

**BOYLAN CENTRAL CATHOLIC HIGH SCHOOL
2011-12 ATHLETIC AND ACTIVITY HANDBOOK
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Dear Athletes and Parents;

Welcome to the Boylan Athletic Program. Being a member of a Boylan Catholic athletic team carries certain responsibilities. All student athletes must commit to complete loyalty and dedication to their sport or activity in season. Parents and athletes are also expected to be positive leaders in promoting good sportsmanship.

There are nearly 550 scheduled athletic events, 52 teams and approximately 80 coaches involved in the athletic program at Boylan Catholic. The purpose of the athletic program is to provide youth with the opportunity to experience success through interscholastic competition as they develop into mature, responsible people.

This handbook is provided to give parents and athletes the information required to become a successful Boylan athlete. We ask you to read this handbook carefully and discuss it with your child involved in the Boylan Athletic Program.

It is also mandatory for parents and athletes to complete the following:

- Current Physical
- Emergency Form
- IHSA Steroid Testing Form
- Proof of Insurance
- Athletic Permission Form
- Concussion Form

If you have any questions, please contact the coach or Athletic Director.

Respectfully,
Rev. Paul M. Lipinski

MISSION

Boylan Catholic High School is a Christ-centered community dedicated to the education of the whole person and committed to truth, service, and academic excellence.

PHILOSOPHY

Boylan Catholic High School is a Christ-centered faith community which exists as a response to the mandate of Jesus: “Go and teach all nations...”

Our purpose is to stimulate and guide students in their spiritual, intellectual, moral, emotional, social, and physical development through the acquisition and use of knowledge.

In accord with the truths of the Catholic tradition, we base our teaching mission on the existence of God the Father, Son, and Holy Spirit as proclaimed in the Gospel and by the Roman Catholic Church.

Boylan Catholic also affirms the inherent dignity of every person; the God-given rights and consequent duties of citizens in society; the sacred right of the child of God to a Christian education; and the primacy of the parents in the education of their children

ATHLETIC CURRICULUM

Interscholastic activities are an important aspect of any high school. Participation in high school athletics is an extension of what happens in the classroom. The opportunity to participate in a variety of sports is open to all Boylan students. Participation in sports is a **privilege**, not a right. Therefore, those who have chosen to engage in these sports must abide by certain rules.

High school sports help students learn qualities related to sports and life. Athletics is a learning experience and all team members, regardless of ability, will be afforded the opportunity to develop intangible attributes. Pride, teamwork, self-discipline, self-sacrifice, work ethic, commitment, perseverance, spirituality and sportsmanship are a few of the qualities besides winning that should come from high school athletics and prove essential throughout the lives of our student athletes.

The experience encountered during high school athletics should be enjoyable, positive ones. Athletes, coaches and parents should work in a spirit of cooperation. The Boylan Catholic Community has a higher level of expectation for students who compete in athletics and extra-curricular activities.

Coaches, in conjunction with the Athletic Director and moderators, have a responsibility to define the educational curriculum of sports and activities in our school. The curriculum of standards and expected outcomes for our programs is not solely measured in wins and championships. Participation in athletic and activity programs is another key part of the educational process.

The athletic program is designed to enhance the overall mission and philosophy of the school. The educational purpose of our athletic program is more than teaching a young person a specific skill (i.e. hit a golf ball or serve a volleyball), or even earn a scholarship. To be sure, we believe athletics and activities teach teamwork, dedication to purpose, playing within a set of rules and devoting ourselves to higher goals. However, our one core goal is the propagation of the Christian message. Our second goal is respect for our country and contributing to her quality of life. Boylan attempts to prepare young people to be good Christians and citizens who know how to exhibit respect for self, others and God.

In addition to teaching the skills of a sport or activity, our curriculum will involve teaching skills that enhance overall growth and development, such as:

1. Learning to be a loyal and reliable teammate; such development will manifest itself in life by actions that distinguish a good neighbor.
2. Learning to do your best and giving the maximum effort; such growth will show itself through actions that distinguish a good worker.

3. Learning to respect your opponent and one's own efforts; such advances will display itself in a life that reflects good Christian values.
4. Learning to be honest and forthright with self and others; such experiences will exhibit itself in life by accepting responsibility for their actions.

Through sports and activities, students learn to seek and find, to strive and struggle, to succeed or fail, to never yield, accept the outcome and to think and feel good about one's self. These are the core concepts we struggle for within the athletic program at Boylan.

Sports and activities provide an opportunity to teach and learn respect for self, others and God. They also place participants in a unique context – competition that hopefully will instill and hone values necessary for the development of respect for self, others and God.

**BOYLAN CATHOLIC HIGH SCHOOL
ATHLETIC DEPARTMENT INFORMATION
4000 ST. FRANCIS DRIVE
ROCKFORD, IL 61103**

**E-MAIL - pheitkamp@boylan.org
A.D. TELEPHONE: (815) 877-9975
A.D. FAX: (815) 877-9796**

**Superintendent
Principal
Athletic Director**

**Rev. Paul M. Lipinski
Rev. Paul M. Lipinski
Mr. Paul Heitkamp**

**Conference
Nickname
Colors**

**Northern Illinois Conference
Titans
Green & White**

GENERAL INFORMATION

The Athletic Director is responsible for all matters including scheduling of contests, ordering of athletic equipment and arranging transportation for all athletic contests. The Athletic Director's Office is located at the west end of Boylan Catholic High School in the auxiliary gym.

Boylan Catholic High School adheres to the rules and regulations of the Illinois High School Association (IHSA). The members of our conference are:

Auburn
Belvidere North
Belvidere

Guilford
Harlem
Hononegah

The following is a list of the interscholastic sports and activities offered at Boylan during the course of the school year:

	FALL	WINTER	SPRING
Boys	Cross Country Football Golf Soccer	Basketball Wrestling Bowling Swimming Scholastic Bowl	Baseball Tennis Track Bass Fishing
Girls	Cross Country Tennis Dance Team Cheerleading Volleyball Swimming Golf	Basketball Dance Team Cheerleading Bowling Scholastic Bowl	Softball Track Soccer Bass Fishing

REQUIRED INFORMATION NEEDED BEFORE THE SEASON STARTS

Prior to the start of practice, a student must turn in the following items.

- Current Physical
- Emergency Form
- IHSA Steroid Testing Form
- Proof of Insurance
- Athletic Permission Form
- Concussion Form

The forms should be turned into their coach who will forward the forms to the athletic director. An athlete will not be allowed to start practice without all their forms turned in.

PHYSICAL EXAM

Prior to the beginning of the sports season, a student must have on file, a physical examination signed by a licensed physician. An incoming freshman or transfer student must have the required school entrance physical. A physical is valid for one calendar year from the date of the physical exam. It is recommended that physicals be taken after June 1st.

EMERGENCY FORM

Each athlete is required to fill out an emergency form that his/her coach will keep with them at all practices and games.

IHSA STEROID TESTING FORM

In January 2008, the Illinois High School Association's Board of Directors approved a plan developed by the IHSA's Sports Medicine Advisory Committee to implement random testing for steroids and other performance enhancing supplements of any athlete competing in the state series.

PROOF OF INSURANCE

The Rockford Diocesan Office requires all students participating in organized sports to have their parents or guardians provide proof of insurance coverage before they begin practice. A student accident policy for those families who may not have insurance coverage or would like the opportunity to purchase additional coverage is available through Boylan. Please contact the school for additional information.

ATHLETIC PERMISSION FORM

On this form is a statement indicating the student/athlete and his/her parent/guardian have read this handbook and agree to abide by its policies.

ACTIVITY FEES

1 ST Sport	- \$65
2 nd Sport	- \$35
3 rd Sport	- \$ 0

TEAM TRYOUTS

In no case will cuts be made before a reasonable number of practices.

All freshman student athletes will begin practicing at the freshman level in the sports of baseball, basketball, football, soccer, softball, and volleyball. If a sophomore athlete is under consideration by the coaching staff to be moved to a higher level, the coaching staff shall notify the athletic director. The athletic director will notify the parents to discuss the move up. The athlete or parents may decline such a tryout. Any current Boylan athlete who played at a higher level the previous school year does not need to try out for the team at their grade level.

COMMITMENT TO THE ATHLETIC PROGRAM

As a member of a Boylan Catholic athletic team, all athletes are to understand and abide by the expected level of commitment for such membership. Boylan athletes are expected to attend and participate at all practice sessions and contests, support fellow teammates and respect coaches.

Your choice to compete in the Boylan Athletic Program will have precedence over any outside athletic activities. Each practice or game missed, as a result of attending outside athletic activities, will result in an unexcused absence.

ATTENDANCE AT PRACTICES AND CONTESTS

DETENTIONS MUST BE SERVED AT THE ASSIGNED TIME. Having a detention is not an excuse to miss a practice or a game. Similarly, having a practice or a game is not an excuse to miss a detention. Coaches have the option of penalizing an athlete for missing a practice or a game due to the fact the athlete was serving a detention.

1. If an athlete is in school and goes home prior to practice or a game, the athlete should contact his/her coach or the Athletic Director prior to leaving school..
2. Pre – arranged events are to be approved by the coach. Whenever possible, athletes are asked to seek approval from their coach 24 hours in advance.

DISCIPLINARY ELIGIBILITY

Students will be subject to the Code of Discipline (demerit system) established by the Boylan Catholic High School. 40 demerits will make a student ineligible for sports, extra-curricula activities and class office.

SCHOLASTIC ELIGIBILITY

Eligibility is determined on a weekly basis. The weekly grade check is the grade the student would receive if that student were to transfer to another school. An athlete may be ineligible to compete in contests because of the previous semester's grades.

ILLINOIS HIGH SCHOOL ASSOCIATION ELIGIBILITY

Students shall adhere to the rules of the Illinois High School Association (IHSA). Rules are available at the IHSA website: www.ihsa.org.

CODE OF CONDUCT

All students who wish to participate in a sport at Boylan Catholic High School will need to complete a permission/waiver sheet, sign it and have it signed by their parent(s)/guardian(s). This indicates that they have downloaded or received and read the athletic handbook and will abide by the rules set forth in the handbook. A copy of the permission sheet is available online or may be provided by the coach or athletic director

Athletes will assume the responsibilities of the following pledge for the entire year, not just the school year.

1. ALCOHOL and DRUGS

No athlete, during his/her athletic career at Boylan Catholic High School, shall be involved in any drinking of alcohol or illegal drug use infraction.

In addition, should the student be in attendance at a party where illegal activities are occurring, the student will be considered an active participant should he/she fail to leave the party. The Boylan Student Handbook and the Athletic Handbook will both apply.

Penalty:

- A. First Offense--Participating Season: Suspension for one third of the scheduled contests during the season and probation for the remainder of the school year. The athlete may be required to attend practice during the suspension.
- B. First Offense--Non-participating Season: The student will be placed on probation for the remainder of the school year.
- C. Second Offense: A second offense, whether during a participating season or non-participating season will result in the exclusion of the student from all sports for the remainder of the school year.

2. TOBACCO

No Boylan athlete is permitted to use tobacco products.

Penalty:

- A. First Offense--Participating Season: Suspension for one tenth of the scheduled contests during the season and probation for the remainder of the school year. The athlete may be required to attend practice during the suspension.
- B. First Offense--Non-participating Season: The student will be placed on probation for the remainder of the school year.
- C. Second Offense: A second offense, whether during a participating season or non-participating season will result in a suspension for one third of the contests in the sport they are participating in or the next sport they will participate in.
- D. Third Offense: A third offense, whether during a participating season or non-participating season will result in the exclusion of the student from all sports for the remainder of the school year.
- E. Any team captain suspended for violating the Code of Conduct will no longer be eligible to serve as a captain.

3. CURFEW

Members of athletic teams shall observe municipal curfew laws and curfew hours set by the coach in each sport.

5. SCANDAL

No athlete should allow himself/herself to become part of a situation that will cause embarrassment, injury, scandal, or loss of image to parents, school, or self.

Penalty: Disciplinary action will be determined by the school (including coach, athletic director, and administration).

MEDICAL RELEASE

If a team doctor or trainer declares an athlete may not practice or play due to an injury, that athlete is ineligible until reinstated by the team doctor, trainer or the results of a physical exam.

BEHAVIOR OF ATHLETES ENROUTE TO AND FROM, AS WELL AS DURING ATHLETIC CONTESTS

It is important that Boylan Catholic Athletes conduct themselves in a manner appropriate with the Christian Gospel, Philosophy and Mission of Boylan Central Catholic High School and civil propriety. Consequently, behavior such as swearing, uncontrolled anger, riding and ridiculing the officials, negatively inciting the fans and taunting the other team will incur the following penalties.

EQUIPMENT

The school attempts to provide the best and safest equipment money can buy. Each athlete is expected to take excellent care of this equipment. This includes laundering uniforms. If the equipment needs repair any time during the season, the athlete should notify the coach as soon as possible.

The original equipment and uniform issued must be cleaned and returned by the athlete within one week after the close of the season.

The athlete must accept full responsibility for equipment or uniforms issued by the school. If anything is lost or damaged, he/she must pay the Athletic Director for its replacement. Some coaches may require athletes in their sport to give the school a uniform deposit. This will be returned to the athlete at the end of the season if the uniform is returned, cleaned and not in need of repair. If cleaning or repairs are needed, the cost will be deducted from the deposit and the balance returned.

When an athlete completes a sport season, he/she will have one week from the final contest to return issued equipment to the coach. The fine for not returning or paying for lost equipment or uniforms will be charged to the student athlete's tuition account.

FACILITIES

1. Coaches' offices are for coaches. No student athlete should be in a coaches' area unattended or uninvited.
2. The training room is off limits unless attended by the athletic trainer or a coach.
3. Weight room facilities are to have an adult supervisor at all times.

4. Penalty for being in a restricted area, uninvited or unsupervised, may result in disciplinary action.

PERSONAL CONDUCT AND STANDARDS OF SPORTSMANSHIP

Students attending co-curricular events are to maintain all standards of behavior identified in the student handbook. School pride, loyalty, sportsmanship and respect toward the opponent's school should always be emphasized.

The following rules are in effect:

1. Derogatory cheering directed toward opponents and/or officials is not allowed.
2. No artificial noisemakers are to be used at any indoor events.
3. The use of banners, placards, signs and similar items is permitted, provided:
 - a. they are in good taste and reflect good sportsmanship in their message and use
 - b. they reflect identification and encouragement to participants, school and community
 - c. they are not displayed on the field of play or in a manner which interferes with play
 - d. they do not obstruct the view of participants or spectators
 - e. they are not safety hazards
4. Use good judgment; be responsible and show respect for person and property. An athlete will share responsibility in the actions of any group or individuals with which he/she associates.
5. Be respectful to all adults and be cooperative in following the instructions of coaches.
6. Refrain from the use or possession of tobacco products, alcohol and other illegal drugs, or the misuse of prescription drugs or normally legal products that may cause harm when improperly used.
7. Maintain a good reputation as a representative of the school.

The Athletic Director or Principal may suspend any team members not living up to the highest standards of personal conduct and sportsmanship from further competition.

No athlete will go to a game in anything but school type clothes. Exceptions will be team uniform, team warm-ups or team dress outfits. Examples: team sweaters, ties. At no time are athletes to go to games wearing jeans.

PARENT/GUARDIAN GUIDELINES

1. Be supportive of the team, the participants and the coaches.
2. Help the participant follow and uphold the training rules and team policies.
3. Learn the basic rules and strategies of the sport to gain a better understanding of it.

Because sportsmanship begins with you, we ask you exhibit good sportsmanship at all times. Your admission to a contest is to watch the performance of our student athletes. It is not a license

to abuse officials, coaches, players or other spectators. Be a positive role model for our entire student athletes.

Bring any questions or problems concerning your son/daughter to the attention of the coach involved first. If your questions or problems are not answered, please contact the Athletic Director and then if necessary the Principal.

ATTENDANCE AT AWARDS ASSEMBLIES

Athletes are required to attend the sports award assemblies. These are held to honor each athlete, thank them, give out various awards and letters for their sport and have the coach wrap up the season with remarks about the season. It is also a time for coaches to outline off-season expectations.

STATE CONTESTS

Students who are members of an athletic team may be excused from school when their team, or a member of their team, is play/competing in a State Contest (IHSA). Non-participating members must have parental permission and parents assume full responsibility for travel, lodging and supervision.

SITES FOR BOYLAN PRACTICES AND HOME ACTIVITIES

SPORT	PRACTICE	COMPETITION
Baseball	Boylan	Boylan
B & G Basketball	Boylan	Boylan
B & G Tennis	Boylan Indoor	Boylan Indoor
B & G Swimming	Boylan Pool	Boylan Pool
B & G Golf	RFD Courses	RFD Courses
B & G Bowling	Park Lanes	Park Lanes
V & S Softball	Huffman Park	Sportscore
Freshman Softball	Ridge Park	Sportscore
Football	Boylan	Titan Stadium
B & G Soccer	Singer Fields	Titan Stadium
B & G Track	Boylan	Titan Stadium
B & G Cross Country	Boylan	Page Park
Volleyball	Boylan	Boylan
Wrestling	Boylan	Boylan