



**The Frances Xavier Warde School
Athletics Handbook
2021-2022**

fxw.org/athletics



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GENERAL



2021-2022 OFFERINGS & PARTICIPATION FEES

OSP ATHLETICS (GRADES 2-3)

Season	Grades	Sport	Participation Fee
Fall	2-3	Girls Volleyball	\$140
Fall	2-3	Boys Flag Football	\$140
Winter	2-3	Boys and Girls Cheer	\$140
Winter	2-3	Boys and Girls Basketball	\$200
Spring	2-3	Boys and Girls Lacrosse	\$85
Spring	2-3	Boys and Girls Track & Field	\$140

HNC ATHLETICS (GRADES 4-8)

Season	Grades	Sport	Participation Fee
Fall	4-8	Boys and Girls Cross Country	\$250
Fall	4-5	Boys Flag Football	\$165
Fall	6-8	Boys Flag Football	\$300
Fall	4-6	Girls Volleyball	\$275
Fall	7-8	Girls Volleyball	\$300
Winter	4-8	Girls Cheer	\$220
Winter	4-6	Boys and Girls Basketball	\$410
Winter	7-8	Boys and Girls Basketball	\$495
Spring	4-8	Boys and Girls Track & Field	\$250
Spring	4-8	Boys and Girls Soccer	\$275
Spring	4-5	Boys and Girls Golf	\$165
Spring	6-8	Boys and Girls Golf	\$275
Spring	6-8	Boys and Girls Bowling	\$192.50



PARTNERSHIPS



Illinois Elementary School Association (IESA)

FXW has been a member of the IESA since 2016. FXW Athletics is committed to following all policies and regulations the State of Illinois mandates for participation in IESA sanctioned events.

Current FXW participation in IESA includes:

- Boys & Girls Cross Country
- Boys & Girls Golf
- Boys Basketball



Chicago Catholic Youth League (CCYL)

FXW has been a member of the CCYL since 2015. FXW Athletics is committed to following all policies and regulations the State of Illinois mandates for participation in CCYL sanctioned events.

Current FXW participation in IESA includes:

- Boys & Girls Basketball
- Boys Flag Football
- Boys & Girls Cross Country



CONTACT INFORMATION

Department	Contact
OSP Administration	Principal: Courtney Britton (brittona@fxw.org) Assistant Principal: Autumn Perry (perrya@fxw.org)
HNC Administration	Principal: Lauren Fitchett (fitchettl@fxw.org) Assistant Principal, Student Life: Norma Guzmán (guzmann@fxw.org)
Athletic Director HNC & OSP Campuses	Tim Forberg (forbergt@fxw.org)
HNC Home Game Event Supervisor	Maurice Williams (williamsma77@gmail.com)

QUESTIONS OR CONCERNS?

Email the FXW Athletics Department at
fxwathletics@fxw.org.



MISSION & PHILOSOPHY

The Frances Xavier Warde School dedicates itself to educating children mentally, physically, and spiritually. Our Athletic Program is an integral part of the educational program of the school from Grades 2-8. The Athletic Department views the athletic activities on the playing fields and courts as an extension of the classroom. Therefore, the school's mission of athletics will stress the following areas:

- Developing socially, emotionally, and physically through athletics
- Meeting the individual needs for all students
- Modeling a learning process of self-discipline, respect, success, and failure
- Building a faith-based community
- Giving all students the opportunity to participate in athletics

OSP Athletics (Grades 2-3) Philosophy

1. To introduce and expose students of all skill level to athletics
2. To provide a positive athletic, social, and emotional experience for students
3. To focus on learning proper fundamentals and techniques
4. To prepare the transition from in-house play to league play at conclusion of Grade 3
5. To introduce characteristics and traits of a positive sports culture

HNC Athletics (Grades 4-6) Philosophy

1. To encourage participation in a learning environment of interscholastic sports
2. To focus on participation, fundamentals, and basic skill development
3. To provide a positive athletic, social, and emotional experience for students
4. To gradually educate and develop the concepts of healthy competition.
5. To model and educate characteristics and traits of a positive sports culture

HNC Athletics (Grades 7-8) Philosophy

1. To take a team-first approach
2. To educate and support players through competitive atmospheres.
3. To value every participant on competitive teams
4. To teach humility in winning and grace in losing
5. To provide a positive athletic, social, and emotional experience for all participants
6. To hold all participants accountable in demonstrating and modeling a positive sports culture



DRIVING PRINCIPLES

The FXW Athletic Program believes in promoting a positive sport's culture. FXW athletics has established a framework that supports the sport's culture we strive to maintain. Our driving principles highlight ideals and standards that guide our student athletes, coaches, and parents to achieve this atmosphere.

STUDENT ATHLETES	COACHES	PARENTS
<p>ACADEMICS</p> <p>We excel in our school work to the best of our ability. We respect our classmates, staff, and administration We model behavior of a student athlete in the school. We are students first, athletes second.</p>	<p>MODEL</p> <p>We model character. We model sportsmanship. We model hard work. We model respect.</p>	<p>SUPPORT</p> <p>We support and encourage all participants. We support and encourage all coaches. We support PCA (Positive Coaching Alliance). We are positive.</p>
<p>RESPECT</p> <p>We respect our teammates. We play for our teammates. We respect our coaches. We listen to our coaches. We respect our competitors. We compete against our competitors.</p>	<p>RESPONSIBILITY</p> <p>We hold ourselves accountable. We hold our participants accountable. We follow the program initiatives. We support all FXW coaches. We implement instructional practices into our coaching. We build a sense of team.</p>	<p>RESPECT</p> <p>We respect all participants. We respect all coaches. We respect all competitors. We respect all officials. We respect each other.</p>
<p>EFFORT</p> <p>We practice and play at 100%. We are on time. We are committed to hard work.</p>	<p>PASSION</p> <p>We have a passion for our sport. We have a passion to coach and teach. We have a passion to grow and develop our participants.</p>	<p>COMMUNICATION</p> <p>We communicate with positivity. We communicate professionally. We communicate collaboratively.</p>



GENERAL PRACTICE SCHEDULE

FALL ATHLETICS: SEPTEMBER-NOVEMBER

Grade	Sport	Season Dates	Practice Days	Location	Important Info
2-3	Boys & Girls Cheer	11/1/2021-12/1/2021	MONDAYS & WEDNESDAYS @ 3:00-4:00 p.m.	OSP	NO Interscholastic League Play
2	Girls Volleyball	9/13/2021-10/25/2021	MONDAYS @ 3:00-4:00 p.m.	OSP	NO Interscholastic League Play
3	Girls Volleyball	9/15/2021-11/3/2021	WEDNESDAYS @ 3:00-4:00 p.m.	OSP	NO Interscholastic League Play
2	Boys Flag Football	9/13/2021-10/25/2021	MONDAYS @ 3:00-4:00 p.m.	OSP	NO Interscholastic League Play
3	Boys Flag Football	9/17/2021-10/22/2021	FRIDAYS @ 3:00-4:00 p.m.	OSP	NO Interscholastic League Play
4-5	Boys Flag Football	9/22/2021-10/27/2021	WEDNESDAYS @ 3:30-4:55 p.m.	Jessie White Field	NO Interscholastic League Play
6-8	Boys Flag Football	9/7/2021-10/28/2021	TUESDAYS & THURSDAYS @ 3:30-5:20 p.m.	Jessie White Field	SATURDAY: League Play Games
4-5	Girls Volleyball	9/7/2021-10/26/2021	MONDAYS & TUESDAYS @ 3:30-4:45p.m	HNC	No Grade 4 playoffs, Special League Fun Day Grade 5 Playoffs
6	Girls Volleyball	9/8/2021-10/28/2021	WEDNESDAYS & THURSDAYS @ 3:30-4:45pm	HNC	Grade 6 Playoffs *Single elimination format
7	Girls Volleyball (Varsity & JV)	9/7/2021-10/26/2021	MONDAYS @ 4:45-6 p.m. TUESDAYS @ 4:45-6:45 p.m.	HNC	Games may be any day of the week M-F Playoffs *Single elimination format
8	Girls Volleyball (Varsity & JV)	9/8/2021-10/28/2021	WEDNESDAYS @ 4:45-6p.m. THURSDAYS @ 4:45-645 p.m.	HNC	Games may be any day of the week M-F Playoffs *Single elimination format
4-8	Boys & Girls Cross Country	9/8/2021-10/27/2021	MONDAYS & WEDNESDAYS @ 3:30-5 p.m.	HNC	Meets may be any day of the week M-Sat City CYO Meet



GENERAL PRACTICE SCHEDULE

WINTER ATHLETICS: NOVEMBER-MARCH

Grade	Sport	Season Dates	Practice Days	Location	Important Info
2	Girls Basketball	12/6/2021-2/7/2022	MONDAYS @ 3:00-4:00 p.m.	OSP	NO Interscholastic League Play
3	Girls Basketball	12/8/2021-2/9/2022	WEDNESDAYS @ 3:00-4:00 p.m.	OSP	NO Interscholastic League Play
2	Boys Basketball	12/7/2021-2/8/2022	TUESDAYS @ 3:00-4:00 p.m.	OSP	NO Interscholastic League Play
3	Boys Basketball	12/9/2021-2/10/2022	THURSDAYS @ 3:00-4:00 p.m.	OSP	NO Interscholastic League Play
4-8	Cheer	12/7/2021-2/9/2022	TUESDAYS & WEDNESDAYS @ 3:30-4:45 p.m.	HNC	NO Interscholastic League Meets
4	Girls Basketball	11/1/2021-2/5/2022	MONDAYS @ 3:30-4:45 p.m. THURSDAYS @ 4:45-6 p.m.	HNC	NO Grade 4 Playoffs
4	Boys Basketball	11/1/2021-2/5/2022	MONDAYS @ 4:45-6 p.m. THURSDAYS @ 3:30-4:45 p.m.	HNC	NO Grade 4 Playoffs
5	Girls Basketball	11/2/2021-2/11/2022	TUESDAYS @ 3:30-4:45 p.m. FRIDAYS @ 4:45-6 p.m.	HNC	Playoffs 2/12/2022-2/27/2022 *Single elimination format
5	Boys Basketball	11/2/2021-2/11/2022	TUESDAYS @ 4:45-6 p.m. FRIDAYS @ 3:30-4:45 p.m.	HNC	Playoffs 2/12/2022-2/27/2022 *Single elimination format
6	Girls Basketball	11/3/2021-2/11/2022	WEDNESDAYS @ 3:30-4:45 p.m. SUNDAYS @ 11 a.m.-12:30 p.m.	HNC	Playoffs 2/12/2022-2/27/2022 *Single elimination format
6	Boys Basketball	11/3/2021-2/11/2022	WEDNESDAYS @ 4:45-6 p.m. SUNDAYS @ 12:30-2 p.m.	HNC	Playoffs 2/12/2022-2/27/2022 *Single elimination format



GENERAL PRACTICE SCHEDULE

WINTER ATHLETICS: NOVEMBER-MARCH

Grade	Sport	Season Dates	Practice Days	Location	Important Info
7	Girls Basketball	11/1/2021-2/11/2022	SUNDAYS @ 2-3:30 p.m. MONDAYS @ 6-7:15 p.m.	HNC	All Grade 7 & 8 Games may be any day of the week M-Sun Grades 7-8 Playoffs
7	Boys Basketball	11/2/2021-2/11/2022	SUNDAYS @ 3:30- 5 p.m. TUESDAYS @ 6-7:15 p.m.	HNC	Playoffs 2/14/2022- 3/1/2022 *Single elimination format
8	Girls Basketball	11/3/2021-2/11/2022	WEDNESDAYS @ 6-7:15 p.m. SUNDAYS @ 5-6:30 p.m.		Playoffs 2/14/2022- 3/1/2022 *Single elimination format
8	Boys Basketball	11/4/2021-2/11/2022	THURSDAYS @ 6-7:15 p.m. SUNDAYS 630-8pm	HNC	Playoffs 2/14/2022- 3/1/2022 *Single elimination format

SPRING ATHLETICS: MARCH-JUNE

Grade	Sport	Season Dates	Practice Days	Location	Important Info
2-3	Girls Lacrosse	2/24/2022-4/7/2022	THURSDAYS @ 3:00-4:00 p.m.	OSP	NO Interscholastic League Play
2-3	Boys Lacrosse	2/22/2022-4/5/2022	TUESDAYS @ 3:00-4:00 p.m.	OSP	NO Interscholastic League Play
2-3	Girls Track & Field	4/12/2022-5/24/2022	THURSDAYS @ 3:00-4:00 p.m.	OSP	NO Interscholastic League Play
2-3	Boys Track & Field	4/21/2022-6/2/2022	TUESDAYS @ 3:00-4:00 p.m.	OSP	NO Interscholastic League Play
4-8	Girls & Boys Bowling	4/4/2022-5/16/2022	MONDAYS @ 3:30-4:55 p.m.	10 Pin Chicago	NO Interscholastic League Play
4-5	Girls & Boys Golf	4/4/2022-5/16/2022	MONDAYS @ 3:30-4:55 p.m.	HNC	NO Interscholastic League Play
6-8	Girls & Boys Golf	4/13/2022-5/18/2022	WEDNESDAYS @ 3:30-5:15 P.M.	900 W. Foster	NO Interscholastic League Play
4-8	Girls & Boys Soccer	4/8/2022-5/20/2021	FRIDAYS @ 3:30-4:55 P.M.	Jessie White Field	Games played on Saturdays
4-8	Girls & Boys Track	3/15/2022-5/19/2022	TUESDAYS & THURSDAYS @ 3:30-5:20 p.m.	Lake Shore Park	Meets may be any day of the week M-Sun 5/14: City League Championship
4-8	Girls & Boys Field	3/16/2022-5/18/2022	WEDNESDAYS @ 3:30-5:20 pm.	HNC	(see above)



ATHLETIC GUIDELINES

Grades 2-3

- Athletics at the OSP campus welcome all boys and girls in Grades 2 and 3.
- There is no enrollment cap or lottery. All registrations (within the registration period), will be accepted.
- All OSP athletics are in-house and held at the OSP campus.
- End of the season athletics may include 1 interscholastic competition for Grade 3 (based on availability).
- End of season athletics in Grade 3 may include 1 parent invite to view an in-house scrimmage.
- Athletics are held one day a week between Monday and Friday.
- There are no tryouts or cuts.

Grades 4-6

- Grades 4-6 athletics are **developmental**: the goals are to improve skills and knowledge of the game, to encourage comradery amongst teammates, and to develop sportsmanship in competition.
- 75-90-minute athletic practices are held 1-2 times per week.
- Interscholastic competition (except Grade 4-5 flag football) *Note: There is no post season for Grade 4 for girls volleyball or Grade 4 boys & girls basketball.*
- There are no tryouts or cuts. Multiple teams per grade level may be necessary.
- If multiple teams are required, teams will be split **equally**.
- Playing time for Grades 4 through 6 is equal per game.

Grades 7-8

- 75-90-minute athletic practices are held 1-3 times per week.
- Interscholastic competition for all teams including league and post-season play.
- There are no cuts.
- If large enrollment requires multiple grade level teams, teams will be split by **ability**.
- Tryouts may be necessary for girls volleyball and boys & girls basketball. Tryouts will be conducted by the Head Coach, Athletic Director, and invited evaluators.
- Varsity: playing time isn't guaranteed and the approach is team first for the win
- Varsity: attendance at practice is expected unless excused for injury, illness, or family emergency.
- There will be only **ONE** varsity team at each level
- Behavior in practice and at school affects playing time
- JV: playing time is equal and the approach is developmental
- If Grades 7 & 8 level does not have enough participants to make 2 teams, the one team will have equal playing time and the approach is developmental.

Disciplinary issues during athletics may affect playing time at the coach's, Athletic Director's, and administrative team's discretion.

The number of FXW teams participating in any given CCYL league is based on the number of registered participants in August.

THESE GUIDELINES MUST BE READ AND SIGNED BEFORE REGISTERING FOR ATHLETIC ACTIVITIES.



SPECIFIC INFORMATION

Specific Information for Grades 7-8 Girls Volleyball and Boys and Girls Basketball ONLY

If large enrollment numbers require multiple grade level teams, teams will be split by ability into:

- 1 Varsity team per grade level.
- 1-2 Junior Varsity teams per grade level.

The following mandatory criteria is expected of all Varsity participants:

- Teams may have an additional practice per week.
- Teams may have 4-8 additional non-conference games and/or tournaments scheduled.
- Teams may participate on any given day of the week Mon-Sun.
- Teams will be required to travel outside the Chicagoland area.
- Attendance to practice will heavily affect playing time.
- No playing time guarantee.
- **There will be an additional charge of \$100 for Varsity players to cover costs of additional play.**

Tryout Dates

- Grade 7 Girls Varsity Volleyball: **Tuesday, September 7**, 4:45-6:45 p.m. in the HNC Gym
- Grade 8 Girls Varsity Volleyball: **Wednesday, September 8**, 4:45-6:45 p.m. in the HNC Gym
- Grade 7 Girls Varsity Basketball: **Monday, November 1**, 6-7:15 p.m. and **Sunday, November 7**, 2-3:30p.m. in the HNC Gym
- Grade 7 Boys Varsity Basketball: **Tuesday, November 2**, 6-7:15 p.m. and **Sunday, November 7**, 3:30-5 p.m. in the HNC Gym
- Grade 8 Girls Varsity Basketball: **Wednesday, November 3**, 6-7:15 p.m. and **Sunday, November 7**, 5-6:30p.m. in the HNC Gym
- Grade 8 Boys Varsity Basketball: **Thursday, November 4**, 6-7:15p.m. and **Sunday, November 7**, 630-8p.m. in the HNC Gym

If your child is interested in trying out for a Varsity team, attendance to these tryouts is mandatory. If your child is not interested in trying out for a Varsity team, they will automatically be placed on a JV team and are not required to attend tryouts.

Players who do not make the Varsity roster will automatically be placed onto a Junior Varsity team. Both Varsity and Junior Varsity teams participate in league and post-season play. **Individual emails will be sent out within 48 hours to notify parents what team their child will be on.**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to student-athletes. As parents, when your child becomes involved in athletics, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's team.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

1. Philosophy of the coach
2. Expectations the coach has for your child as well as all the players on the team
3. Location and times of all practices and contests
4. Procedures should your child be injured during practice or a contest

COMMUNICATION COACHES EXPECT FROM PARENTS

1. Concerns expressed directly to the coach
2. Advance notification of any schedule conflicts
3. Specific concern regarding a coach's philosophy and/or expectations

As your child becomes involved in athletics offered at The Frances Xavier Warde School, he or she will experience some of the most rewarding moments of his or her life. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. The treatment of your child mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

Coaches are professionals. They make judgments based on what they believe to be best for all student-athletes involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things should be left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. Team strategy
2. Play calling
3. Other student-athletes



PARENT/COACH COMMUNICATION

PARENT/COACH COMMUNICATION CONT...

If you have a concern to discuss with a coach...

There are situations that may require a conference between the coach and the parent. These conferences are encouraged in order to achieve a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of the concern.

1. Email the coach to set up an appointment.
2. If the coach cannot be reached, email FXW's Athletic Director Tim Forberg at forbergt@fxw.org.
3. Please do not attempt to communicate with a coach immediately before or after a practice or contest. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote resolution. Please allow at least 24 hours after a practice or contest to communicate with a coach.

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

If satisfactory results are not obtained through meeting with the coach, please email FXW's Athletic Director Tim Forberg at forbergt@fxw.org to set-up an appointment. The next appropriate step can be determined at this meeting.



REGISTRATION IN VERACROSS

Important Registration Information

- Submitting registration is a participatory and financial commitment.
- Submitting registration is an agreement indicating all content provided in the Athletic Handbook has been read, and parents and participants are committed to following the expectations of it.
- Check practice schedules via the FXW Athletic Webpage, or your Veracross Parent Portal account to ensure there is no conflict for attendance.
- Reach out to the Department Head or Athletic Director with any questions prior to registering.

Registration Dates

- **August 1-8**: OPEN REGISTRATION FOR ENTIRE 2021-2022 ATHLETIC YEAR
- **August 12-16**: Grace period to drop any Fall, Winter, or Spring registrations made without penalty, charges, or fees. *Drops must be submitted in writing by emailing fxwathletics@fxw.org within this grace period.*
- **February 10-14**: Grace period to drop any Spring registrations made without penalty, charges, or fees. *Drops must be submitted in writing by emailing fxwathletics@fxw.org within this grace period.*

Registration Process

1. Log into your Veracross account.
2. Access your Parent Portal.
3. Locate "Sign up for Activities/Athletics."
4. View information (specific info can be found by clicking on the "i" icon).
5. Register your child for desired athletic.
6. Registration is completed.

Late Registration Requests

- Any requests to join a team or sport after the August 8 deadline cannot be guaranteed.
- Late requests are dependent on class and roster sizes.
- All late registration requests must be completed in writing to fxwathletics@fxw.org.



BILLING INFORMATION & REFUND POLICY

Billing Information

No immediate payment is made at registration. Once registration is complete, your student account will automatically be billed the participation fee.

- Fall Fees: Student Accounts will be billed for September.
- Winter Fees: Student Accounts will be billed for November.
- Spring Fees: Student Accounts will be billed for March.

Refund Policy

Completing registration is a participatory and financial commitment. Refunds will be issued under the following circumstances:

- Cancellations are made during registration dates or within the grace period of August 12-16 and February 10-14.
- Child suffers injury or illness prior to season start which precludes them from participating.
- There is a change to the listed schedules in Veracross that cause a conflict for attendance.
- COVID-19 DISCLAIMER/REFUND INFO

All (and other requests for refunds) must be submitted in writing to fxwathletics@fxw.org.

**QUESTIONS OR
CONCERNS?**

Email the FXW Billing Department at



PHYSICAL EXAMINATION & CONCUSSION INFORMATION

Physical Examination Information

Grades 2-3 do not require a sports physical for participations.

Grades 4-8 require documents if participating in:

- Flag Football
- Volleyball
- Cross Country
- Track
- Basketball
- Cheer
- Soccer

In addition to school physicals, the State of Illinois now requires all students participating in interscholastic athletics for Grades 4-8 to complete a sports physical and concussion form. Both will be valid for one year from the date completed. Students participating in multiple sports throughout the school year are only required to complete these forms once for the year.

Concussion Information

Parents, staff, spectators, and coaches are all responsible for reporting participants potentially suffering a concussion during practices, games, and events. In the event you believe a participant of any team has suffered a concussion, please report it immediately to the coaches or staff present.

If a parent, coach, or staff member believes a participant may have suffered a concussion, that participant will be immediately removed from practice and/or competition. Parents will be notified immediately.

Coaches and/or staff will submit a copy of [the Center for Disease Control and Prevention's Concussion Signs and Symptoms Checklist](#) to the school nurse, administration, and parents. It is the parent's responsibility to follow up with their family doctor.

Athletics physicals and concussion forms must be completed and submitted into Magnus by the first day of team practice. Click below for the following forms:

[Physical Examination Form for Participation](#)

[Concussion Information Form for Participation](#)

For further questions, please contact the School Nurse:

- OSP Campus: Chloe Smith(smithc@fxw.org)
- HNC Campus: Pam Madura (madurap@fxw.org)



FXW CONCUSSION POLICY

The Frances Xavier Warde School is responsible for the care and education of its students. For the student diagnosed with a concussion, the academic and extracurricular impact will be varied and unique to the situation. The focus of this policy will be on communication and education concerning concussions, the understanding of FXW's role for managing a student's education when he/she is diagnosed with a concussion, and the responsibilities of the parent/guardian of the student diagnosed with a concussion.

"A concussion is a type of brain injury resulting from a bump, blow, or jolt to the head that causes the head and brain to move rapidly back and forth and can affect a student physically, cognitively, emotionally, and with sleep, as well as significantly impact a student's ability to learn." -Lurie Children's Hospital of Chicago

Concussions are both a medical and educational concern. Assessing problems with learning and school performance and then making appropriate and necessary changes to a student's learning plan is a collaborative effort between the student's health care provider and the academic leaders at his/her school.

Every concussion is different, and treatment and recovery from a concussion is an individualized process. A student with signs or symptoms of a concussion should be evaluated by a health care professional. While some students may need to miss school, others may need relatively few accommodations. Maximizing a student's recovery potential following a concussion depends on timely implementation of cognitive and physical rest.

If students miss any class due to recovery from a concussion, they may not be present at or take part in school activities on those days (i.e. field trips, athletic practices, concerts, etc). Specifically, student-athletes healing from a concussion are not expected to attend athletic team practices or contests during their recovery period. The Athletic Director, Athletic Site Coordinator, and Director of Education in consultation with the school nurse and student's individual health care provider will determine when he/she will return to the team.

The goals for concussion management include:

- Define a process to identify, manage, and ensure continuity of care and education for students with concussions.
- Ensure that interventions and individual recovery from a concussion are based on medically accurate and current information.
- Maintain the physical, cognitive, and emotional well-being of children diagnosed with a concussion in developmentally appropriate ways.
- Ensure communication and coordination with medical and educational personnel to protect the student during recovery from a concussion.

Phases of concussion management include:

Phase 1: No School - Complete Cognitive and Physical Rest

Phase 2: Half-day Attendance with recommendations and accommodations

Phase 3: Full-day Attendance with recommendations and accommodations

Phase 4: Full-day Attendance without recommendations and accommodations

Phase 5: Full school and extracurricular involvement.



GYM, FIELDS & OFF-SITE LOCATIONS

Indoor Gym Locations

Location	Address	Important Info
Alphonsus Academy & Center for the Arts	1414 W. Oakdale Ave. Chicago, IL 60657	<ul style="list-style-type: none"> • Parking lot located west and north of gym. • Parking fees do not apply during the day, but do apply during weekend and weeknights. • Pay box is located at east side of parking lot.
Frances Xavier Warde	751 N. State. St. Chicago, IL 60610	<ul style="list-style-type: none"> • Enter building through courtyard between church and school; walk upstairs to 4th floor.
Immaculate Conception - St. Joseph	363 W. Hill St. Chicago, IL 60610	<ul style="list-style-type: none"> • Parking is available in school lot in front of building or along side of Hill St. • Gym located in basement of building. • Spectator seating located on 2nd floor. • No court seating.
Northside Catholic Academy	St. Gertrude Gym: 1401 W. Granville Ave. Chicago, IL 60645 St. Margaret Mary Gym: 7341 N. Claremont Ave. Chicago, IL 60645	<ul style="list-style-type: none"> • Parking in lots next to and across from gym.
Old St. Mary's	1500 S. Michigan Ave. Chicago, IL 60605	<ul style="list-style-type: none"> • Enter at blue awning. • Parking located at Old St. Mary's School (1474 S. Michigan Ave.) and overflow lot behind church (accessed through Wabash Ave.). • Street parking available on Michigan, Wabash, and 16th.
Queen of Angels	4416 N. Western Ave. Chicago, IL 60625	<ul style="list-style-type: none"> • Parking available in lot on Sunnyside and Western.
Sacred Heart Schools (Sacred Heart / Hardey Prep)	6250 N. Sheridan Rd. Chicago, IL 60660	<ul style="list-style-type: none"> • Doors do not open until 30 minutes before game time. • Sacred Heart gym entrance is located off of parking lot west of Sheridan Rd. • Parking is available at guest lot on southeast corner of Granville Ave. and Kenmore Ave. Enter the parking lot via alley east of Kenmore Ave. • Additional parking located at lot west and across the alley from gym entrance. Enter on Kenmore Ave. • Please ignore tow signs in Sacred Heart lots during school events. You will not be towed from Sacred Heart parking lots during athletic contests.
Saint Andrew	1658 W. Addison St. Chicago, IL 60613	<ul style="list-style-type: none"> • Enter at Paulina and Addison doors only. • Parking available in lot east of gym.
Saint Benedict	3951 N. Bell Ave. Chicago, IL 60618	<ul style="list-style-type: none"> • Enter gym through Bell Ave. entrance. • Parking available in back.



GYM, FIELDS & OFF-SITE LOCATIONS

Saint Clement	St. Vincent de Paul Center: 2145 N. Halsted St. Chicago, IL 60614	<ul style="list-style-type: none"> Free underground parking lot available via Webster entrance (across from Toast). Parking lot is NOT available via Halsted. Gym is located on 2nd floor. Visitors will be buzzed in by front desk either from underground parking garage or main entrance from Halsted.
Saint Helen	2327 W. Augusta Blvd. Chicago, IL 60622	<ul style="list-style-type: none"> Gym is located east of main school entrance. Parking available in the lot between the school and church, east of the gym. Enter the gym through the Augusta entrance. CCYL signs will be posted on the doors.
Saint Josephat	5615 N. California Ave. Chicago, IL 60659	<ul style="list-style-type: none"> Parking lot available in lot north of gym.
Saint Matthias	Grade 4-6 Games @ 4910 N. Claremont Ave. Chicago, IL 60625 Grade 7 and 8 Games @ Amundsen High School 5110 N. Damen Ave. Chicago, IL 60625	<ul style="list-style-type: none"> Park on street or in lot one-fourth block north of gym building. Enter gym on West side of Claremont (across the street from the church).
St. Nicholas Cathedral School	2200 W. Rice St. Chicago, IL 60622	<ul style="list-style-type: none"> Enter the gym doors on the corner of Rice St. and Leavitt St. (The doors are located on Leavitt St.) Street parking is available on all surrounding streets. Gym doors open 30 minutes before first game.
Saint Viator	3648 N. Kedvale Ave. Chicago, IL 60641	<ul style="list-style-type: none"> Park on street or in lot on South side of gym building. Gym building is located on the SW corner of Kedvale and Waveland. Enter the gym at 3644 N. Kedvale.
The Latin School	59 W. North Blvd. Chicago, IL 60610	
Francis Parker School	330 W. Webster Ave. Chicago, IL 60614	
Chicago Lab School	5835 S. Kimbark Ave. Chicago, IL 60637	



GYM, FIELDS & OFF-SITE LOCATIONS

Outdoor Facilities

Location	Address	Important Info
Lake Shore Park (Chicago Park District)	808 N. Lake Shore Dr. Chicago, IL 60611	For Cross Country & Track and Field practices.
Jessie White Fields	410 W. Chicago Ave. Chicago, IL 60654	For Flag Football and Soccer practices.
Grades 6-8 Golf Location	900 W. Foster Ave. Chicago, IL 60640	For Grades 6-8 Golf practices only.



GENERAL QUICK LINKS

For easy and quick access to all links found in this General section, please click on the following hyperlinks:

- [Physical Examination Form for Participation](#)
- [Concussion Information Form for Participation](#)
- [Concussions Signs and Symptoms Checklist](#)

FOR STUDENTS

ACADEMICS

We excel in our school work to the best of our ability.

We respect our classmates, staff, and administration.

We model behavior of a student athlete in the school.

We are students first, athletes second.

RESPECT

We respect our teammates.

We play for our teammates.

We respect our coaches.

We listen to our coaches.

We respect our competitors.

We compete against our competitors.

EFFORT

We practice and play at 100%.

We are on time.

We are committed to hard work.



GENERAL INFORMATION

Academic and disciplinary issues in school may affect playing time at the Athletic Department and school administrative team's discretion. Procedures for resolving disciplinary issues in Athletics are aligned with the established guidelines in the Student-Parent Handbook.

FOR PARENTS

SUPPORT

We support and encourage all participants.

We support and encourage all coaches.

We support PCA (Positive Coaching Alliance).

We are positive role models.

RESPECT

We respect all participants.

We respect all coaches.

We respect all competitors.

We respect all officials.

We respect each other.

COMMUNICATION

We communicate with positivity.

We communicate professionally.

We communicate collaboratively.



OSP: LOCATIONS & TIMES FOR STUDY CLUB AND PRACTICE

3:00-4:00 p.m. Practices

Students will be dismissed from class and directed to the gym to meet coaches. Coaches will dismiss participants to either pick up or to EDP.



HNC: LOCATIONS & TIMES FOR STUDY CLUB AND PRACTICE

Athletic Study Club

Student athletes are highly encouraged to attend athletic study club for practices that do not start immediately after school during weekdays. Students will be provided snacks and an opportunity to complete homework and assignments.

Students who leave campus must be accompanied by an adult or have a self-dismiss on file with the school front office. Students that choose to leave campus must NOT return until 15 minutes prior to their scheduled practice and must wait in the front school foyer.

3:30-4:45 p.m. Indoor Practices at HNC

Students will be dismissed from class to the designated athletic waiting area for snacks. Students will change into practice attire and await coach's arrival. Coaches will escort participants to practice. At conclusion, coaches will dismiss participants to the pick up area, extended day, or to the bus area if available.

4:45 OR 6:00 p.m. Indoor Practices at HNC

Students will be dismissed from class to the designated athletic study club location. Students may attend this supervised study club free of charge. Students will be provided snacks and opportunities to complete work, change, and await their coach. Coach will escort participants to practice. At conclusion, coaches will dismiss students to the pick-up area.

Weekend Indoor Practices at the HNC Campus

Students will arrive no earlier than 15 minutes prior to practice. Students will enter at the State St. entrance where coaches will await arrival. Coaches will escort participants to practice. At conclusion, coaches will dismiss participants at the State St. entrance only.

3:30 p.m. Practices Off-Site

Students will be dismissed from class to athletic study club (or designated area) for a snack. Students will change into practice attire and await coach's arrival. Students will be escorted to the site by coaches and security departing at 3:30 p.m. Students will be chaperoned back to HNC arriving at 4:55 p.m. Coaches will dismiss students to pick up or bus to OSP if available.

If you plan on pick your child up at the off-site location, you must:

- Contact the Head Coach or Athletic Director in advance.
- Visually or verbally make contact with a coach when picking your child up.



OSP & HNC: PRACTICE/GAME ATTIRE & EQUIPMENT

OSP Athletics

Students should always wear some type of athletic footwear when participating in athletics. Because classes are limited to 60 minutes, we encourage kids to participate in their uniforms to maximize the full time. For outdoor athletics (Flag Football and Track & Field), please make sure your child has the proper attire to coincide with weather.

If there are special circumstances, please contact fxwathletics@fxw.org.

HNC Athletics

Sport	Practices	Games
Boys Flag Football	<ul style="list-style-type: none"> Wear proper athletic footwear. Football cleats are not mandatory. If your child chooses to wear cleats, they may not be metal. Practices are outdoors. Bring a change of clothes and dress according to weather forecasts for that day. Mouth guards are mandatory only in Grades 6-8. Additional pads, gloves, gear may be used but are not required. 	<ul style="list-style-type: none"> Students must wear their issued uniforms and a mouth guard. All other gear and equipment is not required.
Girls Volleyball	<ul style="list-style-type: none"> Wear proper athletic footwear. Bring a change of clothes for practices. Knee pads are recommended, but not required. 	<ul style="list-style-type: none"> Students must wear their issued uniforms. For girls, bottoms can be shorts or volleyball spandex but must be a solid black color. All other gear and equipment is not required.
Boys and Girls Cross Country and Track & Field	<ul style="list-style-type: none"> Wear proper athletic footwear. Practices are outdoors. Bring a change of clothes and dress according to weather forecasts for that day. Track spikes are not mandatory. If your child chooses to wear spikes, they may not be metal. 	<ul style="list-style-type: none"> Students must wear their issued uniforms. All other gear and equipment is not required.



OSP & HNC: PRACTICE/GAME ATTIRE & EQUIPMENT

Sport	Practices	Games
Boys and Girls Basketball	<ul style="list-style-type: none"> • Wear proper athletic footwear. • Bring a change of clothes for practices. • Students are encouraged to bring/wear a reversible jersey. Students who come to practice without this will be issued a loaner that must be washed and returned by next practice. • Equipment such as mouth guards, braces, pads, sleeves, may be used but are not required. 	<ul style="list-style-type: none"> • Students must wear their issued uniforms to games. • Any additional braces, gear, pads, sleeves, mouth guards, etc. are allowed but not required. • Students wearing undershirts or sleeves should match the color of the jersey or be solid white. Officials may or may not require the colors to match in order to participate, but white is universally allowed.
Girls Cheer	<ul style="list-style-type: none"> • Wear proper athletic footwear. • Bring a change of clothes for practices. 	<ul style="list-style-type: none"> • Students must wear their issued cheer uniforms. All other gear and equipment is not required.
Boys and Girls Golf	<ul style="list-style-type: none"> • Students are encouraged but not required to wear athletic footwear. • Students are not required to bring a change of clothes. • Practices and swing stations will all be on turf, so golf shoes are not required. • Gloves are optional but not required. 	
Boys and Girls Soccer	<ul style="list-style-type: none"> • Wear proper athletic footwear. • Practices are outdoors. Bring a change of clothes and dress according to weather forecasts for that day. • Soccer cleats are not mandatory. If your child chooses to wear cleats, they may not be metal. 	<ul style="list-style-type: none"> • Students must wear their issued uniforms. All other gear and equipment is not required.
Boys and Girls Bowling	<ul style="list-style-type: none"> • Students do not require any special attire or footwear. 	



UNIFORM ISSUANCE AND RETURN PROCEDURE

Uniform Issuance

FXW uniforms will be issued to all participants in sports that include interscholastic play the first week of the season.

It is the responsibility of the participant to wash and maintain their uniform condition throughout the season. Uniforms must be returned at the conclusion of the season.

There will be a 2-week grace period from the last day of competition to return uniforms.

Uniform Return Procedure

At the conclusion of the season, uniforms must be returned washed and cleaned.

Uniform drop-off location will be the HNC front office.

Uniforms must be enclosed and labeled in a clear plastic bag with the participant's name on the bag.

Uniforms return that does not follow this procedure cannot be guaranteed to be properly checked back into inventory and may result in a lost or unreturned uniform fee.

Lost and Unreturned Uniform Fee

Participants who lose or do not return their uniform within the 1-week period of the conclusion of the sport's season will incur a \$100 fee that will be directly billed to their student account.