



IHM-ST. CASIMIR EAGLE SPORTS HANDBOOK

The goal of our youth sports programs is to serve young players and their families by providing fun, safe and enjoyable youth sports experiences, by recognizing each player's physical and emotional well-being, by teaching skills development, by treating them with respect and dignity, by encouraging positive parent involvement and by enriching young lives with meaningful recreation and socialization and to do so while displaying good sportsmanship.

IHM – St. Casimir Athletics Directory

Head Athletic Director:	Al Tamayo	E-mail: ups_ad@hotmail.com	Phone: 517-484-4956
Co-Head Athletic Director:	Tara Hufnagel	E-mail: tlh12@alumnimail.albion.edu	Phone: 616-633-9978
Basketball/ Volleyball Director:	Al Tamayo	E-mail: ups_ad@hotmail.com	Phone: 517-484-4956
Softball / Baseball Director:	Joe Enriquez	E-mail: joseenriquez@comcast.net	Phone: 517-882-4966
Soccer Director:	Feliz Rodriguez	E-mail: lansinghappy@yahoo.com	Phone : 517-882-6898
Floor Hockey Director:	Todd Gavin	E-mail: tgavin76@yahoo.com	Phone: 517-887-2567

Head Athletic Director and Co-Head Director positions are the only paid directors. These two directors must have coach most or all the sports that are listed above and **must not have any child in the IHM-St. Casimir schools** and cannot be removed until they find a replacement that is will to shadow for 1 year the director that is being replaced. This way the NEW head director can learn this job and the responsibility that comes with this position.

All other directors' positions are for a 4 year term. A notice will be placed in the church bulletins at the end of the second year asking if there are any coaches an which sport that they are applying for to contact the Head Athletic Director. This coach must be willing to shadow for 1 year the director that they are replacing. If no one applies for these positions then all the sports directors in office must stay in this position for 2 more years. Then the process starts all over again.

Sports coordinator- Under all sports director will be a minimum of 2 sports coordinator who are made up of parent volunteers. Coordinators will be in charge of the inventory of uniforms and assigning parents to help out at game and practices.

Sports

Soccer: is played through the Capital Area Recreational Sports League. (C.A.R.S. League)

For k-8th grade.

Fall practices start at the beginning of September.

Fall season starts approx the third week of September and ends approx the third week of October.

Spring practices start at the end of march or the first of April.

Spring season starts approx the third week of April and ends approx the third week of May.

(All times and dates are subject to change by the Lansing Parks and Rec. from year to year)

Floor Hockey: is played through the Lansing Parks and Recreation League. For k-8th grade.

Practices start the first week of November.

Season begins the first week in January and runs through the middle of February.

Tournament starts the end of February and run through the end of March.

Basketball: is played through the Catholic Youth League. (CYL) for 5th – 8th grades.

Girls practice begins around the third week of August.

Season begins the second week of September and runs through the end of October.

Tournament starts the end of October and runs through the second week of November.

Boys practice begins around the second week of November.

Season begins the first week of December and runs through the second week of February.

Tournaments begin the third week of February and runs through the first of March.

Volleyball: is played through the Jr. Cougars and the Catholic Youth League (CYL) for 5th -8th grades.

Jr. Cougars begin the third week of January and runs through the last week of February. All practices are held at St. Casimir and league play will be at Lansing Catholic High School.

Catholic Youth League begins the second week of March and runs through the first week or second week of April and will be played through the schools that are in the Catholic Youth League.

Catholic Youth League (CYL) Baseball and Softball: For 7th and 8th grades. Both boys and girls.

Practice for begins the second week of March and runs through the second week of April.

Season begins the second week of April and runs through the end of May.

Summer Baseball & Softball: Signups begin the second week of May.

Practice begins the second or Third week of May. For k – 8th grades.

Seasons begins at the beginning of June and runs through the end of July.

T-Ball Age 5 – 6 co-ed

Pitching Machine Ages 7 – 8 co/ed

Coach Pitch Baseball Ages 9 -10 co/ed

Wild Cat Baseball (Boys) 12 and under; 14 and under

Softball (Girls) 10 and under; 12 and under; 14 and under

Success by John Wooden: was chosen for this hand book because it shows us all that the success in any program relies on what each one of us is willing to do as individuals to be successful in life as well as in sports.

Success

By John Wooden

Success in basketball, or life generally, is not based on number of wins or losses, but rather on the basis of what an individual, or team, does in relation to their own individual and collective ability, in comparison to others when taking into consideration individual abilities, caliber of opponents, resources available and other factors that impact the competition. None of these comparisons or considerations should ever be used to create an excuse for doing your very best within the limits of your abilities.

Individual success can only be attained through personal self-satisfaction in knowing that you are capable of becoming. **Only the individual himself can really determine their success.** You might be able to fool others, but you can't fool yourself. Examine your **heart** to discover the truth on whether you did everything you could within your personal limits. We are not made equally – God made us all to be uniquely unique. Some have more ability (better jumper, bigger, stronger, faster, quicker, or other physical attributes), but no one is should ever be your superior in the qualities and characteristics such as **team spirit, enthusiasm, listening, industriousness, cooperation, loyalty, determination, honesty, sincerity, reliability, and integrity.** The **HEART** or the body is extremely important, and you control it. It is your heart that is measured with these qualities and characteristics. You are a success if you are first in these qualities and characteristics. You are a success if you are first in these qualities and characteristics, regardless of the wins and losses.

Have faith and patience as worthwhile goals take time and effort. Things that come easily are generally not that meaningful, and it is your faith and patience that will carry you through any adversity, pain and hard work. While there are many other attributes that contribute to making champions and individual success, reach for your own peace of mind that can only truly come from knowing you did your very best, readjust your goal, and work hard toward a new goal. While one half of the participants in every athletic contest is disappointed and unhappy, as there is only one winner in any given contest, let your success be determined by knowing that you did your very best, with no excuses

EAGLE ATHLETICS – BELIEVE IT! –

As we begin another year of participation in youth sports we would like to express thanks for providing your student athlete the opportunity to participate in athletics. Much of the joy in participating in athletics is not necessarily associated with winning, but having the opportunity to compete with your friends and do so while displaying good sportsmanship. This joy is heightened when they are able to display their skills in front of their family and friends. In that we stress the importance of your attendance and participation as a positive spectator and supporter in getting them to practices, games and to assist them with drills and practice at home.

Both the IHM parish and St. Casimir parish work together to provide opportunities for your child to participate in athletics. Sports such as basketball and volleyball are coordinated at St. Casimir, while soccer, baseball, softball, and floor hockey, are coordinated at IHM. If you have any questions concerning the athletic programs at either parish, contact the Head Athletic Director.

The mission of our Parishes/School sports department is to promote friendly competition between the catholic parishes and Lansing Parks and Recreation and provide an opportunity so that everyone that wants to participate can. Rules are in place to assure that all players on the TEAM have the opportunity to participate regardless of their skills.

The goal of our youth sports programs is to serve young players and their families by providing fun, safe and enjoyable youth sports experiences, by recognizing each player's physical and emotional well-being, by teaching skills development, by treating them with respect and dignity, by encouraging positive parent involvement and by enriching young lives with meaningful recreation and socialization and to do so while displaying good sportsmanship.

Team sign up and deadlines:

As of November 12, 2008 each player must have a parent or parent representative at sign up in order to sign up said player. If your child needs to ride to practice with another player or to car pool with another family, please make the sport director aware of this situation all effort will be made to make this happen. Sign up can be done through written request and dropped off at the School Office or call the Athletic Director of that sport before or within a 5 day grace period after sign up. If there is too many players for 1 team all others who sign up late or call late will be placed on a hold list and if possible a new team may be formed or said player(s) may be asked to play for another Catholic Team who may need other players. The final decision of players and teams is up to the discretion of the Head Athletic Director. All appeals should also be brought to the Head Athletic Director.

Code of Conduct:

Each player will be asked to review with their parents an IHM-St. Casimir Student Athlete's Code of Conduct and return a signed copy to their coach. This Code of Conduct will be kept on file with the athletic directors. Student athletes who elect not to adhere to the guidelines outlined in the Code of Conduct will face the appropriate consequences. A blank copy of the Code of Conduct is included in this handbook for your own reference. We will provide you a separate copy to signed and return.

When a player is placed on a team, the success as a team is dependent upon the team working to achieve its goals. It is important that each player respect their team mates and their coaches. Each player has an equal opportunity to play and participate at the start of the season and players will earn playing time based on their commitment to the team. We want everyone to have a quality experience and by having the participants on the team all focused on the same goal, we feel that the experience for the players, coaches, parents and fans will be much positive.

Uniforms and fees:

Player fees are \$40.00 a season and per all sports, this fee must be paid prior to your first game failure to pay the fee will result in the player not being able play in games until the fee is paid. A \$40.00 uniform deposit will be collected at the "Meet the team night" or a team practice.

Uniforms are worn only at games. They are not to be worn to school, practices, the mall or any other function outside of your team's games. Players are allowed to wear uniforms on out of dress code days only. Uniforms are to be returned after the season to your coach or at the banquet. Players that do not return uniforms will forfeit the \$40.00 uniform fee and not be permitted to play another sport until they return their uniform.

The \$40.00 uniform fee in addition to being a deposit on the uniforms will also be used towards your commitment to work your scheduled games. This section applies to all programs that require a worker to run a home game or games. If you show up and complete your commitments, your fee will be returned to you. If you do not complete your commitments, we will use that fee to pay someone else to cover that job.

Parents are expected to wash and maintain their child's uniform. We request that they not be put in the dryer, but be hung on a plastic hanger and allowed to air dry. There is no needed to iron the uniform if they are washed and dried in this fashion.

Ironing and drying will permanently deteriorate the lettering.

If you cannot afford players fees, please let your sports director know so that we can waive the fee, The Head Athletic Director will waive fees when necessary. This done so that every student / religion Ed. child at IHM-St. Casimir can play in any sport regardless if a parent can afford the fees.

Grades:

A student athlete is a student first and a athlete second, and it is the students first priority to do what is expected to complete their commitments in the classroom before they complete their commitments on the basketball court. The student's grades, performance and behavior in the classroom are between the student, the parents and the school. The athletic directors will take our direction from the school administration concerning a student's eligibility to play in relation to their grades or classroom discipline. If a student is suspended from the team, the student will not be able to participate in practices or games until the school determines when the player can return to the team. Once the school determines that a player is eligible to return to the team, the player must return to practice before they are eligible to play in a game.

Sportsmanship:

Displaying or participating in poor sportsmanship is not an option as a participant in IHM-St. Casimir athletics, either as a player or as a spectator. As a player and participant in athletics you will be representing all those who are members of IHM and St. Casimir parishes and school and any negative behavior or poor sportsmanship at home or on the road will reflect on those that you are representing and is a standard that we will not compromise.

A spectator who challenge or yell at referee's, fans, and coaches or players can at the discretion of the Head Athletic Director or referee, be ejected from the contest if they are unable to control their emotions or comments. **Spectators ejected from the game will not be permitted to return to any CYL, Lansing Parks and Recreation sponsored contest for one full year.** Spectators refusing to leave the game after being ejected could result in your team forfeiting the game. If you have an issue or concern we ask that you seek out the athletic director at that venue and discuss your concerns with them. If they determine that the expressed concern is warranted, they will discuss with the appropriate party and at the appropriate time. Please remember your purpose for attending these games and that your actions represent your child, your family and your friends.

Players will be instructed by their coaches that they are not to question calls, yell at referees or display other negative behavior while participating in an athletic contest. Those that are either penalized during a game or observed by the athletic directors will be dealt with appropriately and could suffer game suspensions or season long disqualification. If the player has a question about a call they should ask their coach for clarification as to why the call was made and what they need to do the next time. Most referees are very happy to discuss the call if they are asked in a courteous and professional manner.

Coaches:

The coaches at IHM/St. Casimir are volunteers and have volunteered to commit a significant amount of their time to spend with your child. Each adult who works with your child is required to attend the VIRTUS training provided by the Lansing Catholic Diocese. Most teams will have two adult coaches on the team and will be at every practice. If only one coach is able to be with them, we have instructed the coaches to ask a parent to stay at the practice, otherwise the practice will have to be cancelled. Please be willing to help if asked.

Each coach has been given the rules and guidelines of the CYL, Lansing Parks and Recreation, Capital Area Recreational Sports League and we stress that they learn and follow all the rules. A copy of IHM-St. Casimir Athletics' Handbook will be given to all coaches. We also ask each coach to develop a Weekly Practice Plan and to provide that in writing to the athletic director of that sport. Coaches typically put in two practice sessions a week, at least one game per week and their weekly practice planning session. We ask that you show a similar commitment and make sure that your child is able to make it to practices and games on time and ready to play.

Forfeits: No Coach shall be allowed to forfeit any game for any reason. All games must take place. Only league officials are allowed to cancel any game. Forfeit fees do apply in all of the leagues that our teams participant in. Any coach that fails to follow this rule may be charged the forfeit fee and/or may be asked not to coach in the next season.

We want parents to cheer and express positive encouragement at games and practices. We ask you to encourage your child and to create an atmosphere that is one that stimulates the player and entices them to play better. We also ask that you let the coaches coach the player not shout instructions to the player while they are on the floor or field. While your direction may seem innocent, it may conflict with what the coach is attempting to accomplish. All concerns no matter how small MUST be brought to the sports director attention. The sports director must bring to the Head Director.

Trophies: All players will be given a sport medal at the end of the sports season. No trophies will be given to any player unless the whole team receives a trophy from the league.

Snacks: No coach shall ask or request any parent to bring any snacks to games or any practices.

Practices:

Players are expected to attend every scheduled practice that the coach holds. The athletic directors and coaches spend extensive amounts of time providing a positive atmosphere for your child and the opportunity to practice and to play. Each of you has been provided written expectations for your player and by agreeing to participate in sports here at IHM- St. Casimir; you have also committed yourself and your player to the team and their team mates. Without full participation at practices the team suffers as does the individual player. Our teams typically have small rosters and if one player isn't able to participate, the impact on the team, drills and execution at the next game will typically not be as positive as if everyone were on the same page.

1. All practices are mandatory and unless the parent or player calls the coach directly to let them know the player won't be at the practice or the game, the event will be considered an unexcused absence. If you have an unexcused absence or excessive excused absences, your player will not be permitted to play in the next game. Excessive absences may result in suspension from the team.
2. Missing a team practice at IHM - St. Casimir to attend practices, camps, workouts, meetings, tryouts, or games for another sport or another team will constitute an unexcused absence and the player will be required to sit out the next game. Unfortunately this may require your child to make a choice to participate in IHM-St. Casimir athletics or not, however we feel that it is important for everyone to show the necessary commitment to the team and that success of the team requires participation from all the members.
3. Absences for scouts, religious education, and other school or parish related function will be addressed on a case by case basis and should be directed to the Head Athletic Director. It is our intent that students participate in these activities and will attempt to make arrangements if conflicts do occur. We ask that you communicate these situations with us as soon as you are aware of them.
4. Family emergencies, school or parish functions, and other issues that arise during the course of the season may require your player to miss a practice or a game. We understand that there are other family functions that may come up that will constitute an absence. If these issues come up, we ask that you communicate directly with the coach as soon as you are aware and if possible, put it in writing so they can remember when you will be absent. Depending on the game situation the coach may still elect to have the player not eligible for the next game if they aren't prepared to contribute or know the plays. A player that is not prepared can be a detriment to the team as a whole.

Student Illness or Missing a Day of School

If a student/athlete is too sick to attend school then we would expect that they are also too sick to play sports, and would hope that they would be kept home, even if they "may feel better". We realize that there may be extenuating circumstances that are between the school and the parents and the athletic directors will take our direction from the school administration, as to the player's disposition and their ability to participate in a game or practice.

If we do find out that a player has been told that they are to sit out a game and they show up and play anyway; that player will be automatically suspended for the next game and will most likely face further discipline.

Game Assistance

Many hands make light work! It is in that attitude that we ask parents to assist in helping with game administration, by either assisting with set-up, clean-up, admissions or, concessions. Each player will be responsible for having someone represent them for two or three of these activities at home games during the season. Players will bring home schedule identifying the games and activities that they are responsible for. We ask that the parents review that schedule as soon as it comes home and make the necessary arrangements to resolve schedule conflicts between team mates. All sports teams will need parent helper to form phone trees for their team, help with practice set ups and clean ups after games and all practices. Parents will be asked to bring snacks and drinks for halftime and post game times. All Sports directors and sports coordinator and coaches will welcome any parents help.

Open Gym:

We will make every attempt to provide “open gym” time and will have a “Coach in Charge” at the gym to provide the supervision and assistance to players who want to work on skills. This is not a “free play” event, but is an opportunity for those players who wish to work on certain aspects of their game. Those players who show up, but do not use it as a productive practice and wish to goof off, will not be permitted to participate. Parents are encouraged to stay if they are able to work with their players as well.

Basketball is a team sport and for everyone on the team to have a quality experience, it requires that everyone who is a part of the team do their best to support the team concept and participate as a member of that team. Practices are where players hone their skills, receive direction and work on the game plan. Likewise, games are where they are able to display and execute what they learned in practice. If you don't work hard in practice, your ability to compete in the games will be compromised.

Open gym time will be available for all sport as needed and if the gym schedule permits.

The 24 Hour Rule / Concerns:

We welcome you and that the experience for the student athlete and the family are a good one at IHM/St. Casimir. We welcome your comments, concerns and suggestions and when communicated in respectful fashion can go along way to make situations better for everyone. We suggest that if you have a concern or issue with a coach or athletic director that you consider implementing the 24 hour rule if there is a potential for conflict. Addressing a situation without having time to “cool down” or think about the situation may lead to further problems that both parties may regret later. Waiting 24 hours permits both parties to think about what they want to say, evaluate the situation and determine what may be the best action to take. However if your issue requires immediate attention, please do not hesitate to contact one of the sports directors. If you after you talked with your sports director and your issue requires immediate attention, please do not hesitate to contact the Head Athletic directors. The final decision for your issue is up to the discretion of the Head Athletic Director.

