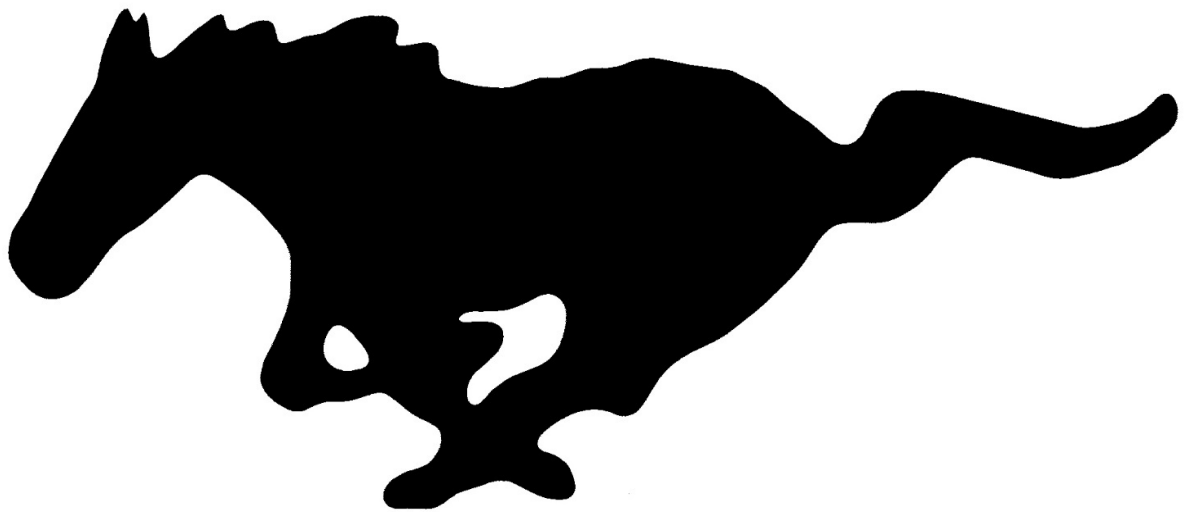


SAINT JEANNE DE
LESTONNAC
ATHLETIC PACKET



2018-19

Welcome athletes and parents to the Saint Jeanne athletic family. At Saint Jeanne, we strive for our athletic programs to provide our student athletes a positive athletic experience that offers high level competition through camaraderie, respect and sportsmanship. We understand that winning is important, but at Saint Jeanne this is not our number one priority to determine success. We strive to develop a student athlete that loves God first and competes competitively with class and integrity.

The athletic program at Saint Jeanne De Lestonnac School is a major part of the whole student ideals. Academics will always be our foundation at Saint Jeanne; the athletic programs will be more selective and competitive. Our student athletes will have the opportunity to develop their skills while learning to work with their teammates towards a common team goal, all while developing a strong Catholic foundation of values in a competitive atmosphere.

Please take your time to fill out our athletic packet and complete the checklist below. Once the packet is completed, please turn into the front office with payment. Thank you again for becoming a part of the Mustang Athletic family.

Go Mustangs!!

Shelly Bendykowski

Middle School Athletic Director

Saint Jeanne De Lestonnac School

Athletic Packet Checklist

- Permission & Indemnity Agreement _____
- Parent Expectation Contract _____
- Athlete Responsibility Contract _____
- IVIAA Athlete Code of Conduct _____
- Sports Fee: \$150 _____

(Please make checks payable to Saint Jeanne de Lestonnac)

- Parent drivers please have a copy of your DL & insurance on file in school office as well as fingerprinting clearance & Safe Training Certificate (sbdicese.org) ____

St. Jeanne de Lestonnac School
Permission & Indemnity Agreement

Student's Name: _____ **Sport** _____

My son, daughter, ward, a student at Saint Jeanne de Lestonnac School has permission to participate in sports competitions in which Saint Jeanne de Lestonnac participates. I also give permission for my child to ride in carpools to and from games. I understand that this activity will take place under the supervision and guidance of employees/volunteers of Saint Jeanne de Lestonnac School.

Parent/Legal Guardian: _____ **Date:** _____

Athlete's address _____

Home Phone: _____ Cell Phone: _____

Parent Email: _____ (very important!)

Emergency Contact Person _____

Contact Person's Phone Number _____

EMERGENCY MEDICAL & LIABILITY RELEASE STATEMENT

I understand that in the event medical intervention is necessary, every attempt will be made to contact immediately the persons listed on this form. If I cannot be reached, I give my permission to call Emergency Medical Technicians, a physician or hospital selected by SJDLS, to perform emergency medical procedures as deemed necessary. I understand all reasonable safety precautions will be taken at all times by SJDLS and its staff during events and activities. I understand the possibility of unforeseen hazards and how there is the inherent possibility of risk or danger associated with all sport activities.

Parent/Legal Guardian: _____ **Date:** _____

Home Cell Phone: _____ **Work Phone:** _____

Emergency Contact Name: _____ **Phone #:** _____

Allergies: _____

****Please furnish medical information about your child/ward, which may be pertinent to his or her participation in the above identified activity:**

Parents that drive students: we must have copy of CDL/ID, copy of insurance on file in school office.

I give my child permission to participate in the sport listed above with St. Jeanne's Athletics.

Parents Signature: _____ Date _____

Parent Expectations/Contract

Athlete _____ Sport _____

Parent involvement is crucial to the success of the Athletic programs.

- ❖ Notify coaches of any schedule conflicts well in advance. Notify coaches of any injury or illness that staff might not be aware of.
- ❖ Be on time to pick up your child from practice or games. If you are late and it is before 5:30, your child will be signed into daycare. Parents must come into the gym or out to the field to pick up your child from their coach. If after 5:30, Pick up is at Convent, above pool. Please call your coach, if you will be late!
- ❖ Be supportive. Nothing can erode teamwork faster than athletes doubting the capabilities of their coaches. It can affect performance, confidence, and the needed edge to compete in an athletic contest.
- ❖ Be a good role model-demonstrate positive behavior and good sportsmanship. Losing self-control, using inappropriate language or gestures, arguing with an official's call or a coach's decision will result in disciplinary action.
- ❖ Parents may be asked to leave a game if the behavior exhibited is unsportsmanlike and disrupts the play of the game. In this instance, the athlete will be removed as well.
- ❖ Be familiar with the rules of the particular sport.
- ❖ Encourage commitment and positive Christian values
- ❖ Communicate fairly and openly with coaching staff. Please follow the IVIAA Leagues Code of Conduct and call or ask the coach for a meeting to discuss any problems or concerns. Encourage the athlete to discuss his or her concerns with the coach directly. Do not approach a coach after a game/match with negative comments. Parents should wait 24 hours before requesting a meeting with the coach to discuss concerns. If parents are unable to resolve the issue, the Athletic Director should be notified of the details in writing. A meeting will be scheduled with the parent and coach to discuss the issue.

Issues not appropriate to discuss with coaches:

- Other athletes or play calling.

- Team or individual strategy

Issues appropriate to discuss with coaches:

- Concerns about your child's behavior or academic eligibility.
 - Various ways to help son/daughter.
 - Concerns regarding your child's progress.
- ❖ **It is important to understand and know that coaches are volunteers.** They will make judgments and decisions based on what they see, know and believe to be in the best interest of the athlete and the team.

******* I have read and understand my Expectations/Contract!** Please sign below.

Parent's signatures

Date

Any Questions, Comments or Suggestions, please contact: Mrs. Bendykowski at sbendykowski@sjdls.com

Athlete's Responsibilities/Contract

Athlete: _____

Participating in an athletic program and playing sports is a privilege, not a right. An athlete is held to personal, academic, and disciplinary standards.

- ❖ Each athlete is responsible for his/her school work and academic achievement while participating in his/her sport as it pertains to the school's standards. Failure to meet the academic standards will result in the athlete's ineligibility to play & are ineligible for special awards at the end of their season.
- ❖ Each athlete represents his/her team, school, and league. Each athlete's conduct must exemplify self-respect, self-control, respect for others, and sportsmanship.
- ❖ Each athlete is to treat every other athlete, coach and official with respect and courtesy.
- ❖ Losing self-control. Using inappropriate gestures, tone of voice, or foul and abusive language; arguing a referee's call, a coach's decision, or other signs of disrespect are reasons for disciplinary action. Consequences of such behavior could be reduced playing time or even suspension from the team. School policy will govern such incidents and will be enforced by the Athletic Director and the Vice Principal.

- ❖ Athletes may **not** resort to roughness or fighting with an opponent.

- ❖ An athlete represents his/her school both while on his/her campus and when on a visiting campus. Misbehavior on the part of an athlete may jeopardize the outcome of the game by his/her team forfeit.

- ❖ Students who are absent from school for all or more than 1/2 of the school day are not allowed to participate in any practices, games or school-sponsored activities held after school or during the evening of the day of the absence. Must attend ½ of the day to be able to participate in practice, games or activities! (3 periods & lunch)

- ❖ An athlete who **does not participate in gym classes due to an illness or injury** cannot participate in practices or games. An injured player will not be allowed to participate in practices or games until a Doctor's release form is received by the Athletic Director stating the athlete has recovered enough to play. The Athletic Director will report to the coaches when the Doctor's release is received.

- ❖ Each athlete is expected to do their best, be receptive to feedback and guidance from the coaching staff, and assist teammates **at all times**.

- ❖ Each athlete is expected to display a positive attitude and understand that a team is stronger than one individual!

I have read and understand my Responsibilities/Contract. Please sign below.

Athlete's signature

Date

IVIAA

Athlete's CODE OF CONDUCT

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character, lose with dignity.

Print Name of Student Athlete

Signature of Student Athlete

Date

Signature of Parent/Caregiver

Date

Parents:

Starting the Sportsmanship Conversation with your child/athlete:

Step 1: Start with explaining: **What is Sportsmanship?**

- Play fair
- Follow the rules of the game

- Respect officials, umpires and referees at all times
- Treat their opponents with respect-think=Golden Rule!
- Value their Team Mates-Remember that we make mistakes and that it takes a whole team not just 1 player to play a game.

Step 2: Then talk about: **When Sportsmanship Happens.**

- When they win
- When they lose
- When they practice (not just in games)
- When no one is looking

Step 3: Once you know what it is, talk about: **What to do when you see bad Sportsmanship.**

- If bad sportsmanship comes in the form of trash talk or attempts to distract, brush it off and refocus on the next play.
- If bad sportsmanship comes in the form of something more serious, such as dangerous play, bring it to the attention of the coaches, or officials.

Step 4: And then finally, make sure you talk about: **What your Role as a Parent is in Sportsmanship!**

- Your care about their effort and learning more their wins and losses
- You will cheer for good plays-whether they make them, or the other team does.
- You promise **not** to yell at officials, umpires or referees, even when you disagree with a call.
- You'll respect the parents and coaches of the opponents.

10 Commandments for Sports Parents:

On the way to the Sport event;

1. Ask your child to set goals for the game: a physical goal, a mental goal and a sportsmanship goal.
2. Remind your child (and yourself) to have fun.
3. Say a Prayer of thanksgiving with your child for a chance to play.

At the Sport event...

4. Be positive with players, fans, opponents, coaches and officials.
5. Remain calm and in control of your words and actions.
6. Take a deep breath or step away from the game if you grow angry.
7. Applaud good play on both teams.

On the way home...

8. Ask your child, "How do you think the game went?"
9. Point out signs of sportsmanship shown in the game.
10. Express your love for your child regardless of the outcome.

CONSENT TO WALK TO ST. JEANNE DE LESTONNAC GYM

I give my permission for my child _____

to walk to the gym afterschool to participate in _____.

I understand that this is a privilege and can be revoked at any time.

Parent Signature

Athlete Signature

Date