



Lourdes Catholic School

Academics ♦ Faith ♦ Community

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Dear Parents and Faculty,

In August of 2016, Lourdes Catholic School instituted 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 (Pages 3-4)
- Game Time (A/B Teams) (Page 5)
- Common Questions and Answers (Page 6)
- Coaching Requirements (Page 7)
- Sports Parental Permission Form (Page 8)

If there are any question after reading this document, please contact Mr. Dan Colbrese, the Athletic Director, at dan.colbrese@lourdes.pvt.k12.ia.us.

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

Mr. Colbrese

Athletic Director

Grade Level Athletics

- Interscholastic athletic activities are available for students in the middle school grades (6th, 7th, and 8th.) 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, student-athletes must have a minimum of a C- in all core courses. Core course refer to Religion, Math, Science, Social Studies, and Language Arts. Grades in Art, P.E., Band, Music, Spanish, and any other elective or specialty course are not calculated when determining eligibility.
 - In addition to grade requirements, student-athletes may not have more than 3 missing assignments in each of their core courses. If the student-athlete has more than 3 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 the 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 A.D. to principal, parents, teachers, and coaches.
 - 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 email. The student-athlete may still practice with their respective team(s).
 - Third Offense: The student-athlete will be removed from the team and will not be eligible to return to the team in competition during regular season or post-season. The student-athlete may still practice with the team. Notification of a third offense will be given to parents, coaches, teachers, and the principal by the A.D. via e-mail, 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 athlete'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-athlete has their own individualized goal(s) that they are working on with the general education and special education teachers. As long as the student-athlete is making adequate progress towards their goal(s) as determined by the special and general education teachers, the student-athlete will be eligible to compete. Adequate progress will be defined by the teachers, principal, and A.D. What determines adequate progress will be communicated to parents via e-mail.
- What would occur if a student-athlete 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-athlete made adequate progress on the IEP goal(s), then the student-athlete is eligible.
 - If there is a close relationship between the IEP goal(s) and the failed course, and the student-athlete did not make adequate progress on the IEP goal(s), then the student-athlete is not eligible.
 - If there is little or no relationship between the IEP goal(s) and the failed course, the student-athlete is not eligible to compete. If this occurs, the 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-athlete with an IEP has a passing grade in all of their classes, but does not make adequate progress on their IEP goals, the student-athlete is still eligible to compete.
- If a student-athlete is in the process of being evaluated for a special education plan, the student-athlete must meet the requirements of general education students (those without IEPs). Once the evaluation is completed and an IEP is developed, the student-athlete will adhere to the new eligibility rules for students 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-athlete and his/her family are active parishioners at Our Lady of Lourdes Catholic Church.
- Student-athletes 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 day of school before the game.
- To be eligible to play on game day, student-athletes 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-athlete 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 visiting coach or A.D. will communicate before the game to the host A.D. of any student-athlete that is dressed, but not playing. Student-athletes who are injured may still dress and sit with the team.
- Each coach that works with Lourdes student-athletes is a volunteer. There are no paid coaches at LCS. It is the responsibility of the coach(es) to determine who starts a game and how much playing time each student-athlete receives. Every student-athlete must play in every game.
- It is also the responsibility of each parent and student-athlete to ensure that the student-athlete attends each practice as set forth by the head coach. If a student has to miss a practice, please notify the coach as soon as possible. A student-athlete who consistently missed practice without approval may lose playing time or become ineligible. This will be looked at on a case-by-case basis by the A.D., principal, coach(es), and parents.

Commonly Asked Questions

- What are the lengths of games?
 - Boys and girls basketball teams play with the following time lengths: each game is two halves; 6th and 7th grade will play two 16-minute continuous clock halves. 8th grade will play two 18-minute continuous clock halves.
- When can I arrive at games?
 - For games at Assumption on Sundays, please do not arrive before noon.
 - For games at Lourdes or other K-8 schools, please do not arrive more than 30 minutes before the scheduled start time. For example, a 5:00 start time would allow parents and student-athletes to arrive no earlier than 4:30.
- What is expected for sportsmanship?
 - There are to be no parents (other than a 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 that spectator's team.
 - Parents or coaches that receive a technical foul or who are asked to leave the game **will miss the next scheduled game and be required to take the NFHS Sportsmanship course** available online before attending the next event. The A.D. will contact the coach or parent if this occurs.
- Do parents pay admission fees?
 - Yes. 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 for a student, \$3 for an adult, and \$5 for a family.
- What is required for student-athletes to participate in Interscholastic Athletics?
 - \$40.00/year Booster 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 student-athlete VIRTUS-certified volunteers who will work at athletic contests as assigned by Athletic Director

Coaching Requirements

- Any parent of a Lourdes student can inquire about coaching volleyball, basketball, or cheerleading.
- Lourdes Catholic School's student-athletes are a reflection of their coach, and therefore coaches are expected to be good role models to young athletes.
- The coach is the adult responsible for the supervision of his/her team, including team behavior before, during, and after the game while students are in the gym area.
- **Coaches may not use profanity at any time.** Use of profanity can result in immediate removal from the game, gym, position, and/or suspension.
- Coaches are to remain seated during games except in the following situations:
 - Signal for a time out
 - Talk to their team
 - Have a discussion at the score table
 - Attend to an injured student-athlete
- Coaches are to address an official or another coach in a respectful manner.
- There may be a maximum of two coaches per team on the bench at a time.
- The coach is responsible for communication of their line-up to the score 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, one must complete the following:
 - NFHS Concussions Course
 - NFHS Sportsmanship Course
 - VIRTUS Training, Background Check, and Acknowledgement of Diocesan Policies
 - Regular communication with the Athletic Director