

IMMACULATE CONCEPTION REGIONAL SCHOOL

1321 East Division, Mount Vernon, WA 98274, (360)428-3912, Fax (360)424-8838

Permission to Participate in ICRS Athletics and Approval of Policies

Program Objectives:

At ICRS, we want to create an athletic program that teaches athletes the fundamentals of each sport with additional emphasis on sportsmanship, discipline, honesty, and teamwork in a faith-centered environment, and provide an opportunity for students to form friendships among classmates.

Eligibility:

- A. To participate, players must have submitted to the school office prior to the first practice:
 - _____ Signed Permission to Play and Approval of Policies Form
 - _____ Proof of a sports physical (For 7th and 8th only. Good for 2 years.)
 - _____ Proof of medical insurance
 - _____ Signed ICRS Parent and Coach Protocol Form
- B. Students and parents must attend informational meetings sponsored by the school or coach.
- C. Students must maintain grades of C's or better in order to participate in ICRS sports. Any time a student's grade drops below a C, the student has a one-week probation period to bring it up. After one week, if the grade is not raised to a C or better, the student will not be able to participate in ICRS sports until the grade is raised. If a student misses two weeks of practice in a row because of grades, he/she may be suspended from that sport for the remainder of the season. Homeroom teachers will notify coaches when a student's grade falls below a C and when it is raised. Consideration will be given to those students who have identified academic needs. Upon returning from an absence because of grades, vacation, or illness, the coach may require the student to participate in three practices before playing in a game.
- D. Students must attend at least one half of the school day in order to be eligible to play in a game.
- E. Student athletes are expected to have good behavior at practice, games, on the bus/carpool/ferry, and in the classroom as stated in the guidelines below. A player's first violation will be discussed between the coach and player. If the disciplinary problem continues students may be benched, the parents, athletic director, and/or principal may become involved at the coach's discretion, and students may be suspended from ICRS athletics.

Behavior Guidelines for Athletes:

1. Come to all practices and games on time
2. Keep track of your uniform and take care of all equipment at other schools and at ICRS.
3. Respect your coach. Follow directions. Listen when your coach is speaking. When the whistle blows, stop whatever you are doing, including talking.
4. Only good language is acceptable; no put downs or swearing.
5. Remember you are part of a team; work together. Recognize your teammates' efforts with praise and encouragement.
6. Accept unpleasant situations such as bad calls, unfair plays, or mistakes with good sportsmanship.
7. Regardless of the final score, compliment the other team on a game well played.
8. Do your best, and have a positive attitude.

My child, _____, has my permission to participate in the sports program (indicate sport) _____ at Immaculate Conception Regional School. I understand that a \$25 fee will be collected on FACTS for each sport. I also give my consent to his/her riding in approved transportation provided by coaches, staff, or parents.

I understand and agree with the above requirements and will follow them.

_____ (Student Signature) _____ (Date)

_____ (Parent/Guardian Signature) _____ (Date)

Parent/Guardian's e-mail: _____ Phone #: _____

(For notification of meetings, games, changes in scheduling, etc.)