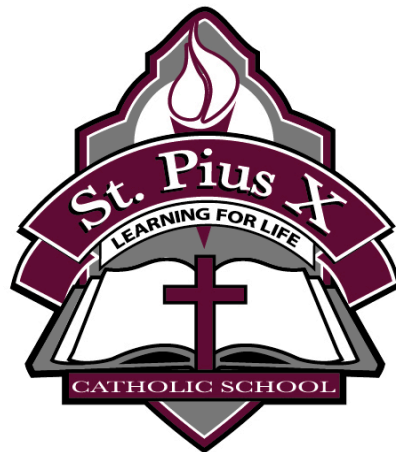


**St. Pius X School
Athletic
Handbook
2011 - 2012**



ATHLETIC HANDBOOK

Dear Parents,

A new season is upon us and I can't help but get excited about new classes, activities, and special events. The teachers and coaches can't wait to begin, and we all hope that you, too, share this enthusiasm.

This year will be a year of great achievement for St. Pius X-- both academically and athletically. In an effort to keep you and your son and/or daughter informed, we are offering you an Athletic Handbook.

As a specific sport rolls around, more information will be given to the student athlete and updates will be noted -- but for now, this information will serve as a way to get you and your athlete ready for an action-packed sports year.

If you ever have any questions or comments or need assistance, please call me at St. Pius X School at 276-1061.

Again, we're looking forward to this school year with great enthusiasm. Please join us this year by attending the games, activities, and events and by supporting and encouraging our teams for the best season(s) ever!

Thank you very much!

Sincerely,
Tom Breitbach
P.E. Teacher/Athletic Director
St. Pius X School

Regulation

Athletic Program

The principal and Athletic Director shall approve coaches for all teams representing St. Pius X School.

It shall be the responsibility of the coach in conjunction with the Athletic Director, and in compliance with the governing rules of the league to determine an appropriate number of players on each team's roster.

All school sponsored athletic programs shall be conducted with a "no cut" policy for fifth, sixth, seventh, and eighth graders.

The Athletic Committee, under the direction of the Board of Education, will direct the coaches to provide equal attention and opportunity in practice to develop the skills required in the athletic program in which each player participates. Instruction of basic fundamentals is the foundation of the coaching philosophy at St. Pius X School. It is also the policy that all fifth, sixth, seventh, and eighth graders be provided equal playing time in all sports, per game and per practice, so that each player may learn and perform the skills practiced during the week, providing each player has complied with team rules and practice attendance as outlined by coaches. Players who miss practices/games, regardless of the reason (e.g., doctor appointment, TCY, other team practices, etc.) may forfeit equal game playing time. During tournaments, all players will play but time played may not be equal.

Scholastic standing must be maintained according to St. Pius X School's standard as outlined in the St. Pius X School Parent/Student Handbook.

In some cases, players may be moved to another team due to an inadequate number of players on a team. Players may be moved to another team at the discretion of the coaches and the Athletic Director. The parent and player will be notified prior to moving the player to another team.

Policy adopted: June 6, 1988

Policy reviewed: October 17, 1995

Policy revised: November 24, 1998, November 1, 1999, November 4, 2003, June 2, 2008

Sports Camps and Clinics

Anytime I receive information regarding special camps or clinics from Dowling, Drake, Iowa State, University of Iowa, UNI, Y-Camp, F.C.A., or any other school or sport related agency, I will announce the information to the students and post notice to the PE bulletin board if a notice is provided. Many announcements are made through e-mail or websites, so it is important to investigate the sites of Dowling Catholic, the YMCA, and your local community to see what is being offered for camps and clinics. This is important because many of these camps have been created with the young athlete in mind. There is no better way to develop a young person's potential -- mentally, physically, and spiritually than by attending one of these special camps. What's more, we have some outstanding camps and clinics in our state -- not to mention Des Moines!!

I'll do what I can to post the information I receive and to obtain any other brochures that may interest the athlete.

Mr. Breitbach

Athletics, Extra Curricular

As is traditional in Catholic education, we seek to educate the whole child to the fullest of his/her potential. An integral part of our comprehensive program of total education is the use of athletics in cooperation and conjunction with our other departments to produce healthy, well-rounded Christian ladies and gentlemen. Specifically, the athletic department is designed to provide our children, by classroom instruction and field practice, an overall understanding and mastery of techniques and procedures of major sports. While our immediate emphasis is the acquiring of athletic skills, our department seeks to create a milieu where our young people may develop those character traits and discipline of mind and body, which will form them into well-integrated individuals who are conscious of cooperating with one another in obtaining a standard of excellence.

Scholastic standing must be maintained according to St. Pius X School's standards. Middle School students who are in Taking Care of Yourself, "TCY", (for two or more subjects or for a failing grade in any one subject) or fifth grade students in Take Responsibility for Yourself, "TRY", will not practice or participate in games that week (Monday-Sunday), however they will be expected to attend the games and sit on the bench in support of their team. Teachers will inform the athletic director, who in turn will inform the coaches, if one of the athletes is in TCY or TRY. The coaches will then inform the student and their parents. Once a student is out of TCY or TRY, they will be able to participate the following Monday.

A. Athletics

Athletic participation at St. Pius X is an integral part of the school's total curriculum. The following programs are available:

- Boys Basketball: Sixth, seventh and eighth grades
- Boys Track: Fifth, sixth, seventh, and eighth grades
- Girls Basketball: Sixth, seventh, and eighth grades
- Girls Track: Fifth, sixth, seventh, and eighth grades
- Girls Softball: Sixth, seventh, and eighth grades
- Girls Volleyball: Sixth, seventh, and eighth grades

New Athletic Schedule for sports sponsored by the Elementary Catholic Schools of the Diocese of Des Moines.

Each sports season will be approximately six weeks in length, including tournaments.

GIRLS

August – October

Volleyball
Cross Country
Club Soccer

Mid October – December

Basketball – practice 2-3 times per week with weekend games
MAC Basketball Practice – no tournaments – girls who play MAC Basketball must also play for their grade school team
MAC Volleyball – TBD

January – March

MAC Basketball
MAC Volleyball
MAC Softball – not conflicting with Basketball or Volleyball

April – May

Parochial Track
MAC Softball

BOYS

August – October

Catholic Football League
Cross Country
Club Soccer

Mid October to December

MAC Basketball
Dowling Catholic Junior High
Wrestling

January – March

Parochial Basketball
MAC Basketball – boys who play MAC Basketball must also play for their grade school team
Dowling Catholic Junior High
Wrestling – must give way to Parochial Basketball schedule

April – May

Parochial Track
MAC Baseball

B. P.E. Clothing

See Parent/Student Handbook for clothing requirements for Physical Education classes

C. Athletic Pre-Participation Physical Exam

A certificate of physical examination is required before an athlete can participate in any sport. The physical is good for one school year only and allows an athlete to participate in any sport during that school year. (Ex. If a student gets a physical in the spring for track, then decides to participate in basketball, another physical is required because it is a different 'school year'.)

If a student-athlete does not complete a physical examination before the season, he/she cannot participate until a completed physical form is turned in to the school office.

A physical form may be obtained from the school office or from the athletic director.

It is suggested that student athletes have physicals the summer before the expected year of athletic participation. Many walk-in clinics throughout the area will do walk-in athletic physicals.

If for any reason we do not have enough players to field a team because physicals are not completed, members of the team are in TCY or TRY, etc. we will forfeit games until we have enough players to field a team.

Sports Participation Fees

We have initiated fees for participation in sports. These fees cover the costs of purchasing athletic first aid supplies, sport related equipment (i.e., purchase of new and used equipment to upgrade the athletic program), and League and/or special team charges (may include use of field/court charges, etc.). These fees will help us to put out our best efforts to build a successful athletic program as well as to help us meet the needs of these "young athletes in training" for their future in sports.

The fee for Middle School Softball, Basketball, Volleyball and Track will be \$30.00 per athlete for the year. If the students participate in track ONLY, the fee will be \$15.00 per year.

If you have any questions, please call Mr. Breitbach at St. Pius X School at 276-1061.

Note to Parents:

We cannot overemphasize the importance of the support and encouragement you offer to your own son or daughter, our teams, and our school when you attend the games, contests, and school events. It is, without question, an inspiration to see the stands filled with cheering spectators. It is my hope that we can get all the "backers" we can to each of the games this year. It is obvious that St. Pius X School is a strong contender in athletics and we want to keep it that way!

We have seen some fine young athletes in this school and will continue to see even more pass through these halls in the years ahead. What we need to do as parents and teachers is to continually support, encourage, and help our young people develop as positive, strong, caring, and responsible athletes. Teamwork, Sportsmanship, Camaraderie, and Positive Friendships are very important in athletics. Nothing prepares us better for life's battles than the competition we face in sports -- the winning and losing, the hard work and sweat, and the total team experiences as well as the individual achievements -- it is terrific preparation for what's ahead.

We, as teachers and coaches, will strive to offer our students and athletes the most positive experiences we can to help them develop as the athlete and student they are meant to be.

I also want to say that Sportsmanship is a very important part of the "whole game." We **cannot** allow parents or athletes to conduct themselves negatively or as "poor sports" should things not be going the way we think they should. Our reputation needs to be one in which we can be proud, as parents, players, observers, and spectators. Too often we see and hear people who conduct themselves inappropriately -- our young people don't need those experiences. We will take it in stride as we face our "thrill of victory" and the "agony of defeat." No one can ask for any more from our athletes than to give their best -- and that is what we are doing.

Enclosed is a copy of a writing by Bart Starr that deals with what I'm trying to say: "What It Takes to Be a Winner; the 3-D's."

This year at St. Pius X we are all going to be Winners.

Thanks for your support!!!!



What It Takes to be a Winner; the 3-D's

Bart Starr, former quarterback of the Green Bay Packers,
tells what it takes to be a Winner . . .

Whenever I have the pleasure of talking with young people around the country, I spend a while describing what I call the 3-D's:

1. Dedication - An enthusiastic willingness to accept, even look forward to, the long hours of practice, conditioning, and preparation necessary for excellence in any type of endeavor.
2. Desire - Maintaining, within, a constant, ever burning fire to excel. With it you have the stamina, both mental and physical, to put in those long hours.
3. Discipline - Possessing the inner strength to commit yourself to the rules, regulations, and training needed to achieve excellence -- and sticking to them.

To me, team success comes before personal glory. And so it should with you. Thank God for your talents so that you will be humble in victory and gracious in defeat. Do these things . . . and you will not only be a better football player, but a well rounded person who is an asset to your team, your community, your country.

**ATHLETIC PRE-PARTICIPATION
PHYSICAL EXAMINATION**

ARTICLE VII 36.14(1) PHYSICAL EXAMINATION. Every year each student (grades 7-12) shall present to the student's superintendent a certificate *signed by a licensed physician and surgeon, osteopathic physician and surgeon, osteopath, advanced registered nurse practitioner (ARNP), physician's assistant or qualified doctor of chiropractic*, to the effect that the student has been examined and may safely engage in athletic competition.

This certificate of physical examination is valid for the purposes of this rule for one (1) calendar year. A grace period, not to exceed thirty (30) days, is allowed for expired certifications of physical examination.

QUESTIONNAIRE FOR ATHLETIC PARTICIPATION (Please type or neatly print this information)

Name _____ Male ___ Female ___ Date of Birth _____ Grade _____

Home Address _____ Phone # _____

Parent's/Guardian's Name _____ Date _____

Family Physician _____ Phone # _____

HEALTH HISTORY (The following questions should be completed by the student-athlete with the assistance of a parent or guardian. *A parent or guardian is required to sign on the other side of this form.*)

- | | |
|--|--|
| <p>Yes No Has this student had any?</p> <p>1. _____ Chronic or recurrent illness or injury?</p> <p>2. _____ Any illness lasting more than one (1) week?</p> <p>3. _____ Rheumatic fever, mononucleosis?</p> <p>4. _____ Hospitalizations (Overnight or longer)?</p> <p>5. _____ Surgery, other than tonsillectomy?</p> <p>6. _____ Missing organs (eye, kidney, testicle)?</p> <p>7. _____ Allergy to medications, insects, food?</p> <p>8. _____ Seasonal allergies (hay fever)?</p> <p>9. _____ Problems with heart, blood pressure, cholesterol?</p> <p>10. _____ Racing of your heart or skipped heart beats?</p> <p>11. _____ Chest pain with exercise?</p> <p>12. _____ Frequent headaches, convulsions, dizziness, fainting?</p> <p>13. _____ Dizziness or fainting with exercise?</p> <p>14. _____ Concussion, unconsciousness, extremity numbness?</p> <p>15. _____ Heat exhaustion, heat stroke, or other heat related problems?</p> <p>Yes No Further History:</p> <p>29. _____ Is there a history of family or genetic disease?</p> <p>30. _____ Has any family member died suddenly at less than 40 years of age of causes other than an accident?</p> <p>31. _____ Has any family member had a heart attack at less than 55 years of age?</p> <p>32. _____ Are you uncomfortably short of breath after running ½ mile (2 times around a track) without stopping?</p> | <p>Yes No Has this student had any?</p> <p>16. _____ Asthma?</p> <p>17. _____ Epilepsy or other seizures?</p> <p>18. _____ Diabetes?</p> <p>19. _____ Eyeglasses or contact lenses?</p> <p>20. _____ Dental braces, bridges, plates?</p> <p>Yes No Is there a history of?</p> <p>21. _____ Injuries requiring medical treatment?</p> <p>22. _____ Neck injury?</p> <p>23. _____ Knee injury?</p> <p>24. _____ Knee surgery?</p> <p>25. _____ Ankle injury?</p> <p>26. _____ Broken bones (fractures)?</p> <p>27. _____ Other serious joint injuries?</p> <p>28. _____ Use of protective equipment or braces?</p> |
|--|--|

Use this space to explain any of the above numbered YES answers or to provide additional information:

33. List all medications you are presently taking, including asthma inhalers, and the condition the medication is for:
 A. _____ B. _____ C. _____
34. Year of last known: Tetanus (lockjaw) vaccination: _____ Meningitis vaccination: _____ HBV vaccination: _____
35. What is the most and least you have weighed in the past year? **Most** _____ **Least** _____

FOR WOMEN ONLY:

1. How old were you when you had your first menstrual period? _____

2. In the past year, what is the longest time you have gone between menstrual periods? _____

PHYSICAL EXAMINATION RECORD (To be completed by a licensed medical professional as designated in Article VII 36.14(1). *This evaluation is only to determine readiness for sports participation. It should NOT be used as a substitute for regular health maintenance examinations.*)

Athlete's Name _____ Height _____ Weight _____

Pulse _____ Blood Pressure _____ / _____ Vision R 20/ _____ L 20/ _____ Vision corrected? Yes _____ No _____

	NORMAL	ABNORMAL FINDINGS (describe)	INITIALS
1. Appearance (esp. Marfan's)			
2. Eyes/Ears/Nose/Throat			
3. Mouth & Teeth			
4. Neck			
5. Lymph Nodes			
6. Heart (Standing & Lying)			
7. Pulses (esp. femoral)			
8. Chest & Lungs			
9. Abdomen			
10. Skin			
11. Genitals - Hernia			
12. Musculoskeletal - ROM, strength, etc. (See questions 21-28)			
13. Neurological			

Comments regarding abnormal findings:

LICENSED MEDICAL PROFESSIONAL'S ATHLETIC PARTICIPATION RECOMMENDATIONS

____ **FULL & UNLIMITED PARTICIPATION**

____ **LIMITED PARTICIPATION** - May NOT participate in the following (checked):

____ Baseball ____ Basketball ____ Cross Country ____ Football ____ Golf ____ Soccer

____ **CLEARANCE PENDING DOCUMENTED FOLLOW UP OF** _____

____ **NOT CLEARED FOR ATHLETIC PARTICIPATION**

Licensed Medical Professional's Name (Printed)

Date

Licensed Medical Professional's Signature

Phone

PARENT'S OR GUARDIAN'S PERMISSION AND RELEASE

I hereby **verify** the accuracy of the information on the opposite side of this form and **give my consent** for the above named student to engage in approved athletic activities as a representative of his/her school, except those activities indicated above by the licensed professional. I also **give my permission** for the team's physician, certified athletic trainer, or other qualified personnel to give first aid treatment to my son or daughter at an athletic event in case of injury.

Typed or printed Name of Parent or Guardian

Signature of Parent of Guardian

Address (Street/PO Box, City, State, Zip)

Phone Number

This form has been developed with the assistance of the Committee on Sports Medicine of the Iowa Medical Society and has been approved for use by the Iowa Department of Education, Iowa High School Athletic Association, and Iowa Girls High School Athletic Union. 7/07