



# Lourdes Catholic School

Academics \* Faith \* Community

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Dear Parents and Faculty,

Beginning in August 2016, Lourdes Catholic School will adhere to a new policy concerning eligibility requirements. This document will outline the following regarding athletics:

- Moving an athlete up from a grade level/Mission of Middle School Athletics (Page 2)
- Eligibility Rules (Page 3-4)
- Game Time (A/B Teams) (Page 5)
- Common Questions and Answers (Page 6)
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If there are any questions after reading this document, please contact Mr. Alec Clark – Athletic Director at [alec.clark@lourdes.pvt.k12.ia.us](mailto:alec.clark@lourdes.pvt.k12.ia.us) or Ms. Jennifer Alongi at [jennifer.alongi@lourdes.pvt.k12.ia.us](mailto:jennifer.alongi@lourdes.pvt.k12.ia.us).

Thank you for your time and attention to this document and have a great school year!

Mr. Clark  
Athletic Director

### **Grade Level – Athletics**

- Interscholastic athletic activities are available for students in the middle school grades (6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup>). The athletic activities available are boys' basketball, girls' volleyball, girls' basketball, and cheerleading. Each of these activities is available for all students in the middle school grades.
- The Athletic Director along with the respective coaches will divide teams from the same grade as equally as possible. There will be no switching back and forth between teams within grade levels.
- For a student-athlete to be brought up from a lower grade, the team must have less than eight student-athletes on a team. Example: If the seventh grade team has seven student-athletes, one student-athlete from the sixth grade level may be brought up in order to make a team of eight. No student-athletes may be added to the team for the league tournament unless that student-athlete has played at that grade level for a minimum of three regular season games. If a student-athlete is brought up for any reason, older schoolmates retain preference for play time in competition.
  - Lower level students may be brought up beginning with fifth grade with the permission of the Athletic Director, Teacher(s), Parents, and Principal. The final decision regarding a student-athlete moving up will rest with the Athletic Director.

### **Mission Statement**

- The primary purpose of the middle school athletic program is participation with an emphasis on the development of skills, sportsmanship, faith, and citizenship of all students. Athletics provide educational experiences that teach positive lifelong lessons and can have a positive impact on all students. It is encouraged that students participate in multiple sports where applicable. Research shows that students involved in interscholastic activities are more successful later in life and have higher grade point averages, better attendance records, and display sportsmanship/citizenship in their daily lives. The purpose of our Catholic schools league is to teach students the values of teamwork, sportsmanship, citizenship, dedication, commitment, responsibility, fairness, and respect for self and others.

### **Eligibility Requirements**

- The purpose of these requirements is to ensure that academic success comes before athletic success. At every level, Lourdes Catholic School puts the student first and the athlete second. It is because of this belief in academics that the following requirements are set forth by the teachers, athletic director, and principal:
  - To be eligible to participate in athletic activities, athletes must have a minimum of a C- in all core courses to participate. Core courses refer to Religion, Mathematics, Science, Social Studies, and Language Arts. Grades in Art, Physical Education, Band, Music, and any other elective or specialty course are not calculated when determining eligibility.
  - In addition to grade requirements, students may not have more than 3 missing assignments in each of their core courses. If the student has more than three missing assignments, he or she will be deemed ineligible to participate in athletic competition, but may still be able to practice. (Exceptions: sickness, funerals, surgeries, case-by-case basis as determined by A.D. and principal).
  - Assignment reports and grade reports will be collected by the Athletic Director every two weeks with the following consequences for not adhering to the stated guidelines above.
    - First Offense: Notice via e-mail from Athletic Director to principal, parents, teachers, coaches and athletic director.
    - Second Offense: A mandatory two-week probationary period in which the student is ineligible to participate in interscholastic activities. The principal, parents, teachers, and coach(es) will be notified via e-mail. The student may still practice with their respective teams.
    - Third Offense: The student will be removed from the team and will not be eligible to return to the team in competition during the regular season or post-season. The athlete may still practice with the team. Notification of a third offense will be given to parents, coaches, teachers, principal, and athletic director via email and a letter will be mailed to the parents.
- For students that have an Individualized Education Plan (IEP), the following eligibility requirements must be met.

- The student's eligibility requirements will adhere to the Iowa High School Athletic Association and Department of Education guidelines for interscholastic competition eligibility for students with accommodations.
- Each student has their own individualized goal that they are working on with the general education and special education teachers. As long as the student is making adequate progress towards their goals as determined by the special and general education teachers, the student will be eligible to play. Adequate progress will be defined by the teachers and school officials (i.e. principal and athletic director). What determines adequate progress will be communicated to parents via e-mail.
- What would occur if a student with an IEP fails a class for which there are no IEP goals or specially designed instruction?
  - If there is a close relationship between the IEP goal(s) and the failed course, and the student made adequate progress on the IEP goal(s), then the student-athlete is eligible. If there is a close relationship and the student-athlete did not make adequate progress toward an IEP goal, then the student-athlete is not eligible. If there is little or no relationship between an IEP goal and the course failed, the student-athlete
    - is not eligible. \*If this occurs, parent(s) will be asked to come in for a meeting to define all realms of eligibility. Coaches will not be relayed this information as to why a student is ineligible.
- If a student with an IEP has a passing grade in all of their classes, but does not make adequate progress on their IEP goals, the athlete is still eligible for competition.
- If a student is in the process of being evaluated for a special education plan, the student must meet the requirements of general education students (those without IEPs). Once the evaluation is completed and an IEP is developed, the student will adhere to the new eligibility rules of a student with an IEP.
- Students with a 504 Plan: There are no special eligibility plans with a section 504-accommodation plan. Students with a 504 plan are to adhere to the same requirements as general education students.

### **Game Time/Game Day Eligibility**

- Student-athletes must be enrolled and attend the school they represent. The exception to this rule is if the student and his/her family are active parishioners of Our Lady of Lourdes Catholic Church.
- Students must be in school at least one half of the school day to be eligible to play on game day or in the event of a weekend game, the last school day before the game.
- To be eligible to play on game day, students must have the following documents up to date and on file:
  - A yearly Sports Parental Permission Form
  - A yearly Sports Physical
  - A yearly Heads Up Concussion in High School Sports Form
  - A yearly Health and Injury Information Card and Consent for Medical Treatment Form
- Every student who dresses and sits with the team must play in each game unless ineligible because of grades or disciplinary issues. The result would be a forfeit if every athlete does not play. The coach or athletic director will communicate before the game begins to the host Athletic Director of any student-athlete that is dressed, but not playing. Students that are injured may still dress and sit with the team.
- Each coach that works with Lourdes athletes is a volunteer. There are no paid coaches at LCS. It is the responsibility of the coach or coaches to determine who starts a game and in regards to how much playing time each student receives. Every student must play in every game.
- It is also the responsibility of each parent and athlete to ensure the athlete attends each practice set forth by the head coach. If a student has to miss a practice, please notify the coach as soon as possible. A student who consistently misses practice without approval may lose playing time or become ineligible. This will be looked at on a case-by-case basis with the athletic director, principal, coaches, and parents.

## Commonly Asked Questions

- What are the lengths of games:
  - Boys and girls basketball play with the following time lengths. Each game is two halves. Sixth and seventh grade will play 2 16-minute continuous clock halves. Eighth grade will play two 18-minute continuous clock halves.
- When can I arrive at other schools for games or at Assumption High School:
  - Please do not arrive at AHS on Sundays before 12:00. For games at Lourdes or other schools, please do not arrive more than thirty minutes before the scheduled start time. For example, a 5:00 start time would allow parents and student-athletes to arrive at 4:30 at the earliest.
- Sportsmanship Policy?
  - There is to be no parent other than the coach on the floor at any time during the game. Parents who do not act in a sportsmanlike manner may be asked to leave by the host school. A bench technical may also be given to the spectators team. Parents or coaches that receive a technical foul or are asked to leave the game will **miss the next scheduled game and be required to take the NFHS Sportsmanship course for \$20** available on-line before attending the next event. The athletic director will contact the coach or parent if this occurs.
- Admission Fees
  - Please make every effort to pay your admission fee. The schools in the diocese are able to purchase new equipment, hire officials, and stock concession stands with this income. The cost of admission is \$1 a student, \$3 for an adult, and \$5 for a family.
- Requirements for Athletes to Participate in Interscholastic athletics:
  - \$30.00 Yearly Booster Athletic Fee
  - Yearly Sports Parental Permission Form
  - Yearly Physical
  - Yearly Heads Up: Concussion in High School Sports Form
  - Yearly Health and Injury Information Card and Consent for Medical Treatment Form
  - Parents of athlete to work at athletic contests as assigned by the Athletic Director

## Coaching Requirements

- Any parent at Lourdes Catholic School can inquire about coaching volleyball, basketball, or cheerleading.
- Lourdes Catholic School student-athletes reflect their coach and therefore coaches are expected to be a good role model/example to young athletes.
- The coach is the overall responsible adult for the supervision of his/her team including team behavior before; during, and after the game while students are in the gymnasium area.
- Coaches may not use profanity at any time. Use of profanity can result in the immediate removal from the game, gym, position, and/or suspension.
- Coaches are to remain seated during games except for in the following situations:
  - Signal a timeout
  - Talk to their team
  - Have a discussion at the scorers table
  - Attend to an injured student-athlete
- All coaches are to address an official or another coach in a respectful manner.
- There are to be a maximum of two coaches on the bench at a time.
- The coach is responsible for communication their line-up to the scorers table at the beginning of the warm-up period.
- Coaches are required to communicate regularly with parents regarding practices and games.
- To become a coach, coaches are to complete the following:
  - NFHS Concussions Course
  - NFHS Sportsmanship Course
  - VIRTUS Training and a passed Diocesan Background Check
  - Regular communication with principal and/or athletic director



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## Sports Parental Permission Form

\_\_\_\_\_ has permission to participate in athletics at Lourdes Catholic School. I waive all claims of liability on behalf of his/her participation against the individual parish schools, coaches or instructors, as well as any representatives. I understand the rules regarding participating in extracurricular activities as listed below:

1. If the student drops below eligibility requirements (available on school website), the Principal, Athletic Director, student, parents/guardians, and coach(es) will be notified.
2. There will be up to a two-week probationary period in which the student will be given the opportunity to improve his/her grade. The student may continue to practice during this time period but is prohibited from participation in the games until he/she is released by the Athletic Director and Principal.
3. If, at the end of two weeks, the student is not academically eligible, the student will be removed from the team for the duration of the regular season and the end of season tournament.

Each student wishing to participate in the Lourdes Catholic School sports program must have the following:

1. Pay a \$30.00 Booster Athletic Fee if volunteering.
2. A yearly Sports Parental Permission form on file in the school office. (This form is available on the school web site.)
3. A yearly physical on file in the school office (This form is available on the school web site.)
4. A yearly Heads Up: Concussion in High School Sports form on file in school office. (This form applies to middle school students as well and is available on the school web site.)
5. Yearly Health and Injury Information Card and Consent Form for Medical Treatment Form
6. Volunteer a minimum of one night in the concession stand or ticket stand as asked by the Athletic Director.

Parent/Guardian Signature

Date

Grade

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