



**The Frances Xavier Warde School  
Athletics Handbook  
2022-2023**

[Click here for the Athletics Website](https://fxw.org/athletics)

fxw.org/athletics



# 2022-2023 Offerings

## HNC Athletics

### Grades 4-8

<b>Season</b>	<b>Grades</b>	<b>Sport</b>
Fall	4-8	Boys and Girls Cross Country
Fall	4-5	Boys Flag Football
Fall	6-8	Boys Flag Football
Fall	4-6	Girls Volleyball
Fall	7-8	Girls Volleyball
Winter	4-6	Boys and Girls Basketball
Winter	7-8	Boys and Girls Basketball
Spring	4-8	Boys and Girls Track and Field
Spring	4-8	Boys and Girls Soccer



# Partnerships

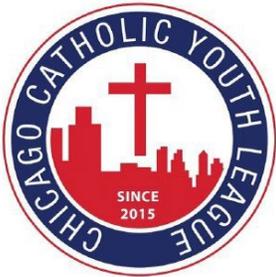


## Illinois Elementary School Association (IESA)

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 and Girls Cross Country
- Boys and Girls 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 CCYL includes:

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



# Contact Information

<p><b>Tom Burke</b>          Director of Auxilary Programs  <a href="mailto:BurkeT@FXW.org">BurkeT@FXW.org</a></p>	<p><b>Tim Forberg</b>          Athletic Director  <a href="mailto:ForbergT@FXW.org">ForbergT@FXW.org</a></p>
--	--



# Mission & Philosophy

## Mission

Our Athletic Program is an integral part of the educational program of the school. The Athletic Department views athletic activities on the playing fields and courts as another area where self-discipline, focus, and drive are learned behaviors modeled by coaches and developed in practice and game environments. Therefore, the school's mission of athletics will stress the following areas:

To focus on participation, fundamentals, and basic skill development; to provide a positive athletic, social, and emotional experience for students; to gradually educate and develop the concepts of healthy competition. We will adhere to a developmental approach based in concepts of progressive acquisition of individual skills within team concepts so that student-athletes desiring to continue to play a sport possess the skills, knowledge, and love of the game to do so.

## What should parents expect?

Coaches who focus on developing sport specific fundamentals. The scoreboard is less important than whether a participant is learning new skills and enhancing previously learned skills. Parents should support and encourage all participants when attending competitions. Parents should openly support and encourage all coaches. Coaches are involved in the process of teaching participants game knowledge and skills because they LOVE to coach.

Coaches have the best interests of the participants in mind. As teachers, coaches also have expectations of participants and push them to achieve individual and team goals.

Parents should model proper interactions by communicating with positivity with all sports stakeholders: teammates, coaches, scorers, opposing team members, opposing teams' coaches, spectators, game officials, and referees.



# Athletic Guidelines

## Grades 4-6

- Grades 4-6 athletics are developmental: the goals are to improve skills and knowledge of the game, to encourage camaraderie amongst teammates, and develop sportsmanship in competition.
- 75 to 90-minute athletic practices are held 1-2 times per week.
- Interscholastic competition (except Grade 4-5 flag football)
  - There is no postseason for Grade 4 for girls volleyball or Grade 4 boys and 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

- While there will be a greater focus on competition, these grades will still be considered developmental.
- 75 to 90-minute athletic practices are held 1-3 times per week.
- Interscholastic competition for all teams including league and postseason 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, boys basketball and 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 and 8 do not have enough participants to make two 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 directors, 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 June and August.



# Parent/Coach Communication

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. Expectations the coach has for your child as well as all the players on the team
2. Location and times of all practices and games

## **Communication coaches expect from parents**

1. Concerns expressed directly to the coach
2. Advance notification of any schedule conflicts

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. In such cases, it is crucial that parents model the kind of behavior that responds positively in the face of adversity.

## **Appropriate concerns to discuss with coaches**

1. 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.



# Parent/Coach Communication

## Issues NOT appropriate to discuss with Coaches

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

The Frances Xavier Warde School encourages positive cheering from our fans and strongly discourages “coaching” from fans.

## What to do if you have a concern and would like to discuss with a coach

There are situations that may require a conference between the coach and parent. These conferences are encouraged 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 Athletic Director Tim Forberg at [forbergt@fxw.org](mailto:forbergt@fxw.org).
3. Please DO NOT attempt to communicate with a coach immediately before or after a practice or game. These can be emotional times for both the parent, coach, and student athletes. 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.



# Physical Examination & Concussion Information

## Physical Examination Information

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:

[Click here for Physical Examination Form for Participation](#)

[Click here for Concussion Information Form for Participation](#)

For further questions, please contact the school Nurse Pam Madura at [madurap@fxw.org](mailto: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.

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.

*“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*



# Concussion Management

## **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.



# Uniform Issuance/Return Policy

## Uniform Issuance

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

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

## Uniform Return Procedure

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

There will be a 1-week “uniform return” period at the conclusion of the fall, winter and spring seasons. **Uniforms will not be returned to coaches.** The location and time of the uniform return period will be shared near the conclusion of the season.

## Lost/Unreturned Uniform Fee

Participants who lose or do not return their uniform during the 1-week uniform return period following the conclusion of their season **will incur a \$75 fee** that will be directly billed to their student account.

## Support

We support and encourage all participants.

We support and encourage all coaches.

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.