



The Frances Xavier Warde School
Athletics Handbook
2023-2024

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

fxw.org/athletics

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.



Mission & Philosophy

Mission

Our athletic program is an integral part of the educational program of our School. The Athletic Department views 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 stresses the following:

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?

All sports at FXW focuses on essential skills with a particular emphasis on the following areas at practice and games:

1. Correct behavior in practice and at games
2. Communication
3. Listening/Active Listening (Eyes on coach!)
4. Following directions in practice and executing in games
5. Being a good teammate

We are confident that enhancing these skills will improve the overall play of individual players as well as our "game play." Acquiring these skills and habits builds the foundation for success in all sports and even academic pursuits.

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 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 Should Expect from You

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.
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.



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.

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

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