

# Calvary Academy

## Interscholastic Athletic Policy

Calvary Academy provides its students with the opportunity to participate in extra-curricular, interscholastic sports. All participants and parents should understand that the curricular program takes priority of the extra-curricular, interscholastic program. Items related to this understanding are addressed in the **Athletic Code/Commitment** provided to and signed by participants and parents.

### ***The objectives of the athletic program include the following:***

1. To glorify God through the use of HIS gifts to us on the field/court.
2. To provide a Christian environment for players to develop their athletic talents.
3. To instill in the players an attitude of respect and sportsmanship towards other players, coaches, officials, and fans that is consistent with Biblical principals.
4. To provide all **5<sup>th</sup> – 7<sup>th</sup> grade team members (depending on numbers at try-outs – cuts could take place)** with the opportunity to play minutes in each athletic contest. Also, to provide an introductory skill level of participation. All players will not play equal minutes. **Priorities at this level are to encourage participation and to build individual and team skills (with the exception of the co-ed soccer team.)**

All players on co-ed soccer team are to know that teaching basic rules and skills of their sport are the main priorities. Games are played at the highest Jr. high level and as a result the most competitive team will be placed on the field regardless of grade level.

During **tournament play**, the coach will use their judgment to play his/her most competitive team. Playing time during a tournament (at any level) is **not** guaranteed. The priority of the coach is to be as competitive as possible.

5. To develop in **eighth** grade, competitive, individual, and team skills and strategies, as well as an understanding of different roles in team make-up. Priorities are to develop the most competitive interscholastic team possible which means playing time during games is not guaranteed. At this level, efforts to advance a player's understanding of his/her value to the team regardless of the amount of game time, along with improving individual team skills, will be emphasized during team practice sessions.
6. To provide a Christ-like witness to players and spectators as we compete against other teams.

**Athletic Physicals** – By law with the state of Illinois, it is mandatory that every student at Calvary Academy has a sport physical before they can participate in any practice or game. No athlete will be able to participate before the physical has been completed and form turned into the school office. The form is attached on the link provided below.

<https://www.ihsa.org/documents/sportsMedicine/2014-15/Pre-participation%20Examination%20041114.pdf>

# **Calvary Academy**

## **Athletic Code/Consequences**

### **Grade Eligibility**

Each student participating on an athletic team will be required to follow and maintain the below requirements.

- ➔ Mr. Ritzema and Mrs. Bolkema will begin checking each student athlete's grades three weeks following the beginning of each season. They will continually check each Friday for the remainder of the season.

The policy is as follows:

- ➔ Any student receiving two or more D's (D+, D, D-) or one or more "F's" in any subject area, specials included, will be off the team for one week.
  - ➔ The week of ineligibility will go into affect the Monday following the Friday the grades were checked. Students will be allowed to participate in Friday and/or Saturday practices, games, or tournaments. The student will not be allowed to participate in any practices or games Monday through Thursday.
- ➔ If, after grades have been checked the following Friday, the student's grade is back up to the required grade, they will be allowed back on the team and will be able to participate in any Friday afternoon practice or game.
- ➔ If the student still has two or more D's (D+, D, D-) or one "F", they are off for a 2<sup>nd</sup> week. (This includes any Friday or Saturday practices or games)
- ➔ If after a 3<sup>rd</sup> completed week the student grade still has two or more D's (D+, D, D-) or an "F", they are off the team for the remainder of the season.
- ➔ Weeks off are added cumulatively for the season. Three weeks in a row is the same as one week off, then back on for one week, then off for one week, etc...

### **Tournaments**

If a student will be missing classes because of athletic tournaments/competitions, it is the student's responsibility to get all missed assignments from teachers prior to the day of the tournament(s). It is also the student's responsibility to turn in all missed assignments on or before the deadline specified by each teacher.

### **Disciplinary Eligibility**

#### **On the Playing Field**

All the players are expected to portray a competitive, Godly attitude on the playing field. They must maintain an attitude of enthusiasm and encouragement towards each other and their opponents. Players are to reflect Calvary Academy's Christian values in their behavior. If deliberate disobedience is portrayed, the player will suffer the consequences, which are consistent with every sport at Calvary Academy.

### **Disciplinary Eligibility**

- ➔ If a player is ejected from a game by a referee, he/she will not participate in the next competition.
- ➔ There is absolutely no destroying of another team's property. As stated in the student/parent handbook, p. 18, the student will have a "...1-3 day suspension replacement or repair of property and will have a conference with the principal..."
- ➔ There is absolutely no taunting. His/her coach will adhere to the consequences (stated under "On the Playing Field").
- ➔ There is absolutely no profanity/swearing. Any student using profane language will have an automatic one game suspension (the game following the use of profanity).

### **In the Classroom**

- ➔ If a player has a disciplinary problem in the classroom, and receives a detention, the player will be counted tardy to practice/game. If there is a scheduled away game on the day of the player's detention, he/she is responsible for getting a ride to the game. It is the **player's responsibility** to notify the coach (before the scheduled departure time) of the detention.
- ➔ If a player is suspended from school, he/she will not be able to participate in team practices or games.

### **Attendance Eligibility/Tardy**

- ➔ If a student misses school due to illness, he/she will not be eligible to participate in that day's extra-curricular, sports activities. Any student arriving after 12:00 noon will not have met the ½ day of school requirement to be eligible for extra curricular activities.
- ➔ Practices and games are mandatory for every player on the team. If a player has more than two unexcused absences, he/she will no longer be a part of the team.
- ➔ If a player's parent/guardian chooses to discipline their son/daughter beyond eligibility guidelines stated earlier, practices or games missed will be considered unexcused absences. The coach must be notified prior to the action taking place.
- ➔ If a player is taking a **family vacation**, this will be an excused absence.
- ➔ On away game days, students will be dismissed early at approximately 2:45pm.

### **Equipment /Uniforms**

- ➔ Depending on the sport, your child may have to purchase part of the uniform.
- ➔ All players will take proper care of their uniforms. Each uniform will be washed and look clean before games. Fines will be given if the uniform was damaged during the athletic season while in the student's care. (If the uniform belongs to Calvary Academy, there will be a parent that washes all uniforms and will return to the players on game days.

## **Athletic Fee**

- The non-refundable athletic fee collected at the beginning of each sport season helps Calvary Academy with various costs: tournament, conference and transportation fees, referees, etc.
- The only two exceptions when the athletic fee is refunded are:
  1. If the particular sport has a try-out and the student did not make the team.
  2. If the student decides to quit the team before the first game of the season.
- All athletic fees are to be paid in full by the first game of each sport season.

## **Concessions**

- Calvary Academy parents/guardians are responsible to sign up to work Calvary Academy's concession stand. (Two dates may be required for some seasons)
- **Any parent/guardian who fails to work their chosen time slot, is unable to find their own replacement, or arrives more than 15 minutes late will be charged \$20.00 from the school office.**

## **Bus Policies**

- All students will ride the bus to/from all games unless the signed out. (Coaches will have sign-out sheets).
- Calvary Academy and/or the bus company will not be held responsible for any item(s) left on the bus.

## **Sports/Band Private Lessons**

Students that participate in sports, and take private instrument lessons at Calvary Academy may participate in both activities, under the following guidelines:

- On home game days- if their lesson does not conflict with the actual game- they are expected to attend their private lesson- and then the game (ex. an 8<sup>th</sup> grader with a 3:50-4:20 lesson time-and a 5pm home game) On away game days-if their lesson **does** conflict with the game the student is expected to attend the game BUT to inform the private teacher of the conflict at the prior week's lesson.
- Mrs. Russell will be given the game schedule, with game conflicts to the teachers. Parents are asked to please remind the teacher of the absence also at the prior weeks lesson.
- Coaches will be given a lesson schedule, so they will know when students have lessons. Students are expected to remember their lesson time- and to be timely both leaving and returning to practice.

Please note that these guidelines are for lessons held **AT** Calvary Academy. Lesson conflicts that occur for students taking lessons outside of school will be considered an unexcused absence. We ask that conflicts with lessons outside of the school be handled by changing the lesson time to a more suitable time.

## **Cell Phone**

Students participating in athletics adhere to the same standards and policies that are found in the student handbook (found under “Cell Phone/Electronic Equipment” p. 7)

## **Spectator Guidelines: Parents**

**(The following statements are taken directly from the ACSI Advisory Committee)**

- ➔ Encourage and support their child.
- ➔ Be a fan of all team members.
- ➔ Please don't approach coaches with negative issues before or right after a game.  
**We ask that you take 24 hours from the time of the incident before you** approach your son or daughter's coach with your concern.
- ➔ Show consideration for other players, spectators and coaches.
- ➔ Approach your child with questions before talking to the coaches.
- ➔ Always be courteous to officials even when you disagree with their calls.
- ➔ Don't speak negatively about the athletic program or personnel.

## **Driving Requirements for Athletic Events**

- ➔ On game/practice days the student's coach stays until everyone is picked up.
- ➔ Be prompt when picking up your child from a game/practice.
- ➔ There is a **ten (10) minute grace period** given on game/practice days. The school office will charge a \$20.00 late fee if the student is not picked up on time.
- ➔ The maximum number permitted in vehicles can be no higher than the number of seatbelts in that vehicle. All passengers are to wear seatbelts at all times.

## **Medication Policy**

No medications will be distributed at school. This includes extended day. If medications are to be given several times during the day, please plan according to the school schedule. For example: Amoxicillin, 1 teaspoon, three times per day. This can be given before the child leaves for school, when they arrive home, and at bedtime. The only over the counter medications allowed are cough drops with a note from the parent to the teacher explaining why the child needs them.

If it is necessary for medication to be given during school hours, a parent or legal guardian must come in to administer the dose. Also, if your child has a medical need to stay in from recess or P.E., please send a note to your child's teacher from the doctor stating why and the days the child is to remain inside. All notes must be from DOCTORS ONLY. Requests from parents will not be granted. **THERE WILL BE NO EXCEPTIONS TO THIS RULE!**

**(Medication policy continued on the next page)**

## Self-Administration of Medication:

The only medication that a child may have at school is an inhaler for asthma or a student may possess an epinephrine auto-injector (EpiPen) for immediate use at the student's discretion, provided the student's parent/guardian has completed and signed a "School Medication Authorization Form". Calvary Academy shall incur no liability, except for willful and wanton conduct, as a result of any injury arising from a student's self-administration of medication or epinephrine auto-injector or the storage of any medication by school personnel.

If an asthmatic child displays breathing difficulties, the parent will be contacted to come to school. If a parent cannot be reached, and the child is becoming more acutely ill, the emergency medical service (911) will be called. To avoid an emergency from occurring, please make sure that if your child uses an inhaler, they have it at school and know how to use it. The school office is not equipped to deal with acute respiratory distress. It is your responsibility to make sure your entire phone and pager numbers in the school office are correct.

Any child that has weather induced asthma must dress accordingly and provide a face mask if necessary.

Lastly, if your child is an asthmatic (and using inhalers), you will need to fill out the medical form in the office, even if they keep an inhaler in their pocket. We need to know which children are asthmatics and if they are carrying any inhalers to school with them. Please LABEL ALL INHALERS and make sure that there is enough medication in the inhaler for the child to use. Also, include a copy of the medication label. The office will have a master list of all children who are asthmatics so we can keep track of the amount and type of inhaler being used at school. Any child found using an inhaler who does not have a medical form filled out will be sent to the school office, and their parents will be called.

**\*\*Concussion protocol is continued on the next few pages. Please read the very important information listed below.**

## **Concussion Protocol**

Any student suspected of sustaining a concussion or traumatic head injury shall be immediately removed from the activity (game, practice, tryouts, etc.) and shall not return to play until cleared by an appropriate health care professional.

### **Symptoms may include one or more of the following:**

Headaches	"Pressure in head"
Nausea or vomiting	Neck pain
Balance problems or dizziness	Blurred, double, or fuzzy vision
Sensitivity to light or noise	Feeling sluggish or slowed down
Feeling foggy or groggy	Drowsiness
Change in sleep patterns	Amnesia
"Don't feel right"	Fatigue or low energy
Sadness	Nervousness or anxiety
Irritability	More Emotional
Confusion	Concentration or Memory Problems
Repeating the same question/comment	(Forgetting Game plays)

### **Signs observed by teammates, parents, and coaches include:**

Appears dazed	Vacant facial expression
Confused about assignment	Forgets plays
Is unsure of game, score, or opponent	Moves clumsily or displays in coordination
Answers questions slowly	Slurred speech
Shows behavior or personality changes	Can't recall events prior to hit
Can't recall events after hit	Seizures or convulsions
Any changes in typical behavior or personality	Loses consciousness

Our Concussion Protocol team, which includes Calvary Academy's Principal, coaches, teacher on duty, or program supervisor, shall immediately notify school administration if a student is suspected of suffering from a concussion or head injury. Administration, Principal, coach, teacher, or program supervisor shall personally notify the parent/guardian and give him/her a copy of the Post-Concussion Instructions/Return to Play Clearance Form.

A student who is symptomatic but stable may be transported by his or her parents. The parents should be advised to contact the student's primary care provider or seek care at the nearest emergency department on the day of the injury. The child cannot return to school without clearance from a health professional. If the Health Care Professional certifies the student did NOT sustain a concussion, then the student may be released to return to play in the sport. If the Health Care Professional certifies that the student did sustain an injury, then the student may not return to school, sports, or PE activities without clearance of the Health Care Professional in writing as to each item: return to school, and return to PE classes and sports. The Health Care Professional must also outline any limitations, if any, the student needs in returning to school or physical activity.

(Continue to the next page)

## **Student/Parent Consent and Acknowledgements**

By signing this form, we acknowledge we have been provided information regarding concussions.

### **Student:**

Student Name (Print): \_\_\_\_\_ Grade: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### **Parent or Legal Guardian:**

Name (Print): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Relationship to Student: \_\_\_\_\_

## **Student/Parent Consent and Acknowledgements**

By signing this form, we acknowledge we have been provided information regarding concussions.

### **Student:**

Student Name (Print): \_\_\_\_\_ Grade: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### **Parent or Legal Guardian:**

Name (Print): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Relationship to Student: \_\_\_\_\_

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**Post-Concussion Consent Form**  
**(Return to Play and Return to Classroom)**

**Date:** \_\_\_\_\_

**Student's Name:** \_\_\_\_\_

**Grade:** \_\_\_\_\_

By signing below, I acknowledge the following:

1. I have been informed concerning and consent to my student's participating in returning to play and participate in sports and physical education classes.
2. I understand the risks associated with my student returning to play and returning to school and will comply with any ongoing requirements in the protocols established by my student's healthcare professional.
3. I consent to the disclosure to appropriate persons (school administration, teachers, coaches, etc.) consistent with the federal Health Insurance Portability and Accountability Act of 1996 (Public Law 104-191), of the treating physician's written statement, and, if any, the recommendations or limitations of the treating physician in returning to the classroom or to sports.
4. I have attached a written statement or form from my student's treating physician indicating, in the individual's professional judgment; it is safe for my student to return to the classroom and to sports activities

**Student's Signature:** \_\_\_\_\_

**Parent/Guardian's Name:** \_\_\_\_\_

**Parent/Guardian's Signature:** \_\_\_\_\_

**FOR SCHOOL USE ONLY**

☐

Written statement is included with this consent from a treating physician that indicates, in the individual's professional judgment; it is safe for the student to return to the classroom and to sports activities.

**CLEARED TO RETURN  
TO THE CLASSROOM**

**Date:** \_\_\_\_\_

**CLEARED TO RETURN  
TO SPORTS ACTIVITIES**

**Date:** \_\_\_\_\_

## PHYSICIAN CONCUSSION SCHOOL CARE PLAN FORM

This form is adapted from the Acute Concussion Evaluation (ACE) care plan on the CDC web site ([www.cdc.gov/injury](http://www.cdc.gov/injury)). All medical providers are encouraged to review this site if they have questions regarding the latest information on the evaluation and care of the scholastic athlete following a concussion injury.

Student's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Date of Injury: \_\_\_\_\_

### The following are my recommendations at the present time:

1. \_\_\_\_\_ Initial evaluation reveals no evidence of a concussion. Cleared for full academic and athletic activities.
2. \_\_\_\_\_ Student does have a concussion
  - a. \_\_\_\_\_ No school or school activities at this time
  - b. \_\_\_\_\_ Student may return to school with a reduced academic workload and no athletic activities. Checklist and further information on restrictions and limitations are included on the following page.
3. \_\_\_\_\_ Concussion resolved. Cleared for full academic participation and may resume all athletic activities without restrictions.

Date of next evaluation: \_\_\_\_\_

### Medical Office Information

Physician's Name \_\_\_\_\_

Physician's Signature \_\_\_\_\_

Physician's Office Phone \_\_\_\_\_

Office Address \_\_\_\_\_

This form may be duplicated or changed to suit your needs and your patient's needs.

(Continue to the next page)

## SCHOOL RECOMMENDATIONS FOLLOWING CONCUSSION

Student's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Duration of recommendations: 1 week      2 weeks      4 weeks      Until further notice

The student will be reassessed for revision of these recommendations in \_\_\_\_ weeks.

### **Attendance**

- \_\_\_\_\_ Attendance at school \_\_\_\_ days per week
- \_\_\_\_\_ Partial days as tolerated by the student
- \_\_\_\_\_ Full days as tolerated by the student

### **Visual Stimulus**

- \_\_\_\_\_ Allow student to wear sunglasses/hat in school
- \_\_\_\_\_ Pre-printed notes for class material or note taker
- \_\_\_\_\_ Limited Computer, TV screen, bright screen use
- \_\_\_\_\_ Reduce brightness on monitors/screens
- \_\_\_\_\_ Change classroom seating as necessary

### **Workload/Multi-Tasking**

- \_\_\_\_\_ Reduce overall amount of make-up work, class work, and homework
- \_\_\_\_\_ Reduce amount of homework given each night

### **Physical Exertion**

- \_\_\_\_\_ No physical exertion/athletics/gym/recess
- \_\_\_\_\_ Walking in gym class only
- \_\_\_\_\_ Begin return to play protocol:
  - \_\_\_\_\_ weeks of light aerobic exercise and low levels of physical activity
  - \_\_\_\_\_ weeks of moderate levels of physical activity with body/head movement
  - \_\_\_\_\_ weeks of heavy non-contact physical activity
  - \_\_\_\_\_ weeks of full contact in controlled practice
  - \_\_\_\_\_ full contact in game play

### **Breaks**

- \_\_\_\_\_ Allow the student to go to the office or home if symptom's increase
- \_\_\_\_\_ Allow other breaks during school day as deemed necessary and appropriate by school personnel

### **Audible Stimulus**

- \_\_\_\_\_ Lunch in a quiet place
- \_\_\_\_\_ Avoid music classes
- \_\_\_\_\_ Allow to wear earplugs as needed
- \_\_\_\_\_ Allow class transition before bell

### **Testing**

- \_\_\_\_\_ Additional time to complete tests
- \_\_\_\_\_ minutes
- \_\_\_\_\_ No more than one test a day
- \_\_\_\_\_ No standardized testing until \_\_\_\_\_
- \_\_\_\_\_ Allow for scribe, oral response, and oral delivery of questions.

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**Additional Recommendations:**

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Physician's Name: \_\_\_\_\_

Physician's Signature: \_\_\_\_\_