

TCA ATHLETIC HANDBOOK

REVISED 2023 highlighted portions are the changes

PHILOSOPHY

The athletic program of Trinity Catholic Academy is to promote and encourage the growth of our students in virtue, holiness and strength. Athletics have been used in Sacred Scripture as metaphors for the spiritual life. The lessons learned through sport - determination, self-sacrifice, leadership, endurance and justice - are invaluable to the development of the human person. These lifetime skills are learned and practiced on the field and court through healthy intense competitions. While these are good and worthwhile, all students, coaches, parents and athletes must remember that these competitions are just games. While we play to win, winning at all cost is never a victory. Our TCA athletics should also retain their proper place in the priorities of our families - never taking dominance over our liturgical prayer, the family table or academic formation. Our athletics program must always be to the glory of God.

ATHLETIC PROGRAMS AND CO/EXTRA-CURRICULAR ACTIVITIES

Trinity Catholic Academy has outstanding athletic and co/extra-curricular programs. The school will attempt to provide equal sports opportunities for both boys and girls. Students may participate in athletic and co/extra-curricular activities if they meet eligibility requirements, have a current sports physical examination on file, are adequately covered by insurance, and have an acceptable attitude.

Participation in athletic and co/extra-curricular programs is a privilege, not a right. Therefore, students forfeit this privilege if behavior, academic standards and financial obligations are not met. Co/extra-curricular and athletic activities do not take precedence over academics; they work in cooperation with academics. The Athletic Director shall maintain the overall administrative supervision of the school's athletic programs and activities.

ATHLETIC/CURRICULAR PROGRAM

Speech 6th-8th Baseball 6th-8th Softball 6th-8th Girls/Boys Golf 5th-8th
Gbasketball 5th,6th,7th,8th BBasketball 5th,6th,7th,8th Cheerleading 6th-8th
Boys/Girls Bowling 6th-8th Girls Volleyball 5th,6th,7th,8th Scholastic Bowl 6th-8th
Girls and Boys Track and Field 5th-8th

Trinity is a member of the Prairie Conference and participates in the interscholastic athletic activities of the conference in basketball, volleyball, track and scholastic bowl. A conference tournament will be held at the end of each season. See <http://static1.1.sqspcdn.com> for guidelines. All other activities are considered non-conference. All 7th and 8th grade athletics/activities are also a member of the IESA and will compete to move on in a regional, sectional and state at the end of the season. See IESA for guidelines. From interscholastic sports to debate activities enrich a student's school experiences. They are not a diversion, but rather an extension of a good educational program. Students who participate in activities programs tend to have higher grade-point averages, better attendance records, lower dropout rates and fewer discipline problems. Activities provide valuable lessons on many practical situations such as teamwork, sportsmanship, winning/losing and hard work. Through participation in activities, students learn self-discipline, build self-confidence and develop skills to handle competitive situations. These are qualities instilled in students so that they become responsible adults and productive citizens.

STUDENT CONDUCT

Any student who engages in conduct, whether inside or outside of school, that is detrimental to the reputation of the school and/or inconsistent with the mission, philosophy, or teachings of the Catholic Church may be subject to disciplinary action including suspension or expulsion. Students are expected to act in an orderly and Christian manner at all times, treating staff and other students and school property with respect. The idea of discipline is to enable the student to move from externally imposed discipline to self-discipline. When it becomes necessary to impose punishment for misbehavior, efforts are made to accomplish a positive effect. The school may make use of written contracts or recommend counseling. The Diocesan Policy Book (D-114;P-DBE) states: "The permanent dismissal of a pupil from a Catholic School is a measure which should be taken only when it is seen that the program of the school is not appropriate for the particular individual."

ATHLETIC SPECTATOR CODE OF CONDUCT

Each year Trinity Catholic Academy Grade School schedules an active and highly competitive sports program for both boys and girls. We encourage your attendance at our athletic events and hope to see many of you at these sporting events. However, we do expect certain standards of conduct at all contests and we will endeavor to maintain proper sportsmanship by all that attend. Listed below are rules and regulations that must be followed by all attending Trinity Catholic Academy athletic contests.

- Spectators attending games are to be seated while play is in session.
 - No objects are to be thrown.
 - Spectators are to remain off the gym floor or field at all times.
 - Fans should not heckle, jeer, or distract member of the opposing team (i.e., should not whistle or yell while opposing players are shooting free throws).
 - Profane language and obnoxious behavior will not be tolerated. (i.e., all cheering must be in good taste. Questionable group cheers will not be permitted).
 - Spectators are expected to show proper respect for school property and for the authority of school officials and coaches.
 - No talking to players in the dug-out or bench about decisions or calls being made by the coach or ref.
- No communication regarding calls, decisions or playing time between spectator or parent toward the coach before, during or after a game.
- Coaches give phone numbers to change games and practices that may occur last minute. Do not communicate with our parent volunteer coaches regarding playing time, decision making or strategic game situations through text message.
- Communicate these messages through email during work hours (hours found in Hours section) and the coach will respond through email or set up a time to meet or call to discuss the issue.

CONFLICT RESOLUTION/GRIEVANCE POLICY

If a student-athlete, parent, or guardian has a grievance, they are to follow this procedure:

1. Speak to the coach first. Please allow 24 hours to think about what you will say first.
2. If that is not sufficient, speak to the athletic director after speaking to the coach.
3. If that is not sufficient, speak to the athletic director and school principal.
4. If still not satisfied, see copy of the formal grievance procedures (Appeal and Review) listed as Appendix B of this School Handbook. Trinity Catholic follows the conflict resolution policy of the Diocese of Peoria. (G 111)

CONSEQUENCES TO ABOVE CONDUCT AND GRIEVANCE POLICY

Discipline will be administered, when necessary, to protect students, school employees, or property, and to maintain good order which is essential in a positive learning environment. All will be treated in a fair and equitable manner and discipline will be based upon a careful assessment of circumstances of each case (e.g. seriousness of the offense, age, language and frequency of misconduct). Discipline actions may include and are not limited to: 1 game suspension of the student, parent or spectator and game suspensions of parent and athlete regardless of who was the violator. [All athletic handbook policies are in compliance with IESA and Diocese of Peoria.](#)

HOURS OF ATHLETIC OPERATIONS WHEN COMMUNICATING ABOUT ATHLETICS

When communicating concerns and complaints to any member of the staff including, but not limited to Father, Coaches, Athletic Director and Principal please only call and email during the allotted school hours set. If we cannot respond to you during school hours 7:50-3:30 we will email or call to set something up at a convenient time for all.

TRYOUTS

Because of its very nature, trying out for membership or participation on a team should be discouraged. At the elementary level it precludes student-athletes' participation at a period in their lives when opportunities to develop interests and learn fundamental skills should be paramount to excluding them because their abilities are not as obvious as others in their age and grade ranges.

PLAYING TIME

In the highly developmental grades 5 and 6, all players are expected to play. In more competitive grades 7 and 8, playing time will be determined by attendance, effort, attitude, skill and strategically by the coach as an individual player's strengths are utilized in specific situations on the field or court. As such, 7th and 8th grade equal playing time is not guaranteed. However, reasonable playing time during regular season games can be earned by working on or improving the above.

PLAYING UP

In the event that a grade level does not have sufficient members to form a team, the Athletic Director and the Principal may allow student-athletes to play up; however, those playing up will be from the next lower grade level only. Any exceptions to this requirement shall be granted by the Office of Catholic Schools on a case-by-case basis. The total number of team members will not exceed a reasonable number if there was a

need to have lower grade student-athletes play up. The Principal and Athletic Director will determine what the “reasonable” number is.

PRECEDENCE OF ACTIVITIES

In cases where there is conflict between an athletic activity and a community sponsored activity/ fine arts activity, the athlete will participate in the activity based on this priority of order:

- a) The Activity in which the student-athlete started first will have first priority.
- b) Conference activities over non-conference activities.
- c.) Games will take priority over practices. Coaches may NOT schedule practices around an-others game. This is to protect our students so that they have time for homework, family and sleep. Ex. if one has a game they are excused from an-others practice for that day. If the coach chooses to have practice that is fine, but the athletes will not attend practice and will be excused.
- d.) Practicing for a State sponsored activity will take priority over any other practice or game. Ex. If a sport has moved on into the regional and now has overlapped into the next activity the sport in the regional will have priority over all games and practices of the next activity.

PRACTICES, GAMES AND TOURNAMENT EXCLUSIONS

No games or practices, including tournaments or Open Gyms, may be scheduled or played on Sundays, on Holy Days of Obligation, Holy Thursday and Good Friday. Practices, games and tournaments will be limited to five days per week, per team. Practices should not exceed one and a half (1.5) hours per day. Parish events and school events such as seasonal programs, fairs and concerts should take precedence over practice, games and tournaments. Practice schedules will be part of the complete description and the rules and regulations of each sports offering. These will be written and communicated to all participants before the beginning of each season. The Principal will approve all decisions regarding this written notification.

TOURNAMENTS

The Diocese of Peoria does not sponsor diocesan tournaments. For this reason no tournaments may be referred to as “Diocesan” or “Diocesan-wide” tournaments. No school may sponsor league or non-league tournaments requiring overnight stays.

WEATHER-RELATED SCHOOL DAYS, SATURDAYS AND HOLIDAYS

On school days, Saturdays and school holidays when severe weather conditions may preclude practices, games and/or tournaments, the Principal and the Athletic Director will determine whether or not practices, games and/or tournaments will take place or be cancelled. A reliable relay system for communicating cancellations or changes to

parent(s) or guardian(s) and student-athletes should be planned, written and distributed to coaches and moderators prior to each sport's season.

TRANSPORTATION TO EVENTS

To and from school events it is the parent/guardians responsibility to have their son/daughter to the scheduled event on time. Those times will be set by the coach of the sport/activity. If a parent wishes to have their son/daughter return with an adult third party, the initiating parent must contact the coach or the school office prior to the event. The parent should also provide a note for the coach from the adult who is transporting their student. Everyone should let the coach know they are leaving with their son/daughter or another athlete before leaving the event.

RELEASE OF STUDENTS DURING THE SCHOOL DAY AND P.E.

Student-athletes who are absent from school more than half the day may not participate in a practice session or game on the same day of the absence. If you leave for any reason due to illness you may not participate in any after school activities. The Principal may allow a waiver if the absence is due to reasons other than illness, such as out of the area medical doctor appointments, funerals, or other family emergencies. It is expected that students who are excused from P.E. classes will not participate in other athletic practices or games for that day, but should attend all practices and games. If a student chooses not to participate in P.E for the day they will not participate in practices or games for that day.

EXCUSED/UNEXCUSED ABSENCE

Absences must be communicated in advance by text, call, note, and set up through an adult. Absence include, but are not limited to the following.

Excused Absence: emergencies, illness, family vacations, doctor appointments.

Excused Tardies: tutoring

Unexcused Absence: car trouble, no ride, work, babysitting, involvement in another activity outside of a school event.

Unexcused Tardy: Detentions. Detentions are a burden on teammates. (2 tardies=unexcused absence)

CONSEQUENCES OF UNEXCUSED ABSENCES

1st offense- 3 unexcused absences = sit .5 game

2nd offense-6 unexcused absences = sit 1 game

3rd offense-9 unexcused absences = meet with Athletic Director

If you miss a game due to an unexcused absence you will sit one game.

If you miss a practice right before a game due to an unexcused absences you will sit .5 a game.

TECHNICAL BY COACH OR PLAYER

If a coach receives a technical during a game, that coach may finish the game but will serve a 1 game suspension and will not be eligible to coach the next game. If a coach receives a 2nd technical during the season they will have a 2 game suspension. A player who receives a technical during the game will be removed for the remainder of that quarter and the next full quarter. If a player receives a 2nd technical in a season they will be removed from the game and will not be eligible for the next game. After the second technical they will be reevaluated as a coach and player.

ELIGIBILITY

Trinity Catholic Academy strives to provide opportunities for student-athletes to develop talents and interests. Some of these activities include: academic groups (speech & scholastic bowl), interscholastic sports (basketball, track, volleyball & baseball), cheerleading, plays and musical programs, service projects, scouts and other school activities. Trinity Catholic Academy will follow the IESA eligibility guidelines, which state:

1. Students will be checked on a weekly basis. Grades pulled on Friday.
2. Students must be passing all subjects to be eligible.
3. The week of eligibility is from Sunday through Saturday.
4. Eligibility check begins the week prior to the first game.
5. Any student who is ineligible three times during a season, will be dismissed from the team.
6. Students who become ineligible will not be able to attend practices or games until their grade has been brought up to passing. This could include possible tutoring during the week of ineligibility. These absences will be considered unexcused and have potential affect on starting/playing time when they return.

The administration and staff will make every effort to attempt to make sure all student-athletes are eligible and are able to participate in the many activities that are available and valuable to the student-athletes.

GAME DAY APPEARANCE

All athletes are expected to come to home games in appropriate TCA spirit wear/ warmups set by your coach. Do Not wear your athletic shoes into the school. All athletes are expected to look nice on away games. This will be decided on by your coach.

UNIFORM/GARMENT CARE:

Each athlete is responsible for the care, maintenance and upkeep of assigned uniform. They will be held financially responsible for the loss and/or damage of the uniform. You may not alter or change the uniform in any way.

WARMUPS

Student-Athletes may only wear warmups to and from games. They may not wear warmup tops or bottoms to school. They can only be worn to school on a "spirit day" or "special day" given by the principal.

AWARDS

Athletic awards are recommended to the Athletic Director by the sponsor of the award. All student-athletes will be given a participation certificate if they meet the requirements.

Athletes not recommended for any award are those who:

- fail to complete the season
- fail to show the proper attitude towards teammates or coaches
- fail to attend practices or events
- fail to observe squad rules and policies
- fail to show positive conduct for the team and school

Athletic awards are received at the respective athletic award programs held upon conclusion of a season's activity.

REPORTING ACCIDENTS/INCIDENTS

Any athlete injured in practice or during competition must notify the coach immediately. The coach will complete a SCHOOL ACCIDENT REPORT within reasonable time and turn it in to the Athletic Director. Serious injuries must be reported immediately. Coaches must also report any incident that involves coaches, parents, spectators, or student athlete competing or not competing that violates any IESA or school handbook code of conduct policies immediately.