now use computer-based neurocognitive testing to evaluate mental processing, memory and concentration skills after head injury. Having a baseline test done prior to an injury is helpful when comparing post-concussion results to pre-injury results for a given athlete. It should be noted that the concussion testing is not an indicator for a concussion. This can only be done by a physician.

Concussions are an injury that does not only relate to football, but all sports and athletes.



Immaculate Conception Grade School Athletics *Diocese of Joliet Catholic Schools Office Policy*

CSO 2025

INTERSCHOLASTIC ATHLETICS

Interscholastic Athletics are a part of the educational process and are consistent with the philosophy and goals of the Diocese and local school. The athletic program is an outgrowth of a sound physical education program and emphasizes good sportsmanship, teamwork, and personal development.

Each local school develops its own specific athletic philosophy, rules, regulations and eligibility standards for interscholastic sports for boys and girls in accordance with direction provided by the Catholic Schools Office. This philosophy and its accompanying policies, rules, regulations, are developed under the direction of the principal in collaboration with local school board and athletic personnel.

Eligibility standards are developed in accord with a school's athletic philosophy. When possible, regional consultation is sought before enacting such standards. Behavioral and academic criteria are considered in setting standards. Students who play on school teams should be students of the school, so that other eligibility standards can be maintained.

Every effort should be made to schedule athletic events so that they do not interfere with a family's attendance at liturgy. No games or practices are scheduled in a parish facility before the last Sunday morning or early afternoon liturgy has been completed.

The superintendent, in collaboration with the principals, develops administrative regulations general to the interscholastic athletic program and specific to the various sports. Schools comply with these regulations or discontinue sports programs that repeatedly do not comply.

All athletes in grades 4-8 must show proof of an annual sports physical. 6th grade physicals, as well as sports physicals, are a requirement of the Diocese of Joliet. Students will not participate in practices or games if the physical requirement has not been met.

This information is required by law on the first day of school, with an extension time of October 1st for students who begin school on the first day. Any students entering school after the first day will be allowed 30 days from their entrance date to comply with this policy. Children may be excluded from school if they are not in compliance with the requirements.

In consideration of the philosophy outlined above, the following regulations shall govern participation in interscholastic athletics in the Catholic elementary schools:

Concussion Signs and Symptoms

A concussion is a traumatic brain injury that interferes with normal brain function. A student athlete does not have to lose consciousness to have suffered a concussion. Signs and symptoms of a concussion include the following:

Signs Observed by Others	Symptoms Reported by Athlete
Appears dazed or stunned	Headache or “pressure in head”
Appears confused	Nausea
Forgets sports plays	Balance problems or dizziness
Is unsure of game, score, opponent	Sensitivity to light or noise
Moves clumsily	Double or fuzzy vision
Answers questions slowly	Feeling sluggish or slowed down
Loses consciousness (even briefly)	Feeling foggy or groggy
Shows behavior or personality changes	Does not “feel right”
Can’t recall events prior to hit or fall	Concentration or memory problems
Can’t recall events after hit or fall	Confusion

REMOVAL AND RETURN TO PLAY

Any player who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the game or practice and shall not return to play until cleared in writing by a licensed health care professional. If a health care professional is not immediately available at the athletic event or practice and an injured student athlete has any of the described signs, symptoms or behaviors of a concussion, s/he shall be promptly taken to a facility for appropriate medical evaluation and care.

A player must be removed from an interscholastic athletics practice or competition immediately if one of the following persons believes the player might have sustained a concussion during the practice or competition:

- a coach
- a physician
- a game official
- an athletic trainer
- the school administrator
- the student’s parent or guardian or another person with legal authority to make medical decisions for the student
- the student or
- any other person deemed appropriate under the school’s return-to-play protocol.

A student removed from an interscholastic athletics practice or competition may not be permitted to practice or compete again following the force or impact believed to have caused the concussion until: the student has been evaluated by a treating physician (chosen by the student or the student's parent or guardian) or an athletic trainer working under the supervision of a physician;

- the student has successfully completed each requirement of the "return-to-play" and "return to learn" protocols established for the student to return to play;
- the treating physician or athletic trainer working under the supervision of a physician has provided a written statement indicating that, in the physician's professional judgment, it is safe for the student to return to play and return to learn; and
- the student and the student's parent or guardian have acknowledged that the student has completed the requirements of the "return-to-play" and "return-to-learn" protocols necessary for the student to return to play; have provided the treating physician's or athletic trainer's written statement and have signed a consent form indicating that the person signing has been informed and consents to the student participating in returning to play in accordance with the "return-to-play" and "return-to-learn" protocols and understands the risks associated with the student returning to play and returning to learn and will comply with any ongoing requirements in the "return-to-play" and "return-to-learn" protocols. A sample acknowledgement is found in the link below:
- [http://www.ihsa.org/documents/forms/current/Post-concussion%20Consent%20Form%20\(RPT-RTL\).pdf](http://www.ihsa.org/documents/forms/current/Post-concussion%20Consent%20Form%20(RPT-RTL).pdf)
- A coach of an interscholastic athletics team may not authorize a student's return to play or return to learn.

LICENSED HEALTH CARE PROFESSIONAL

For purposes of this policy, licensed health care professional means physicians licensed to practice medicine in all its branches in Illinois and certified athletic trainers.

CONCUSSION POLICY/FACT SHEET

Information on the school's concussion and head injury policy must be a part of any agreement, contract, code, or other written instrument that a school requires a student-athlete and his/her parents or guardian to sign before participating in practice or interscholastic competition. The IHSA/IESA has provided a Concussion Information Sheet and Sign-Off Form that schools may use to notify athletes and their parents/guardian about the dangers of concussions and head injuries.

<http://www.iesa.org/documents/general/IESA-ConcussionSign-Off.pdf>

The parent/guardian of each student athlete and the student athlete shall receive annually a concussion information sheet and they shall submit written verification(s) that they have read the information. A student athlete may not participate in practice or competition prior to the school's receipt of this written verification.

Each school shall also use education materials provided by the Illinois High School Association, and Illinois Elementary School Association see links below, to educate coaches, student-athletes, and parents/guardians of student-athletes about the nature and risk of concussions and head injuries, including continuing play after a concussion or head injury.

<http://www.ihsa.org/Resources/SportsMedicine/ConcussionManagement/ConcussionResources.aspx>
<https://www.iesa.org/activities/concussion.asp>
<https://www.ihsa.org/Resources/Sports-Medicine/Concussion-Management/Concussion-Resources>

CONCUSSION OVERSIGHT TEAMS (COT)

Each school shall form a Concussion Oversight Team (COT). The COT's primary function will be to develop return-to-play and return-to-learn protocols for students believed to have experienced a concussion. The protocols should be based on peer-reviewed scientific evidence consistent with guidelines from the Center for Disease Control and Prevention. These teams can contain a range of individuals based on the resources available to the school in their community or neighborhood but must include one person who is responsible for implementing and complying with the return-to-play and return-to-learn protocols.

Per the law, each concussion oversight team must include to the extent practicable at least one physician. If a school employs an athletic trainer, the athletic trainer must be a member of the school concussion oversight team to the extent practicable. If a school employs a nurse, the nurse must be a member of the school concussion oversight team to the extent practicable. At a minimum, a school shall appoint a person who is responsible for implementing and complying with the return-to-play and return-to-learn protocols adopted by the concussion oversight team. A school may appoint other licensed healthcare professionals to serve on the concussion oversight team. A coach may not serve on the COT. A School Administrator should be on the Concussion Oversight Team.

COACHES TRAINING

All interscholastic coaches and licensed officials will need to complete a training program of at least two hours on concussions. Coaches, nurses, and game officials must provide the school with proof of successful completion of the training. Training must be completed every two years. Head coaches and assistant coaches must complete the required training. Compliant courses are available on the IHSA and IESA websites. (A certificate of completion is required of each coach.) IESA member schools may access the course through the IESA Member Center. It is recommended all elementary schools with athletics join the IESA-\$75 dues-to allow access to these materials.

EMERGENCY ACTION PLAN

Each school must also develop a school-specific emergency action plan for interscholastic athletic activities to address the serious injuries and acute medical conditions in which the condition of the student may deteriorate rapidly. There are certain provisions the plan must include and it must be reviewed by the COT before being approved by the school. The plan must be distributed to appropriate personnel, posted at the school, and reviewed annually. Links to sample information may be found below on the IESA website and on the IHSA website.

http://www.ihsa.org/documents/forms/current/Emergency_Action_Plan_Form.pdf

GUIDELINES

The Superintendent or designee is authorized to issue Guidelines for the effective implementation of the requirements of this Policy.

COMPLIANCE

Failure to abide by this Policy or Guidelines will subject employees to discipline up to and including dismissal.

SOME ADDITIONAL RESOURCES

<http://www.ihsa.org/documents/sportsMedicine/Concussion%20Protocols.pdf>

<http://www.iesa.org/documents/general/IESA-ConcussionInfo.pdf>

http://www.cdc.gov/headsup/pdfs/schools/tbi_returning_to_school-a.pdf

http://www.cdc.gov/headsup/pdfs/policy/rtp_implementation-a.pdf

<http://www.ihsa.org/multimedia/articulate/2015-16/concussion/presentation.html>

<http://www.catholicmutual.org/Portals/0/Docs/Risk%20Mgmt/CARES/Healthcare/Concussion%20CARES.pdf>