

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:
- ____ This sports packet including: Permission to Participate and Approval of Policies, Concussion Information, Medical Insurance and Safety Precautions, and the Volunteer Driver Form (only one sports packet required per year).
 - ____ Proof of a sports physical (For 7th & 8th grade only. Good for 2 years.)
- B. 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.
- C. Students must attend at least one half of the school day in order to be eligible to play in a game.
- D. 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.

Expectations for Parent/Guardian:

1. Review ICRS sports rules with your student-athlete.
2. Treat all coaching personnel with courtesy and respect, and insist your child does the same.
3. Make every effort to attend informational meetings offered by the coach.
4. Assure that your student-athlete will attend all scheduled practices and athletic contests.
5. Model positive attitude and sportsmanlike behavior at all athletic contests.
6. Attend as many contests as possible to show support for your child, the team and the school
7. Issues not appropriate to discuss with coach: Skills or abilities of other student-athletes, team strategy, technique, practice-organization, or play selection.
8. Do not promote gossip or spread concerns over social media. Communicate any concerns in a timely manner, according to the school protocol:
 - a. First, encourage your child to speak directly with the coach. Often, concerns can be resolved at this level.
 - b. Contact the coach to set up an appointment.
 - c. If the coach cannot be reached, contact the ICRS athletic director. She will assist you in arranging a meeting. Trisha Van Selus: athletics@icrsweb.org
 - d. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution of concerns. Please allow 24 – 48 hours for a “cool down” period.
 - e. If the meeting with the coach did not provide a satisfactory resolution, call to schedule an appointment with the athletic director to discuss the situation.

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 policies and will follow them.

Student Name

Grade

Parent/Guardian Signature

Date

Parent's email: _____

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

Phone #

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