

SPORTS HANDBOOK



CRISTO REY
JESUIT H.S.

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Sports at Cristo Rey

Cristo Rey strives to offer a variety of sports with varied degrees of competitive and commitment levels. The current focus of the varsity programs is to build strong junior varsity (JV) levels. Club teams allow CR to test out a sport without making it a full varsity team commitment. Newest to CR are intramural sports, which allow all students access to try out a new sport or to compete amongst their friends.

VARSITY SPORTS		
FALL	WINTER	SPRING
BOYS CROSS COUNTRY	BOYS BASKETBALL	BOYS BASEBALL
GIRLS CROSS COUNTRY	GIRLS BASKETBALL	GIRLS SOFTBALL
BOYS SOCCER	CHEERLEADING	GIRLS SOCCER
GIRLS VOLLEYBALL		BOYS VOLLEYBALL
		BOYS TRACK & FIELD
		GIRLS TRACK & FIELD

Team Covenants

The athletic department at Cristo Rey is more than just a sports program. Our mission is to develop the character of our student athletes and teach them the discipline of excellence. We want our student athletes to be role models in their school, their family and their communities. Strong Christian character, leadership skills and work ethic are the goals for sports participation. Towards this end, each team creates a set of Covenants that define their focus for the season. An example could be: Pride, Integrity and Perseverance. We would like parents to support us by asking their sons and daughters about how they are applying the Team Covenants at practice, in classes and at home.



Cristero Code of Conduct for Athletes

To whom much is given, much is required – Luke 12:48

A Cristero is a servant of God and a defender of the Christian Faith. I will follow Jesus' example and apply it to my sport, my team and my daily life. I pledge to do my best to live up to the expectations that go with representing my family, my classmates and my school as a student athlete.

Sportsmanship:

- 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 not make fun of my teammates or my opponents.
- I will treat my coaches, opponents, officials, and fans with respect, regardless of race, gender or ability.
- I will win with humility and lose with dignity.
- I will encourage my parents to be involved with my team because it's important to me.
- I will try my best each and every day at games and practices.
- 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 never argue with the referee. I understand they have a difficult job and I assume they are trying to call a fair game. I will let my captain or coach ask any relevant questions.

Health & Safety:

- 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 drugs, alcohol, or tobacco products.
- I will not use steroids or performance-enhancing supplements/drugs.
- I will not engage in any behavior which could injure someone else.

Expectations:

- 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.

Playing time at games:

Is a result of... Effort Performance Attitude Attendance

Parent Pledge

I understand that my child is planning to join a sports team at Cristo Rey. I know that team membership requires full commitment by both the student athlete and his/her family. I understand that Cristo Rey 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 son/daughter attends all practices and games
- Encourage my son/daughter to give maximum effort in the classroom, on the court, and in life
- Provide healthy meals to help my son/daughter perform at their physical best
- Take an active interest in my son/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 handbook.
- Communicate politely with the coach if I have any issues or concerns. If a resolution is not found, I will then speak with the athletic director.

Fan Code of Conduct

(IHSA "Do What's Right Expectations")

- 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.

24 Hour Rule

Youth sports can be an emotional experience. The physical activity of the kids can often spill onto the sidelines and into the stands and create strong reactions in coaches and parents.

For parents, it is important to separate their child's sports development from game emotions. For this reason, Cristo Rey has adopted the "24 Hour Rule" which simply states that coaches will not discuss a game or situation until at least 24 hours after the fact. This important rule does two things. First, it moves the discussion away from the presence of the players. Second, it allows all parties to have time to put things in perspective and "cool off", if necessary.

When parents and coaches respect the 24 hour rule, their concerns are more likely to be fully addressed in reasoned discussion. More importantly, the kids' enjoyment of a game won't be marred by an ill-timed confrontation.

Coaches' Code

(From the National High School Athletic Coaches Association)

1. Exemplify the highest moral character as a role model for young people.
2. Recognize the individual worth and reinforce the self-image of each team member.
3. Encourage and assist team members to set personal goals to achieve their highest academic potential.
4. Create a set of training rules for athletes, which reflect the positive values of abstaining from the use of drugs, alcohol and tobacco.
5. Strive to develop the qualities of leadership, initiative, and good judgment in each team member.
6. Communicate and interpret program goals and objectives to parents and community.
7. Provide a safe environment for practice and competition.
8. Gain an awareness of the importance of prevention, care and treatment of athletic injuries.
9. Respect the integrity and judgment of the game official.
10. Teach and abide by the rules of the game in letter and in spirit.
11. Build and maintain ethical relationships with Coaches and administrators.
12. Strive for excellence in coaching skills and techniques through professional improvement.
13. Promote personal fitness and good nutrition.
14. Be modest in victory and gracious in defeat.
15. Encourage a healthy respect for the overall athletic program and its vital roles in education.

General Policies

To **withdraw** from a sport, you must do so before conference competition begins. You must talk to your coach, return all equipment, and uniforms within one week of withdrawal. If all of these steps are not completed prior to league play you will be considered to have quit.

Quitting is considered a serious offense. It is defined as dropping from a sport and the failure to:

- a. Notify your coach.
- b. Attend practices or contests without an adequate excuse.
- c. Return uniforms or team equipment.

In such a case, the athlete will not be eligible for any awards and may not participate in another sport until that sport's last team competition has been completed. *This does not pertain to being cut.*

Dropping from a team due to illness, lack of interest, studies, outside interests, etc. is not quitting if the athlete seeks a proper withdrawal.

Playing on Outside Teams

During the high school sports season, athletes cannot play that sport on any outside team until the after the end of the season. This includes, but is not limited to, club teams, traveling teams, adult leagues, AAU teams, All-Star teams, park district leagues, etc..

Academic Eligibility

In order to compete in games, student athletes must have a minimum of 2.0 on their most recent report card. Student Athletes who are ineligible may participate in practice sessions, but only with their coaches' and parents' permission. The eligibility change occurs one week after the end of the grading period, almost always on a Friday. Coaches have the discretion whether to implement the new list of eligible players for their team before or after the first weekend.

Team Travel

#1) When a team bus is provided, all players travel to the game on the bus.

#2) Parents may drive home their player after the game, but must notify the coach.

#3) If a player wishes to leave with any other family member (sister, uncle, cousin, etc...) she must have written permission from her parents. The note must include the name of the family member and the family member must be at least 18 years of age.

#4) Cristo Rey students who wish to attend the game as fans are allowed to ride the team bus, as long as they return to the school on the bus after the event. No one way rides.

#5) On work days, players who wish to attend games upon returning from CWSP must arrange their own transportation to the game, unless the athletic department has made arrangements to provide transportation.

#6) Players must return to CR from their CWSP sites before leaving for a game. Player may not leave work early or be picked up from their work site in order to attend a game.

Any exceptions to these rules must be authorized by the athletic director.

Uniforms

As part of our effort to keep costs to families for participation in athletics to a minimum, Cristo Rey 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 into the dryer.

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

Ejection Policy

1. Ejection of a player from a contest for un-sportsmanlike or dangerous conduct.

Penalty: The player shall be ineligible for the next contest

2. Illegal participation in the next contest by a player ejected in a previous contest.

Penalty: The contest shall be forfeited and the ineligible player shall be ineligible for the next contest.

3. Second ejection of a player for un-sportsmanlike or dangerous conduct from a contest during one season.

Penalty: The player shall be suspended from the team until the case is reviewed by the athletic director.

4. When one or more players leave the bench to begin or participate in an altercation.

Penalty: The player(s) shall be ejected from the contest-in-question and become ineligible for the next contest.

Athletic Awards

Awards Nights are held at the end of each season (fall, winter & spring). The purpose of the night is to celebrate the season and recognize exemplary individual and team accomplishments. Attendance at the awards night, as the final team event for the season, is considered mandatory. Parents and family are strongly encouraged to attend. Awards nights are free to attend and include a light dinner.

Levels of Awards

- I. CERTIFICATES OF PARTICIPATION are given to athletes who compete in and complete the team's season.
- II. PRIDE PATCHES recognize commitment to the team and dedication to improvement in sport. They will be awarded on the basis of participation as determined by the coach.
 - a. The award is a gold patch with maroon trim.
- III. VARSITY LETTERS are the athletic department's highest honor. They recognize commitment to the team and excellence in sport. They will be awarded on the basis of participation as determined by the coach. To be considered for a varsity letter, athletes must have competed in at least 50% of the team's varsity games.
 - a. The first letter awarded is a maroon, intertwined CR with gold trim. After the first letter earned, players receive maroon paw patches with gold trim.

Student Athletes who become academically ineligible after the first month of the season cannot receive pride patches or varsity letters. Those who are removed from a team for disciplinary reasons or quit will not receive any awards.

At the sole discretion of the Athletic Director, varsity letters may be awarded based on special merit.

ALL ACADEMIC HONORS: are awarded to senior student athletes who have cumulative GPA's of at least 3.0 for their four years at Cristo Rey.

Items for Purchase

Some sports require team socks, hats or shorts as part of the uniform. Once socks are issued, there are no extra for players to borrow. We sell these items in the Pro Shop at discounted prices, usually \$5-10.

Athletic tape, bandages and pre-wrap are for attending to injuries. If student athletes wish to purchase items for other uses, such as taping on shin guards, holding back hair or for cosmetic reasons, the athletic director will offer them for sale at a modest cost.

Internet Policy

Cristo Rey 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.

Conference Affiliation – Chicago Prep

www.chicagoprepconference.com

Cristo Rey Jesuit High School has been a proud member of the Chicago Prep Conference (CPC) for over ten years. The CPC is comprised of a group of small high schools that represents the diversity of Chicago. Originally started by Catholic schools, the conference now also includes private Christian schools, Jewish Academies and charter schools. It is of the greatest importance that member schools treat each other with dignity and respect. We want visitors to feel welcome in our home facilities, just as we wish to feel welcomed and appreciated when we travel to away games.



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

State Association – IHSA

www.ihsa.org



The Illinois High School Association (IHSA) is the governing body of the for high school sports in Illinois. It is the equivalent of the NCAA for college sports. The IHSA sets rules and guidelines which all member schools must follow. It also creates and administers the playoff system for determining state champions is 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 classes for state championships (1A, 2A, 3A, etc...). Classes are determined by school enrollment numbers and vary according to how many schools participate in each sport. For example, if girls basketball has 400 participating schools, the IHSA places the 100 smallest schools in Class 1A, the next 100 schools is 2A and so on, with 4A being the 100 largest schools in the state. In sports with 4 classes, Cristo Rey plays in 2A or 3A. In sports with 3 classes, Cristo Rey plays in 1A or 2A. This depends on our enrollment (how many students attend our school).