

ROSARY HIGH SCHOOL

ATHLETIC HANDBOOK

MISSION STATEMENT:

The interscholastic athletic program is a vital part of Rosary High School; it is grounded in the mission and philosophy of the school. As Rosary High School is committed to encouraging excellence, developing individual abilities, fostering responsible citizenship, and forming Christian leaders, so the athletic program is committed to those same goals as they may be achieved in the athletic arena. The desired hallmarks of the athletic program are individual skill development, teamwork, a healthy spirit of competition, sportsmanship infused with the principles of Christianity, and school pride. It is to these ends athletes and coaches dedicate themselves.

COACHES: Rosary coaches are either certified teachers or have completed ACEP/NFICEP certification. They attend yearly workshops and rules meetings to keep current in their coaching field.

TEAM INFORMATION:

The Sports program currently offers 5 Fall Sports, 1 Winter Sport, 3 Spring Sports, and Poms. They include Golf (two levels), Cross Country, Swim (two levels), Tennis (two levels), Volleyball (four levels), Basketball (four levels), Soccer (two levels), Softball (two levels), Track and Poms (2 seasons).

ATHLETIC MEMBERSHIP:

Rosary is a member of the Suburban Catholic Conference (SCC) in which athletes compete in x-country, tennis, volleyball, basketball, softball, soccer and track. Members of the SCC include Aurora Central, Driscoll, Immaculate Conception, Marian, Marmion, Montini, St. Edward, and St. Francis.

The swim team is a member of the Metro Catholic Girls Conference which is composed of 14 teams and divided into two leagues, North & South. Rosary is in the South league. Golf at this time is not associated with a conference. All sports compete in the Illinois High School Association (IHSA) for state competitions. Rosary will compete at Class AA, or AAA level for State competition. This is based on enrollment figures established by the IHSA.

Athletics follow the rules of the National Federation for Sports and of the IHSA.

ATHLETIC POLICIES:

**ALL POLICIES IN THE STUDENT HANDBOOK APPLY TO ROSARY ATHLETES.
FOLLOWING ARE ATHLETIC POLICIES:**

***PARTICIPATION:**

The Rosary High School Athletic Department strongly believes in the philosophy that participation in the Athletic Program is a privilege rather than a right. This privilege is granted to students who can and do uphold the ideals of Christian behavior, who display good leadership, abide by the rules and regulations of the school community and commit themselves to academic success. (Individual requirements listed in sports).

***PRE-SEASON MEETING:**

Pre-season team meetings are held for the girls at least 1 month before the official starting date for that sport. Information concerning pre-conditioning, sport physicals, health insurance, fees, practice times, team requirements and any information essential to that sport will be covered. Grade eligibility will also be checked.

***PARENT/ATHLETE MEETING:**

A informational meeting is held either prior to the start of the season or within one week of the teams being established. The policies for the athletic program, necessary forms and fees and coaches expectations for their sport are covered. Parents have the opportunity to meet fellow team parents and also to talk to the coaches. Attendance is mandatory by the athlete and a parent. The athlete earns attendance points towards her award.

***SAME SEASON DUAL SPORT PARTICIPATION & NON-ROSARY TEAMS :**

Due to the time commitment and conflicts in schedules it is impossible for an athlete to participate on more than one team in a Fall or Spring season.(ie. swim-tennis, soccer-track)

Rosary Sports take precedent for those Athletes who participate in off season athletic programs while participating on a Rosary team. The Athlete needs to communicate conflicts with her coach and will have playing time affected on the Rosary team. This could also have an affect on the award(s) she receives.

***ATHLETE'S REQUIREMENTS:**

A member of a Rosary Team must complete the following requirements: sign a contract agreeing to follow the policies of the Athletic Program and Athletes Code of Conduct, pay a **\$75.00** participation fee and are responsible for selling **20-\$5.00** tickets for the Super Bowl fund-raiser sponsored by the Sports Boosters. Athletes must also complete an athlete profile information card, maintain grade eligibility weekly, be covered by a health insurance plan, and purchase any additional uniform items needed for that sport.

***ATHLETIC CONTRACT/ATHLETES CODE OF CONDUCT:**

Sports Contracts stating the intentions as a member of a Rosary team are signed by all athletes. The athletes' parents also sign this contract indicating they will support their daughter in following the contract. An athlete who breaks contract will be disciplined according to the term of the contract that has been violated. A minimum two week suspension from competition and completion of service hours will be required on a first offense. A second offense, occurring anytime while an athlete at Rosary, will result in removal from the team and no further participation will be allowed in the athletic program. Use of alcohol/drugs will result in the athlete being suspended/removed and a drug assessment done. Violations may be subject to school discipline also. An Athlete who is suspended toward the end of the season will have the suspension carried over to the next season of participation.

Team members are encouraged to first talk to those players whom they know are breaking the contract. The athlete should talk to the coach if there is a problem. Disciplinary situations will be handled individually and confidentially. Parents are also encouraged to talk to the coach if they are aware of an athlete having a problem.

***ACADEMIC ELIGIBILITY:**

Each athlete is expected to maintain a minimum of a "C" average in each subject weekly or be working to her ability. Grade cards are issued on Monday to the athletes. The athlete takes the form around to her teachers to be signed showing that she is academically OK or having a problem. The athlete must have the form completely signed and returned no later than dismissal on Wednesday of that week. Failure to do so will keep that athlete from competing until further notice. The A.D. will make the coach aware of this. It is recommended to collect cards on TUESDAY.

When an athlete has received a warning she will be contacted by the AD. When there is (1) week left a grade warning slip will be issued. This slip needs to be signed by her teacher, parent, coach and herself and returned to the A.D by Friday. Failure to return the form signed will keep the athlete from competing. The athlete should talk with her instructor to find out what she needs to do to improve or if a tutor is needed.

An Athlete who is signed for (3) consecutive weeks in a subject will be suspended from competition until

improvement is shown. The athlete may attend practice for a limited time with consent from her parents when she is suspended. This will help her not lose physical conditioning and team strategies. Ineligibility starts the following Monday of the week signed.

SCHOLAR/ATHLETE recognition is given to an athlete who makes the honor roll during her season of competition. The athlete is recognized with the award of a certificate her first year, a small script **R** her second year and a large script R her 3rd year, a patch her 4th year. The multiple sport athlete may earn only (1) size letter award each year. She receives a certificate/pin for additional recognitions.

***PRACTICES/PARTICIPATION:**

Practices are generally (2-3) hours in length. This includes conditioning. Teams meet Monday thru Saturday. Occasionally Sunday practices are held for some sports when there's a scheduled meet/game on Monday or as a make up practice date. Practices are held on days when school is closed for Holiday vacations. Monthly practice/game calendars are given to the athlete and her parents. See the specific sport listings for detailed information.

When possible, the lower level teams have the first time slot for practice and the varsity the later time slots. This is to aid the underclassmen who do not have drivers licenses yet. Practices are also scheduled around the coaches' availability.

EARLY DISMISSAL practices may be held as soon as school is dismissed provided the coach is available.

EMERGENCY CLOSING - weather conditions may result in an early dismissal. Varsity level teams may practice during this period upon permission of the school's principal. Athletes are to notify their parents of any cancellations. Always check the Web site for closing information.

***ATTENDANCE-GAME DAYS/PRACTICE DAYS:**

Athletes must be in attendance the entire school day to compete. An athlete who misses part of the school day due to a medical appointment or family emergencies (funerals) may participate in a game if she has documentation. An athlete who is absent from school on Friday cannot participate in weekend competitions unless she has a Doctor's release. Absences due to school related activities are considered excused. Athletes may attend practice if they missed part of the school day. (This does not include going homesick from school.)

Athletes who take "vacations" during their season of competition need to realize that they jeopardize their playing time, award letter earned and possibly special recognition awards.

***FACILITIES:** Rosary uses various sites for practice and competition. Athletes are responsible to arrange transportation for practices held off campus. Swim and X- Country (meets) are held at Marmion, Tennis meets are held at Waubensee Community College or Marmion when available, Golf is at Bliss Creek. Valley Green is occasionally used. All other sports are held at Rosary. Occasionally a practice may be scheduled at a different facility due to conflicts with events scheduled at Rosary. Check the Web site for site changes.

Athletes are responsible for keeping facilities picked up of clothing, food and trash. When Rosary teams are "on the road" they are expected to respect the other school's facilities and pick up after themselves. Athletes should take pride how they represent themselves and Rosary. Everyone is responsible for keeping the areas clean.

GYM

NO FOOD OR LIQUIDS ARE ALLOWED IN THE GYM. You may consume these in the foyer area only. Only soft soled shoes are allowed on gym floor. Athletes should use the side entrance doors to enter and exit gym. All food/liquid are to be consumed in the lobby. Athletes are expected to deposit their trash in receptacles. Athletes should take pride in the facilities and help pick up items left by others. Coaches may issue detentions.

FITNESS CENTER/TRAINER ROOM

The Fitness Center and Trainers Room may only be used under the supervision of a coach or athletic trainer. Athletes must be trained on the fitness equipment before using the machines. *NO FOOD or BEVERAGE* are allowed in the Fitness Center. All free weights, medicine balls, work out schedules etc. are to be returned to their proper place after use. Fitness center is open 6:30 a.m. - 7:30 a.m. and 2:45 - 3:30 p.m. for the general student body. Windows in facility need to be closed before leaving the area.

LOCKER ROOM

The *Main Locker* room is shared by fall sports and is the locker room for spring sports. Fall/Winter visiting teams will use this as their locker room. The *Team Locker* room in the fall is shared by Volleyball and another team. Basketball uses this as their home locker room. Spring COACHES use this room as an area for the male coaches to change and enter/exit the building. No teams are assigned in this locker room for spring. The Main & Team Locker Rooms will be locked by 3:30 each day. *NO FOOD or BEVERAGE* is allowed in the locker rooms. All bags must be in their locker. No clothes should be left lying around. (If you need an additional locker ask the athletic director.) Athletes have (2) days to claim lost items, then it goes to Goodwill. Spirit posters may be taped to the metal # plate or handle. No tape on painted surface. Towels are to be picked up and placed in hampers. **SPIKED AND MUDDY SHOES SHOULD BE REMOVED BEFORE ENTERING THE BUILDING.** No spikes allowed out of locker room area.

ENTRY

Athletes should use the main gym entry to enter and exit during practices and games. This is for security purposes. The main doors are open from 7:00 - 7:55 a.m. before school. Doors should not be propped open. The doors that connect the main school to wings by the athletic facility are locked by 4:00 p.m. **NO ONE IS TO USE THE MAIN SCHOOL FOYER TO ENTER/EXIT FROM PRACTICES.** Outdoor sports should use the exit in the locker room to exit for practice. Athletes should report any accidents or vandalism of the facilities to her coach, athletic director, or a faculty member.

PARKING

Athletes should park in the lot located by the Athletic facility. Only in season athletes are allowed to park in this lot. Athletes should arrange to have their rides pick them up in this area (door 6) . The Athletic parking lot yields to the main school lot traffic when leaving.

***TRANSPORTATION TO CONTESTS:** Rosary owns (2) vans and (2) mini bus. Coaches drive the vans to competition. Parents are asked to help with transporting teams to their events. Drivers should have insurance coverage of liability limits for a privately owned vehicle of a minimal \$100,000/\$300,000. Worker/Drivers schedules are established at the beginning of each season. Athletes are responsible for unloading equipment & cleaning the inside of van when returning from away contest.

Athletes must travel to and from away contest in transportation provided by the athletic department. In general, athletes are not allowed to drive to competitions. Parents may send written requests for their daughter to drive herself to a game. Athletes may ride home with parents after verbal or written notification is given to the coach.

Athletes will call home when the contest is over. This will enable the parents to pick their daughter up within 30 minutes at Rosary upon arrival of the team back at the school. Repeated failure to be picked up within the 30 minute frame, may result in the athlete being disallowed to compete at away competitions. This also applies to daily practices.

PRACTICES OFF CAMPUS - Athletes arrange for their own transportation to and from off campus practices. School does not furnish transportation to practices. Athletes are encouraged to car pool together. Coaches will try to have directions to sites available the day preceding a contest. You may link on to the

IHSA school map site through Rosary's web site ROSARYHS.com to acquire directions.

***UNIFORMS/EQUIPMENT:** The school supplies certain parts of the uniform/warm-ups. The athlete may need to purchase some portion of her uniform, warm-up or practice items. Athletes receiving uniforms, warm-ups and/or equipment will be responsible for items issued them. If any of the items are lost or have had abnormal usage, the athlete will be charged accordingly for replacement cost.

Athletic Department issued items are to be worn only during practice sessions and interscholastic contests. Items are not to be worn for gym class, work or social occasions. In particular sports where athletes personally buy a portion of their practice or game uniforms, these may be worn at the discretion of the athlete.

All equipment is to be returned cleaned and repaired on the day designated by the coach. This will take place no later than 5 days after completion of the season. Failure to turn in equipment will result in the athlete paying for replacement cost. The athlete's report card will be held until all financial obligations are met.

***AWARDS:** Awards are earned on a point system that includes practices and games/meets. The points are cumulative from the first day of practice to the last regular season event. A maximum 3pts. may be earned each day of the season. Practice points are based on attendance, attitude, effort put forth, participation in drills, etc. Game day points are based on attendance, playing time, and contribution to the game. The coach determines how points may be earned. Each coach records and documents the points daily as well as reasons why someone DID NOT earn the maximum points. A percentage of the total points earned determine the letter/award earned.

The size awards that may be earned are:

VARSAITY (LG R) 7"	- 85% or higher
VARSAITY (SM R) 5"	-84%-70%
JV 5"	-85% or higher
FROSH/SOPH (FS R) 4"	-85% or higher
Numerals	-1st year in sport 85% or higher
Certificates	- below 70%

Athletes may earn the same size letter more than once. The VARSITY R the second time and third time is a (R) blue/white A fourth VARSITY R is an enamel pin .

SPECIAL AWARDS: Awards are given at seasonal award nights. Most Valuable Player, Most Improved Player, Dedication, Coaches Award are some of the special recognitions given. Each sport has other awards that may be given. Some awards are voted on by the players (MVP, MIP, DEDICATED), some picked by the Coach, and other awards are based on a players statistics.

There are also special awards given to seniors at the Spring Awards Program. They include Army Reserve Scholar Athlete, Marines' Distinguished Athlete, Senior Participation Award (athlete earned 5+ Varsity large letters), Royal Sportsmanship Award (top athletic award given based on the athlete's demonstration of Leadership, Character, Responsibility, Sportsmanship, Dedication, Attitude and School Spirit not only in her sport but also in her daily life. This is not based on athletic ability.) Additional awards may be issued.

Athletes who take "vacations" during their season of competition need to realize that they jeopardize their playing time, award letter earned and possibly special recognition awards.

***SPORTSMANSHIP:** Athletes represent more than themselves on Rosary interscholastic teams. They represent their fellow students, families, faculty and the entire school community. Those who watch them play often judge these groups by the conduct and attitudes displayed by the athletes. Therefore, Rosary

athletes must meet or surpass the standard of conduct set by the athletic department. Athletes are expected to always conduct themselves in a Christian Sportsmanlike manner.

MISCELLANEOUS

***PARENTAL CONCERNS:** Parents are encouraged to discuss with the coach concerns they may have about their daughter's participation in her sport. Parents should talk to the coach prior to discussing a concern with the Athletic Director or Principal. This will allow a better flow of communication in resolving a concern. A conference will be held involving the athlete, her parents, the coach and assistant coach. The Athletic Director would be available to sit in on the conference. We all strive to work for the best interest of the athlete and the athletic program. Open communication is the optimum way to resolve problems. Waiting till the season is over to communicate concerns hampers this process.

*** SPORTS MEDICINE:** Athletes are required to have a yearly physical. The physical must be current and on file the first day of practice in a given sport. Rosary has an athletic trainer on staff. The trainer will establish pre, in and post season workouts for your individual sport. The trainer will also set up the training sessions for the fitness center. The trainer is also responsible for injury evaluation and rehab. The trainer is contracted to be at all home Volleyball, Basketball, Soccer games and at some Softball and Track games/meets. Rosary provides sports physicals in the Spring. This physical will cover the physical requirement for the next school year.

An athlete who suffers any injury that results in restrictions from participation in practice/games must have a medical release to start participating with her team again.) Rosary also has a partnership with Castle Orthopedics in case an athlete needs to be seen for an injury.

VENDING MACHINES: The vending machines are the responsibility of the athletic program. The profits are used toward the cost of an athletic trainer. Abuse of the machines or trash from product left lying around could jeopardize this program. Vending/concession products are only allowed in the foyer of the athletic facility.

STATE QUALIFIERS: Individuals/Teams who qualify to compete at State will have expenses for lodging, and food covered by the school. In order to expand their experience, non-participating athletes are sometimes invited to attend State competitions. These athletes are responsible for all their own financial obligations. All athletes are responsible for any academic work missed. The non-participating athlete must have permission from her teachers to be able to attend State.

SPORTS BOOSTER'S organization is responsible for helping cover the financial needs of the sports program not covered by the school. They purchase uniforms, equipment, awards, supplement state series trips etc. The Boosters currently have 4 functions to raise monies for our program: Fall Italian Dinner Night, The Super Bowl Party in February ,a Spring Plant Sale in May and a Golf Outing. Coaches and athletes are expected to support the various functions, which benefit them. Parents are urged to be active by working at the events offered.. This is your way to support your daughter's efforts.

SPORT INFORMATION: Game day information and updates are available by checking out the Web site at Rosaryhs.com. or schedules are available at View my schedule.com.

INDIVIDUAL SPORT INFORMATION

FALL SPORTS:

GOLF - 2 Levels Varsity and JV - Season runs Mid-August - October

Selection Process: A knowledge of the game. Open to all grades. Must have your own clubs.

Practices: Monday- Friday 3:30-6PM (or as long as it takes to play 9 holes) Currently play at Bliss Creek . Practice is mandatory.

Matches: There are usually 3 matches a week and Saturday Invitationals scheduled. Starting time is 4:00 PM. Days of matches vary.

SWIM/DIVING - 2 Levels Varsity and JV - Season runs Mid-August -November

Selection Process: The Junior Varsity is made up of all new swimmers and younger swimmers not ready for the demands of the Varsity Team. The Varsity Team is made up of the school's top swimmers regardless of age. In order to swim on the Varsity level, swimmers must be physically and mentally prepared to handle the training schedule.

Practices: All practices for each group are mandatory. Rosary practices at Marmion Academy. Times of practice are 3:30 - 6 PM Monday through Friday depending on level. The Junior Varsity will practice ninety minutes per day. Varsity will practice two and a half hours per day. Saturday practices depending on meets. Varsity swimmers also do weight training on Monday, Wednesday and Friday at 6:30 AM at school.

Meets: The swim team generally has one meet per week and Invitationals on Saturday's. The day for meets vary. Weekday meets begin between 4:30-5:00 PM. Weekend times vary.

TENNIS - 2 Levels Varsity and Frosh/Soph -Season Mid-August - October

Selection Process: Tryouts are held the first 4-6 days of practice. The girls are tested on basic strokes and how they incorporate them in their game strategy. The best players will play at the Varsity level. Only freshmen and sophomores can be on the Frosh/Soph team.

Practices: Each level practices Monday - Friday from 4:00 - 6:00 PM. When the season begins in August practice time vary and double practices occur for the Varsity. Practices are mandatory unless previous arrangements have been made with the coach for a private lesson.

Games: Meets are usually held on Tuesday and Thursday starting at 4:30 PM. Saturdays are devoted to Invitationals; times vary.

VOLLEYBALL - 4 Levels Freshmen, Frosh/Soph, JV and Varsity - Season runs Mid-August - October

Selections Process: Tryouts are held for all levels. The girls are tested on basic skills, game knowledge, court sense and being a positive team player.

Practices: Each level will practice daily 2-3 hours. Practice times can range from 3-8:30 PM.

Attendance: Practices and all games are mandatory. Players must be at practice the day before a game to be eligible to start in that game. A player who misses many practices due to illness or injury will be inserted into games upon the coaches discretion. If a player has 2 unexcused absences, she will be dropped from the team. Two unexcused tardies equals one unexcused absence.

Games: All levels play Monday thru Saturday. Conference games are Monday and Wednesday with the Freshmen playing first at 4:30 PM with the Sophomores and Varsity following at approximately 5:30 and 6:30 PM. Non-conference game days vary as do their starting times. Each level has 4 weekend

tournaments which are mandatory for attendance. Freshmen are required to work the varsity tournament hosted by Rosary.

Point System: Each girl can earn up to 3 points a day for practices and games. To earn the points for practice she must be on time and stay for the entire practice, have a positive attitude throughout practice and give 110% of effort. In games the player earns 1 point for being present at the game, 2 points for starting or being a sub and 3rd point for contributing offensively or defensively in the game.

X-Country - 2 Levels Varsity and Frosh/Soph - Season runs Mid August - October

Selection Process: Open to all!! Participant should have a desire to be involved in a sport that is fun, low key, and will help the individual push themselves to be the best they can be. Great conditioning for Basketball, Soccer players and to keep the Track members in shape for Spring.

Practices: Practices run from 4:00-6:00 PM each day. The group practices run through city streets, parks, nature trails, school grounds, golf courses and sometimes on the track.

Meets: Meets are usually on Tuesdays and Saturdays. Saturday meets (Invitationals) have opportunities for individual as well as team honors. Various levels are held at Invitationals so everyone has a chance to run. Our home meets are generally at Marmion. During the week meets begin at 4:30PM.

WINTER SPORT:

BASKETBALL - 4 levels Varsity, JV, Frosh/Soph and Freshmen - Season runs late October - March

Selection Process: Tryouts are held for all levels. The tryout period will not last more than a week. Team selection for lower levels is based on input from the entire coaching staff. Varsity selection is made by the varsity coaching staff. Factors influencing this decision will include basketball skills, player attitude, and team needs.

The number of players on each team will be influenced, but not completely determined, by the number of candidates that try out. The final decision on team numbers and at what level each player will play is reserved for the head coach or staff.

Practices: Each level will practice Monday through Saturday for 2-3 hours. Practice can range from 6-7:30 AM and 3-9 PM after school. Practice may also include game film review and/or weight lifting. Saturday practice times will vary and occasionally a Sunday practice may be required in preparation for a Monday game. Practices are mandatory unless previous arrangements have been made with the coach. Out of season conditioning and competitions are recommended and encouraged.

Attendance: Players missing practices and games due to vacations, particularly at Thanksgiving and Christmas should expect to miss playing time upon their return. In all cases where an athlete must be absent from practice, it is the responsibility of the athlete to notify the coach of her absence in advance.

Games: Games are held Monday through Saturday for all three levels. Freshmen generally play after school during the week and during the day on Saturdays. Frosh/Soph, JV and Varsity generally play in the evenings, particularly Tuesday, Friday and Saturdays. At contest in which the F/S and Varsity play on the same evenings at the same location, the varsity team is required to be present for the second half of the F/S game and the F/S team is required to be present for the first half of the varsity game.

Point System: Each girl can earn up to 3 points for each practice. To earn the points, she must be on time, stay the entire practice, and give a complete effort during practice. In games, she can earn 1 point for being at the game, 2 points for starting or being a substitute, and 3rd point for contributing offensively or defensively in the game. A player who misses practices or games will jeopardize their playing time also.

SPRING SPORTS:

SOCCER - 2 levels Varsity and JV - Season runs March-June

Selection Process: Based upon skill level and team dynamics, not necessarily grade level. Anyone freshmen - seniors may participate on either level, but may not compete for both teams simultaneously. Team selection is made by the full coaching staff following a tryout period of three to four days.

The number of players on each team is influenced by the number of candidates who tryout for the teams. Typically the teams will range from 16-20 players per team; however, this decision is reserved for the coaches.

Practice: Players are expected to participate in practice daily, Monday - Friday. Players are excused from active participation for injuries, illness or other pre-arranged situations such as a doctors appointment. In all cases where an athlete must be absent from practice, it is the responsibility of the student to notify the coach of her absence in advance. In the case of being absent from school, notifying the coach is not necessary

Generally, practices range from 3:30-6 PM. Practices are scheduled during spring break. Participation in pre-season conditioning is recommended and encouraged.

Games: are scheduled both during the week and on Saturdays. Weekday games begin at 4:30PM while Saturday games starting time vary. The Varsity will compete in a minimum of two tournaments; one being the annual Rosary Invitational and the other the IHSA State Tournament.

SOFTBALL - 2 levels Varsity and Frosh/Soph - Season runs March -June

Selection Process: Tryouts are held for one week for both levels. The girls are tested on basic skills, game knowledge and must be a positive team player (attitude).

Practices: Each level will practice Monday thru Saturday 2-3 hours. Practice times can range from 6-7:30 AM and 3:30-6 PM after school. Pitchers/Catchers have additional time. When the season starts in March the team practices (1) hour in the gym and the additional time in the halls or outside weather permitting.

Attendance: Players missing practices and games due to vacations over spring break must make up the time and will sit-out games until this is fulfilled.

Games: Both levels play Monday-Saturday. Games during the week start at 4:30 pm . Times on Saturdays vary. Generally the teams play at opposite sites. When varsity is home the F/S are away. The Varsity plays 7 innings and the Frosh/Soph play 7 innings or a time limit of 1 hour 45 minutes for conference play.

Point System: Each girl can earn up to 3pts a day for practices. To earn the 3pts. she must be on time for practice, stay the entire practice and give 110% of effort . In games the player can earn 3pts. She would receive 1pt for being present at the game, 2pts for starting or being a sub, and a total of 3pts for contributing offensively or defensively in the game.

TRACK - 1 level Season runs February - May

Selection Process: Open to all!! Participant should have a desire to be involved in a sport that is fun, low key, and will help the individual push themselves to be the best they can be. Many running events and field events to participate in.

Practices: Practices are Monday through Saturday. During the week practices are 4-6 PM and Saturday times vary. All practices are mandatory.

Meets: Track meets are generally on Tuesdays and Thursdays with Invitationals on Saturday. All members participate in every weekday meet. Participants in Saturday Invitationals are limited to do entry restrictions.

There are a limited amount on indoor meets before the outdoor season begins.

Dance Team/Poms - Rosary Dance Team 1 level - Fall and Winter Season

Selection Process: The Pom Squad size varies from 12-20 girls ranging from sophomore - seniors. The athlete represents both Rosary and Marmion. A participant should be ready and willing to commit to the squad and adhere to all of the rules set before them in the Pom Constitution. She should maintain a positive, respectful and desirable attitude. Each pom should support both schools with her best spirit. The participant should have some basic dance knowledge. Tryouts are held in March during a three day time period. There are two days to learn the choreography and the third day is the tryout. Judges are brought in to do the evaluations.

Practices: Summer practices are held during the summer. During the school year the squad will practice on Mondays, Tuesdays and Thursdays from 5:00 - 7:00 PM. Additional practices may be required and all days and times are subject to change as needed.

Performances: The Fall Poms perform at all Marmion home football games (usually on Saturdays) they also perform at most Rosary Volleyball games. The Winter Poms perform at Marmion's home basketball games and an approximate equal number of Rosary home games. The time for performances varies.

Team Requirements: Each member is required to attend a Summer Pom/Dance Camp (approx. \$220.00). Each member is requires to purchase shoes, team jacket, chenille name, camp wear and briefs. This total is approximately \$220.00 and is paid for by the athlete.

ROSARY ATHLETIC TEAM POLICY & CONTRACT

The Rosary High School Athletic Department believes strongly in the philosophy that participation in the Athletic Program is a privilege rather than a right. This privilege is granted to students who can and do uphold the ideals of Christian behavior, who display good leadership, abide by the rules and regulation of the school community and commit themselves to academic success.

Athletes represent more than themselves on Rosary interscholastic teams. They represent their fellow students, families, faculty and the entire school community. Those who watch them play often judge these groups by the conduct and attitudes displayed by the athletes. Therefore, Rosary athletes must meet or surpass the standard of conduct of the athletic department.

As a member of the Rosary _____ Team/Squad, I agree to abide to the following rules of the sports program.

1. I will refrain from the consumption or possession of alcoholic beverages and/or tobacco products. I understand the penalty for use will be a minimum two week suspension from competition and I also would be required to have a drug assessment done. I also am subject to the disciplines set in the Student Handbook. A second occurrence would result in dismissal from participation in the athletic program.
2. I will refrain from the use or possession of illegal drugs, designer or look alike drugs. I understand the penalty will be suspension from the team for a period of time determined by the Athletic Administration and would be required to have a drug assessment done. I also am subject to the disciplines set in the Student Handbook. A second occurrence would result in dismissal from participation in the athletic program.
3. I understand that I must carry a "C" average in each subject weekly or be working to my ability as determined by my teacher(s). I am responsible for having my Athletic Grade card signed and turned in on the assigned date weekly. If I fail to have my card in, I will not be allowed to compete until it is completely signed and turned in.
4. **I understand that I must be in attendance the entire school day in order to compete and if I miss school on a Friday I cannot participate in weekend events unless I have a Doctor's release.**
5. I understand that if I compete on an outside team/club in another sport, that my commitment to my Rosary team takes precedent. If I miss any practices/games this would be considered an unexcused practice and that my playing time will be affected.
6. I will attempt to be a positive contributing member of the team and make every effort to maintain a good rapport with my fellow team members. I agree to relate any gripes or disagreements I may have to the Coach or team captain(s) so that they will NOT become a negative influence on myself or on the team.
7. I will follow requirements of attendance at practices and game days and in case of a conflict will communicate this directly to the coach. I understand I am on a point system that decides the letter award I will earn.
8. I understand that I am responsible for the upkeep and repairs of the uniform/warm-up that is issued to me. If I should lose or damage any part I will replace it at the cost to the school. I also must turn in my uniform no later than 5 days after the completion of the season.
9. I understand I must pay a participation fee of \$75.00 to the office and that I am required to buy/sell 20-\$5.00 raffle tickets to help the Super Bowl fund-raise sponsored by the Sports Boosters. \$100.00 will be added to my tuition if I fail to meet this obligation.

I fully realize my responsibilities of commitment being a member of the Rosary Athletic Program and hereby agree to the above rules and those stated in the Athletic Handbook . I understand violation of the

contract could result in a suspension from competition for two weeks, and also the need to complete service hours as determined by the Athletic Administration. A second offense will result in being removed from participation in the athletic program.

Athlete Signature _____ Date _____

I, as a parent of a Rosary Athlete, will support my daughter in following the rules stated in this contract.

Parent Signature _____ Date _____

revised8/08

THE SPORTING CREED

THE COACH:

- Inspires in the athletes a love for the game and the desire to win
- Teaches them that it is better to lose fairly than to win unfairly.
- Leads players and spectators to respect officials by setting them a good example.
- Is the type of person he/she wants the athletes to be.

THE OFFICIAL:

- Knows the rules.
- Is fair and firm in all decisions. Calls them as he sees them.
- Treats players and coaches courteously and demands the same treatment.
- Knows the game is for the athlete, and lets them have the spotlight

THE PLAYER:

- Lives clean and plays hard. Plays for the love of the game.
- Wins without boasting, loses without excuses, and never quits.
- Respects officials and accepts their decision without question.
- Never forgets that he represents his school.

THE SPECTATOR:

- Never boos a player, official or coach
- Appreciates a good play, no matter who makes it
- Knows the school gets the blame or the praise for his/her conduct
- Recognizes the need for more sportsmen and fewer "sports".