



OUR LADY OF TEPEYAC HIGH SCHOOL STUDENT ATHLETE HANDBOOK

ATHLETIC DIRECTOR: Mr. Dan Thompson

OFFICE NUMBER: 773-522-0023

Official Website: ourladyoftepeyac.org/athletics/overview

Instagram: [@oltathletics](https://www.instagram.com/oltathletics)

ATHLETIC OFFERINGS AT OLT

Our Lady of Tepeyac offers four sports at the competitive level throughout the year. We believe that athletics are vital to the educational and socio-emotional development of the student. Through athletics, our student athletes will develop values of selflessness, teamwork, humility, discipline, and perseverance.

Sports truly provide opportunities for leadership, confidence and self-awareness as well as a baseline for a healthy lifestyle. Participating on a high school team is a privilege and it requires commitment from all involved. At Our Lady of Tepeyac, athletics contributes immensely to the positive atmosphere within our school community.

FALL	WINTER	SPRING
Volleyball ★ Varsity ★ Junior Varsity (JV)	Basketball	Soccer Softball

IMPORTANT DATES & SCHEDULES

Athletic Schedules will be posted on the Athletic Website as well as the OLT Athletics Instagram page as soon as they are released. This will also include important due dates and events such parent meetings, registration forms due, and sport fees. Per IHSA rules, a student athlete cannot participate in a game until her registration forms are turned in and the sports fee paid.

REGISTRATION FORMS

Registration forms are due prior to the start of the season, and include a Sports Physical, Concussion Information Form, and the Athletic Handbook Acknowledgment Forms found in on pages 4 and 5 in this Handbook.

PARENT MEETINGS

Each sport played by an OLT student-athlete will have a parent meeting. Coaches will be handing out important paperwork needed to play, try out information, game and practice schedules, and contact information. Parent meetings occur one to two weeks prior to the start of a season and will be held at Our Lady of Tepeyac. **These are mandatory meetings.**

FEES

All sports at Our Lady of Tepeyac require athletes to pay fees covering cost of referees, equipment, travel, and IHSA mandated catastrophic insurance. The insurance does not replace your medical insurance but is a supplement in case of extreme catastrophic injury.

The fee is \$100 per sport per athlete. The coach will assign due dates for the fees, and they must be paid before a student can participate in any competitions. If an athlete is put on probation, the fee remains the same. If an athlete is removed from the team, the fees will not be refunded.

INTERNET POLICY

Our Lady of Tepeyac Athletes represent their school, their team and their families with the highest of honor, respect and sportsmanship. Therefore, athletes will not post unsportsmanlike material on the internet.

AWAY GAME TRAVEL

When traveling for an away game, student-athletes will depart from the school at the specific time with the school vans. Parents may drive home their player after the game, but must notify the coach. If a player wishes to leave with any other family member (sister, uncle, cousin, etc...) she must have written permission from her parents prior to the game.

UNIFORMS

As part of our effort to keep costs to families for participation in athletics to a minimum, OLT purchases all uniforms and allows students to use them, at no cost, during the season. Uniforms must be returned one week after the player's last game, especially if they quit the team or become academically ineligible. Proper care of the garment should be followed:

Hand or Machine wash cold on gentle cycle.

Hang dry only – **do not put uniforms into the dryer.**

The uniform replacement cost is \$75 - \$150 and will be added to the family's account if not returned.

TEPEYAC'S STUDENT ATHLETE CODE OF CONDUCT

2 TIMOTHY 4:7

ST. SEBASTIAN, PATRON OF ATHLETES, PRAY FOR US.

I will win with humility and lose with dignity.

I am a leader, and therefore will practice good sportsmanship as an example for others to follow.

I will give positive encouragement to my teammates during games and at practices.

I will treat my coaches, opponents, officials, and fans with respect, regardless of race, gender or ability.

I will earn the right to have fun during my sports experience by coming to practice with the intent of becoming a better athlete and, more importantly, a better person.

I will arrive early for practices and games so I am prepared to play.

I will attend every practice and game!

I will notify the coaches if I cannot make it.

I will do my very best in school and complete my homework each night.

I will remember that sports are an opportunity to learn, grow, and have fun.

I will respect team rules and will be polite in discussing concerns with my coaches.

I will keep my sports physical up to date (must be renewed each year).

I have respect for my body, therefore I will lead a healthy lifestyle.

I will not use steroids or performance-enhancing supplements and drugs, alcohol, and non performance enhancing drugs.

I will not engage in any behavior which could injure someone else.

I pledge to do my best to live up to the expectations outlined here that go with representing my best self, my team, my school, and my family as a student athlete.

PARENT PLEDGE

I understand that my child is planning to join a sports team at Our Lady of Tepeyac.
I know that team membership requires full commitment by both the student athlete and her family.

I understand that Our Lady of Tepeyac athletics are more than just a place to play, that the coaches, staff and referees are there to help my child grow into a successful young adult.

Therefore, I pledge to:

- ★ Make every effort on my part to see that my daughter attends all practices and games
- ★ Encourage my daughter to give maximum effort in the classroom, on the court/field, and in life
- ★ Take an active interest in my daughter's sport by asking them about their season, learning a few rules of the sport, and making an effort to attend games
- ★ Follow the Fan Code of Conduct* for sportsmanship from the IHSA described in this below.

***FAN CODE OF CONDUCT (IHSA "DO WHAT'S RIGHT")**

- ★ Represent your school and community well with positive interaction with opposing fans and players.
- ★ Use positive yells, chants, songs or gestures.
- ★ Display modesty in victory and graciousness in defeat.
- ★ Respect and acknowledge the integrity/judgment of officials.
- ★ Exhibit positive behavior with opponents and fans before, during and after the contest.

FAILURE TO MEET THESE EXPECTATIONS IS GROUNDS FOR REMOVAL FROM THE EVENT.

ATTENDANCE

Many of the requirements in a classroom are similar to the playing field. A student must exhibit consistent attendance and punctuality to her classes and practices in order to be eligible to participate in a sport. The following attendance guidelines apply in order to be eligible to play:

1. If a student does not arrive to school on the day of a game or practice, and it is an unexcused absence (for example, missing school due to a doctor/dentist visit) she may not attend a competition on that day.

2. If a student has more than 5 unexcused absences from school or practice and/or competition, she will be removed from the team.
3. If the athlete is late to practice more than once in a one week period, she will not be eligible to play in the next game. If an athlete is late more than twice in a one week period, she will not be eligible to play in the next 2 games. If an athlete is late more than three times in a one week period, she will be removed from the team.
4. If an athlete has an unexcused absence from practice the day before a game, that athlete will not start the game.

PROBATIONARY STATUS

If a student athlete is on probation, she is unable to play in competitions. The athlete is required to come to practice and games, including after attending cleaning, academic help, and detentions. Attending the practices and games while a player is on probation is important as it shows the athlete's dedication to being a part of a team. If the athlete expects to play after their probationary term is over, the athlete is required to attend and participate in practices.

★ SCHOLASTIC ELIGIBILITY

In order for a student-athlete to have the opportunity to remain an active participant in athletics, she must maintain a level of academic achievement, which is defined as a 2.0 GPA (C average) and no failures. The student's grades must maintain a 2.0 GPA in order to be eligible. Grades will be monitored weekly, at Progress Report and Report Card time. At no time may a student athlete be failing a class.

If a student athlete's grade has dropped to an F on a weekly grade report, the coach will inform the student athlete that she is on probation and ineligible to play in games until the grade has improved. If a Progress Report or Report Card shows that a student athlete's grade point average is below a 2.0 or she is failing any classes that student athlete will be ineligible until the next official report is given (Progress Report or Report Card).

★ BEHAVIORAL ELIGIBILITY

If multiple teachers and/or administrators believe a student athlete's behavior has not been representative of a student athlete, that student athlete may be put on probation until the issue is satisfactorily corrected.

Student athletes will abide by the rules and consequences regarding the use of drugs and alcohol as stated on page 20 of the Our Lady of Tepeyac High School Student Handbook. In addition to the policy, if any student athlete uses drugs or alcohol before, during, or after school, a game, or a practice, that student **will be removed from the team and will not be allowed to participate in any sport for the rest of the school year.**

★ GAME & PRACTICE BEHAVIOR

As stated, student athletes represent Our Lady of Tepeyac High School inside and outside of the school. They are expected to demonstrate good sportsmanship in all athletic contests. They will respect their teammates, coaches, officials, and members of the other teams. If at any time, the coaches or officials feel an athlete is not displaying proper conduct, the athlete may be put on probation (the length will depend on the severity of their actions.)

For home games, all JV & Varsity athletes must arrive and stay for both games. They must remain in uniform and on the bench until it is time to clean up, and they are allowed to leave.

SPECTATOR CODE OF CONDUCT

Establishing an appropriate positive playing environment is a top priority for our athletic department. While winning is an important goal for all our competitive programs, how we play and conduct ourselves at our various school events is equally, if not more important.

At each contest we ask that you:

- Enthusiastically encourage your team.
- Refrain from negative or irritating remarks, booing and taunting. Be Positive!
- Accept all decisions made by officials.
- Remain in the stands while play is in progress.
- Applaud outstanding play by all.
- Do not confront officials, coaches, assistants, volunteers or players verbally or otherwise
- Most important - Be a positive role model
- Guidelines for acceptable behavior are by no means limited to those listed.

Spectators have an important role in the success of an athletic program. If the program is going to be successful, spectators must encourage good sportsmanship, courteous treatment of visitors and absolute respect under all conditions. Remember that it is a privilege to attend and participate in high school athletic contests. Negative behavior from players/fans/parents/guardians will not be tolerated and may lead to ejection from the event and loss of privilege to attend and participate in future athletic contests.

CONFERENCE AFFILIATION



Our Lady of Tepeyac High School has been a proud member of the Chicago Prep Conference (CPC) for decades. The Conference represents the diversity of Chicago and includes Catholic schools like ourselves, Jewish Academics, private Christian schools, and charter schools. It is of the greatest importance that member schools treat each other with dignity and respect deserved of each woman, regardless of religion, race, or creed.

CHICAGO PREP CONFERENCE MEMBERS
OUR LADY OF TEPEYAC
CHICAGO HOPE ACADEMY
CHRIST THE KING
CICS-ELLISON
CICS-NORTHTOWN
CRISTO REY
HOLY TRINITY
IDA CROWN
JOSEPHINUM
PROVIDENCE-ST. MEL
ROCHELLE ZELL
WALTHER CHRISTIAN

STATE ASSOCIATION



The Illinois High School Association (IHSA) is the governing body for high school sports in Illinois. The IHSA sets rules and guidelines which all member schools must follow. It also creates and administers the playoff system for determining state champions in each sport. This is separate from our conference playoffs, and takes place at the end of the season. In most team sports, there are multiple sections and subsections for state championships (1A, 2A, 3A, 4A). Our Lady of Tepeyac is in IHSA Sectional 1A, and under different Super Sectionals for each team.

As the governing body of high school sports in Illinois, IHSA dictates guidelines and disciplinary actions for all student athletes, such as the 2.0 GPA and the mandatory school physical prior to participation in a sport. For more information, please visit ihsa.org and click the appropriate link under the SPORTS AND ACTIVITIES drop down.

CONCUSSION PROTOCOL

Per IHSA guidelines, OLT adheres to the following protocol: “Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall **be immediately removed from the contest** and shall not return to play until cleared by an appropriate health care professional.”

Additionally, OLT coaches can have a player sit out after any contact to the head during gameplay or practice until cleared by a professional or passes a concussion test given by the coach.

RIGHT TO AMEND

No school handbook can explicitly state every school rule or regulation. The school reserves the right to interpret and develop policies and regulations as necessary based on the philosophy and objectives of Our Lady of Tepeyac High School.

ANTI-DISCRIMINATION POLICY

We consider all applicants for admission without regard to race, color, religion, creed, gender, national origin, age, marital status, or sexual orientation.