



Immaculate Conception School

Mission – Community – Service
Since 1853

**Athletic Players Handbook
2023-2024**

To be a student athlete at ICS requires each person to be the best Christian, student, and athlete they can be.

Each person involved in the interscholastic athletic program at ICS, no matter on what level, must realize that their talent comes from God, and they should be thankful for that. The players representing ICS should show others that they are students at a Catholic School by their actions and words. The players should realize that everything they do with their team reflects upon the school, their parents, and themselves. They should be proud to have the privilege to be a member of an ICS team.

Team members should realize that in order to play a sport, they should be good students, both academically and socially. Their main concern is their education. They can show they are serious about their commitment to be an athlete at ICS by working to the best of their ability in the classroom.

The sports offered at ICS are team games, and the athletes should work as hard as they can to develop individual skills for the good of the team. The players should represent ICS and show their team spirit by their hustle, desire, and sportsmanship, not by individualized actions or appearances which separate them from the team. They must understand that they are normal students who have special gifts from God, and they should strive to develop those gifts to the fullest for the glory of God.

Practice Rules

1. Players should be on time and ready to start when told.
2. They should be dressed in the practice clothing as noted by the coach.
3. Players should practice hard at all times, working on fundamentals or specialized skills. At no time should the players fool around, use bad language, take cheap shots or make fun of other players.
4. Players should not talk back to or challenge the authority of the coach.
5. Players must inform the coach, AD, or soccer coordinator if they will miss or be late for a practice. If a player misses a practice for an unexcused reason (going shopping,

going to a party, etc.), or has not informed the coach they will be absent because of an excused reason (not feeling well, family sickness, choir practice, etc), or if they are late (detention, forgetting, not having correct equipment), their playing time will be affected for the next game.

6. Players must be understanding and accept their role on the team. Their playing time is based upon attitude, skill, and cooperation. They should contribute to the success of the team in any way they can, whether at practice or games. The players in 7th and 8th grade must understand that they may not get to play in every game, but they must be prepared and ready to do so.

7. For indoor sports, players must have WHITE shoes with only royal blue, black, or neutral stripes, and white shoestrings. Shoes should not be worn to practice or games. Knee pads must be white or royal blue or black.

8. Jewelry is not allowed to be worn during games, so it will not be allowed during practice.

Failure to obey any of these rules may result in loss of practice or playing time, or conditioning drills. If the problem persists, the parents will be contacted, and the player may be dropped from the team.

Game Rules

1. Players must wear ONLY the uniforms provided by the school. The school colors are royal blue and white, so any additional clothing worn for games must be these colors and approved by the coach prior to game time. If school uniforms are not worn, the player WILL NOT be allowed to play in that game.

2. Fad hair styles or styles that make a child stand out from teammates will not be allowed.

3. Radios or CD players are not permitted at any school athletic event.

4. Behavior before, during and after the game by anyone connected with the school must be of a Christian manner.

5. NO ONE is allowed in the dressing rooms except team personnel and coaches. Dressing facilities and others' property must be treated with respect.

6. Players are responsible for bringing and taking home their own equipment. Failure to do so will result in forfeiture of dressing or playing time.
7. In basketball, any player who receives a technical foul will be taken out of the game to talk things over with the coach. The player may or may not return to the game.
8. Players must not make facial expressions, negative comments, or questionable gestures when substituted for or when called for a violation.

FAILURE to comply with these rules may result in forfeiture of playing time or dressing for a game. If the problem persists, the player may be suspended or dropped from the team after a discussion with the coach, AD, principal, parents and player.