

IMMACULATE CONCEPTION REGIONAL SCHOOL

1321 East Division, Mount Vernon, WA 98274, (360)428-3912, Fax (360)424-8838

Permission to Participate in ICRS Athletics and Approval of Policies

Program Objectives:

At ICRS, we want to create an athletic program that teaches athletes the fundamentals of each sport with additional emphasis on sportsmanship, discipline, honesty, and teamwork in a faith-centered environment, and provide an opportunity for students to form friendships among classmates.

Eligibility

- A. To participate, players must have submitted to the school office prior to the first practice:
- ____ Permission to Participate and Approval of Policies Form
 - ____ Concussion Information Sheet
 - ____ ICRS Parent and Coach Protocol Form
 - ____ Medical Insurance and Safety Precautions Form
 - ____ Field Trip: Driver Information Sheet
 - ____ Proof of a sports physical (For 7th & 8th grade only. Good for 2 years.)
- B. Students and parents must attend informational meetings sponsored by the school or coach.
- C. Students must maintain grades of C's or better in order to participate in ICRS sports. Any time a student's grade drops below a C, the student has a one-week probation period to bring it up. If the grade is not raised to a C or better by the end of that probation week, the student will miss the next game. If a student misses two weeks of practice in a row because of grades, he/she may be suspended from that sport for the season. The athletic director will notify teachers and coaches about the eligibility status of students. Only a written note by the athletic director or the teacher will allow a student back after suspension. Students cannot verify to coaches that their grades are up. Consideration will be given to those students who have identified academic needs. Upon returning from an absence because of grades, vacation, or illness, the coach may require the student to participate in three practices before playing in a game.
- D. Students must attend at least one half of the school day in order to be eligible to play in a game.
- E. Student athletes are expected to have good behavior at practice, games, on the bus/carpool/ferry, and in the classroom as stated in the guidelines below. A player's first violation will be discussed between the coach and player. If the disciplinary problem continues students may be benched,

the parents, athletic director, and/or principal may become involved at the coach's discretion, and students may be suspended from ICRS athletics.

Behavior Guidelines for Athletes:

1. Come to all practices and games on time
2. Keep track of your uniform and take care of all equipment at ICRS and other schools
3. Respect your coach. Follow directions. Listen when your coach is speaking. When the whistle blows, stop what you are doing, including talking.
4. Only good language is acceptable; no swearing.
5. Remember you are part of a team; work together. Recognize your teammates' effort with praise and encouragement.
6. Accept unpleasant situations such as bad calls, unfair plays, or mistakes with good sportsmanship.
7. Regardless of the final score, compliment the other team on a game well played.
8. Do your best, and have a positive attitude.

My child, _____, has my permission to participate in the following sport(s)
_____ at Immaculate Conception Regional School. I also give my consent to his/her riding in approved transportation provided by coaches, staff, or parents. I understand that a \$30 sports fee will be collected on FACTS for each sport, and that if my child's uniform is damaged I will be charged a fee: \$10 for very small tears or stains or a replacement fee of up to \$88 for lost or very damaged uniforms. To further care for uniforms, please hang dry them rather than using a dryer. Thank you!

I understand and agree with the above requirements and will follow them.

Student's Signature

Grade

Parent/Guardian Signature

Date

Parent's email: _____

(for notification of meetings, games, changes in scheduling, etc.)

Phone #

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