



# St. Brigid Parish

## 2017-2018 ATHLETIC PROGRAMS HANDBOOK

Updated: Tuesday, August 08, 2017

*The Athletic Handbook is subject to change without notice but with the approval by the  
St. Brigid Athletic Committee.  
The latest version will always be posted on the St. Brigid website.*

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## **INTRODUCTION**

St. Brigid Parish values athletics as an important part of the total parish life. Athletics help emphasize for our parish children the benefits of sound mind, body, and spirit. Our athletic program seeks to help teach fitness, fundamental techniques, sportsmanship, fair play, team play, and general basic sports skills. More importantly our athletic program seeks to be a vehicle for teaching the practice of core Catholic values and attitudes. This booklet, in conjunction with CYO rules and regulations, shall serve as the guideline for operating this program, which will be governed by the St. Brigid Athletic Committee (SBAC).

## **ATHLETIC COMMITTEE MEMBERS**

Brian J. Sticka | Athletic Director | Parish Representative | CYO Vice President  
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# **SPORTS SIGN-UP DATES AND FEE INFORMATION 2017-2018**

## **Golf 2017**

Grades: 4 – 8

Fee: \$80.00

Sign-Up Date: August 2017

## **Basketball 2017-18**

Grades: 4 – 8

Fee: \$85.00

Sign-Up Date: September 1, 2017 – September 8, 2017

## **Volleyball 2017-18**

Grades: 4 – 8

Fee: December

Sign-Up Date: ~ December 8, 2017 – December 18<sup>th</sup>, 2017

### **2017-18 Fees:**

Basketball - \$85.00

Volleyball - \$60.00

Golf - \$80.00

Bolded and underlined dates are the due dates for the fees to be paid. If the fee is not paid on time, regardless of whether a student is registered on time, an additional **\$20.00 fee** will be applied per student. Refunds will only be given prior to the first game of the season for each sport. Scholarships are available for families unable to pay the fees.

Sport registration forms and Consent to Treat forms are sent home with the children through school and PSR. All of the St. Brigid Athletic Committee's forms will be available on the St. Brigid website:

[www.stbrigidxenia.com/pages/school/athletics.html](http://www.stbrigidxenia.com/pages/school/athletics.html)

**Make checks payable to: St. Brigid.**

**“TBD” = To Be Determined**

## I. GENERAL INFORMATION

St. Brigid Parish sponsors a youth athletic program. The intent of the program is to provide athletic opportunities for as many interested parish children as possible, typically starting in grade 4 or 5, under the direction of the St. Brigid Parish Athletic Committee. Regulations pertaining to age eligibility, parental permission, conduct, attendance, etc, are rigidly set by the CYO. Those regulations are enforced and supplemented by the St. Brigid Athletic Committee (SBAC).

The SBAC oversees and coordinates the rules required to operate a viable athletic program. The interpretation of these regulations includes not only their wording, but even more importantly, their spirit and intent. The overriding point of the regulations is, within the context of the overall purposes of the athletic program, to insure safety, good sportsmanship, fun, maximum participation, and athletic instruction. The SBAC realizes that unusual or unforeseen circumstances may arise involving these rules and regulations or the interpretation thereof. If such cases do arise, the SBAC will, at its discretion, amend or waive the rules and regulations to apply to the extraordinary situations. Any resulting changes in policy will be communicated to all parishioners.

Anyone interested in helping with the many activities scheduled for the school year should contact the SBAC or any SBAC member. In order to assist with any activities involving children, volunteers MUST have completed any and all Archdiocese child protection program requirements. Assistance is needed each year in areas such as coaching, new SBAC members, helping with fundraisers (Fish Fry, Festival, Fair Gates, etc.), court preparation/operation, concession stand, and working special events.

## II. OVERALL OPERATING PHILOSOPHY

The St. Brigid Athletic program seeks to operate the various sections of the program according to the following overall philosophies:

- A. St. Brigid athletics are **for the children** of our parish and that must remain the focus. CYO Sports are for kids, not for parents or other adults.
- B. St. Brigid athletics are a vehicle to teach and instill Catholic values and attitudes in our parish children. The conduct of all children and all adults participating in St. Brigid athletics should reflect well on those values and attitudes.
- C. St. Brigid athletics shall be conducted in an age-appropriate fashion with regard to the demands upon the children participating, the manner in which skills are taught, the method of dealing with disciplinary issues, and the division of playing time.
- D. St. Brigid athletics are in harmony with the educational objectives and philosophies of the parish. That harmony is only maintained when the participants maintain their academic responsibilities as a prerequisite for participation in St. Brigid athletics.
- E. St. Brigid athletics shall not be viewed as inherently more or less important than other extra-curricular activities also supported by the parish.
- F. Participation in athletics is voluntary and open to all eligible parish children regardless of skill level.
- G. Winning is **not** the primary criterion of whether we are conducting a good athletic program. Every player is encouraged to play every game to win. However, the development of our parish children in their Catholic values and attitudes as well as their athletic abilities is a greater measurement of the success of our athletic program.

### **III. LIABILITY STATEMENT**

The St. Brigid athletic program does not provide personal injury insurance of any kind for any age group. Therefore, participants play at their own risk. Each player is required to turn in a parent release and waiver of liability form that states that the Archdiocese of Cincinnati, St. Brigid Parish, and all of its administrators are not responsible in case of any injury. The SBAC highly recommends a full physical examination prior to each school year, though such examination is solely the responsibility of the parent(s) and/or guardian(s) of the participant. All participants will be required to execute forms regarding medical treatment consent as well as a release and waiver of liability for each athletic activity each season.

### **IV. PROGRAMS**

Every parish member who properly signs up for a sport will be placed on a team unless there are not enough players in a grade level to field a team. Adult coaches are provided for each team. The best possible equipment is allocated to each team and participation certificates are distributed to each athlete. Every athlete must pay a fee to participate and if needed, scholarships are available.

The youth athletic program consists of Catholic Youth Organization (CYO) activities. There are costs for participating in these activities. Efforts are made to keep participation costs to a minimum by relying on many volunteers and subsidizing the costs using profits made at St. Brigid Parish fundraising events. Parents are encouraged to work at St. Brigid fundraising events and/or assist as coaches, concession workers, banquet preparation, and any other area of the athletic program where volunteers are needed.

### **CYO SPORTS**

The CYO sports program emphasizes playing skills in formal competition with other parishes and programs. Learning sportsmanship and fair play are the goals set for each player at this level. Players must compete in a given classification according to their grade in school. The Greater Dayton CYO determines the grade levels for each classification. CYO sports registration deadlines will be followed provided that team size limitations have not been met.

When faced with insufficient numbers of participants for any sport, the primary focus will be to allow the maximum number of St. Brigid players to participate. Teams could be formed across two or more grade levels. Individual students could be moved down a grade or up a grade. Currently, CYO does not allow participation from children in grades 3 and below.

In arriving at such decisions, the SBAC will take into account many factors, including but not limited to, the overall purposes and philosophies of St. Brigid athletics, input from coaches, and actual player evaluations.

CYO will make the decision if games will be canceled due to inclement weather. Please check [www.daytoncyo.org](http://www.daytoncyo.org), various media outlets, or with the coach to determine if the game for that day is being played as scheduled.

## **TEAM SIZE AND COMPOSITION**

In an effort to maximize the playing time opportunities for the children, team sizes and composition will be set by the SBAC in a manner that is consistent with the goals and aspirations of the St. Brigid athletic program.

No parish child will be denied the opportunity to play any sport offered to that child's grade level by the St. Brigid athletic program provided the child's registration forms are received on or before the deadline date for the given sport. If the deadline date has passed, a decision may be made by the SBAC that no further registrations will be accepted for that sport. It is very important that deadlines are met to assure that the child is guaranteed a place on the team.

## **PLAYING TIME**

For **basketball and volleyball**, playing time for grades 4 and 5 will be as equal as possible for the regular season and tournament. Playing time for grade 6 will be as equal as possible for the regular season. For tournament play, grade 6 teams will follow the 7th and 8th grade playing time rules below.

Playing time for **basketball** in grades 7 and 8 will be a minimum of one quarter or 6 minutes. Playing time for **volleyball** in grades 7 and 8 will be approximately one quarter of the available time. It must be noted that volleyball is not divided into quarters with play ending when the quarter ends. A volleyball score could be 28-26, or it could be 25-0. The total points scored cannot be determined in advance, but as play progresses through three games, coaches will get a sense of the competitiveness of the match and shall be responsible for getting a player into the match for at least a quarter of the time. Additional playing time for 7th and 8th grade will be determined by the coach based on skills, effort, and attitude.

Playing time guidelines, however, may have exceptions. The coaches may feel it is appropriate to adjust playing time to allow all the players to get the most from their time in the games. That situation may arise, for example, if a team only has 1 or 2 players who can handle the ball without turning it over immediately and that team falls under the all players' time is "as equal as possible" guidelines. It would be appropriate for the coaches to have those players who can handle the ball, play more to permit the other players to be able to actually participate meaningfully. While the intent of the rules for that group would be that all players to have equal time, the goal is to make the experience for all players rewarding. If the situation arises that some adjustment to the guidelines is warranted, the coaches should communicate that intention to the Athletic Director. If the Athletic Director agrees, the issue should be communicated to the team parents.

It is also important to note a player is entitled to playing time outlined above only if he or she:

- comes to every practice, or tells the coach an acceptable reason for the absence, and
- participates fully in the practice, and
- follows the requirements and guidelines as outlined in this handbook.

## **BASKETBALL**

Depending upon the number of teams that may be formed, grades 4-8 boys and girls may have the opportunity to participate in the CYO sponsored league with CYO rules governing.

## **VOLLEYBALL**

Depending upon the number of teams that may be formed, grades 4-8 girls and boys may have the opportunity to participate in the CYO sponsored Volleyball league with CYO rules governing.

## **GOLF**

Grades 5-8 boys and girls may participate in CYO golf in accordance with CYO rules.

## **BASEBALL**

Depending upon the number of parish children expressing an interest, St. Brigid athletics would seek to partner with another parish to offer the opportunity to participate in CYO sponsored baseball with CYO rules governing.

## **TRACK**

St. Brigid Parish children may participate in East Catholic Striders Track. This is a collaboration of feeder schools to Carroll High School. Cara Short is the current coach and oversees operations of ECST. She will contact the AD about sign ups and the AD will pass the information along to the students.

## **ADDITIONAL SPORTS**

Accommodations are made for St. Brigid children who wish to participate in other CYO sports not offered through our athletic program.

## **SIGN-UPS AND COMMUNICATIONS**

Efforts will be made to notify Parish members, including St. Brigid School students and Parish School of Religion (PSR) students, of athletic and coaching sign-ups. Those notification efforts may include several methods of communication including but not limited to the following:

- Church bulletin
- Announcement at Masses
- Notice sent home with students of St. Brigid School and PSR students
- St. Brigid website
- Facebook

## **V. COACHES**

### **A. SELECTION**

1. Head coaches and designated assistant coaches must be at least 18 years of age.
2. All individuals interested in coaching, whether as a head coach or an assistant, must submit a St. Brigid Coach's Application for each new season to the SBAC prior to that sport's sign-up or during sign-up.
3. **No coach is guaranteed to be named coach for a new season simply because he/she coached in any past season(s).** The SBAC's choice of each team's coaches each season will be made with the primary goal of providing the maximum benefit for the most children participants possible within the Overall Operating Philosophy set forth above.
4. All coaches and assistants must complete a background check and attend a VIRTUS Training session as a part of the Archdiocese of Cincinnati Decree on Child Protection.
5. Every effort will be made to allow all volunteers the opportunity to assist with coaching in some way. All volunteers will be notified as to their area of responsibility.
6. The SBAC will select the assistant coach(es) after the teams are established. The SBAC will seek input from the head coach before selecting assistant coaches.

7. In deliberations for the selection of coaches, the SBAC will consider any relevant criteria in choosing the coaching applicant that will best serve the goals and aspirations of St. Brigid athletics. Those criteria may include but shall not be limited to the following:
  - Coaching experience in that sport;
  - Training in that sport;
  - Overall coaching experience;
  - Past history with coaching St. Brigid teams, taking into account all past evaluations, and compliance with Coach's Requirements and Coach's Guidelines, as set forth in this section;
  - Parent of a player on that team; and
  
- Parish member

## **B. COACH'S REQUIREMENTS**

1. Coaches shall complete a background check and attend a VIRTUS Training session as a part of the Archdiocese of Cincinnati Decree on Child Protection.
2. Coaches are required by Ohio state law to have completed an Ohio Department of Health approved course that explains and trains coaches on recognizing the signs and symptoms of concussions in youth sports.
3. Coaches are required to complete the video regarding "Lindsay's Law" and attest once complete.  
[https://www.youtube.com/watch?v=h3teQ3e\\_hoQ&feature=youtu.be](https://www.youtube.com/watch?v=h3teQ3e_hoQ&feature=youtu.be)
4. Coaches shall set an example of Christian attitudes and values, good sportsmanship, and fair play at all times.
5. Coaches shall comply with the St. Brigid athletics operating philosophies and must reflect their understanding of that obligation by signing and returning to the Athletic Director the Acknowledgement of Receipt and Agreement to Abide regarding the handbook before the first practice.
6. Coaches shall not smoke or use tobacco, drugs, or alcohol on the benches, playing area, or sidelines during any game or practice.
7. Coaches shall not use profanity at any time during any game or practice.
8. Coaches shall attend all required meetings called by the CYO and/or the Athletic Director.
9. Coaches shall pick-up equipment. Coaches could be responsible for the replacement of damaged or lost equipment.
10. Coaches shall not leave the activity and/or facility before making sure the care of each child on the team has been taken by the child's parent or appropriate designated responsible adult.
11. Coaches will turn in to the Athletic Director all team trophies and awards won while representing St. Brigid.

## **C. COACH'S GUIDELINES**

1. Coaches should dress appropriately and, when possible at games or competitions, in the athletic program's colors (green & white).
2. Any head coach who will not be present for a game should notify the Athletic Director 24 hours prior to the game as to which assistant coach will be in charge.
3. Coaches should see that the conduct of their players and fans are always complimentary so that the game is always under control and no player is in danger of being ejected.
4. Coaches shall turn in a completed season summary sheet immediately after the season concludes.
5. No coach shall penalize any player for absence from practice or game to attend Religious Education classes or functions.
6. Coaches always have the right to question any situation that may impact the safety of any player.
7. Coaches shall maintain each player's medical Consent to Treat form with the coach at every practice, game,

and/or activity.

8. The coach bears the responsibility for maintaining appropriate playing time for each of the players within the parameters set forth by the SBAC for the particular sport and age group. (See section IV)

#### **D. COACH'S EVALUATION PROCEDURES**

1. Each coach will be evaluated at the end of the season by parents or guardians of team participants.
2. Coaches are encouraged to review the evaluations to assist them in building upon their strengths and improving their coaching weaknesses. Each coach's evaluations will be made available to that coach upon request to the SBAC.
3. Evaluations may be used in the future selection of coaches.

#### **E. COACH'S ACTIONS SUBJECT TO REVIEW**

Coaches will be subject to SBAC discipline for acts that are deemed detrimental to the athletic program. While every potential basis for disciplinary action may not be listed in a document of this type, the following is a list of several situations in which discipline of a coach will come before the SBAC:

1. Any coach willfully involved in submitting a fraudulent parent consent form to the CYO will be permanently suspended from the St. Brigid athletic program.
2. Any coach willfully violating the player eligibility rules of St. Brigid will incur a mandatory suspension from the St. Brigid athletic program for the balance of that school year, as well as an indefinite suspension beyond that school year. Any coach incurring such a suspension shall be required to submit a request to the SBAC to terminate such suspension before the coach will be eligible to even submit an application to coach in any capacity for St. Brigid.
3. Any coach who willfully attempts to violate the spirit and intent of the rules, regulations, and/or procedures of the athletic program will be brought before the SBAC for review and the appropriate action taken.
4. Any coach against whom a complaint is filed by the CYO or its Officials Association is subject to SBAC review and appropriate action.
5. Any coach whose team forfeits two or more games during the season may be prohibited from coaching the succeeding season.
6. Any coach who is ejected from a game shall submit a written explanation of the incident to the Athletic Director before the next game that team plays and the coach is subject to a review by the SBAC.

## VI. PLAYER CONDUCT & ELIGIBILITY

Athletes of St. Brigid Church are direct representatives of St. Brigid parish and are expected to conduct themselves in a way that will gain respect for both themselves and the parish. Representing the parish as a member of an athletic team is a privilege, not a right. That privilege is available only to those who are willing to follow the rules and regulations of the athletic program. Every child participating in the St. Brigid athletic program is expected to follow the rules and conduct him/herself in a manner that reflects well on his/her family and St. Brigid parish.

### A. PLAYER'S REQUIREMENTS

1. Players should be students of St. Brigid School or St. Brigid Parish School of Religion.
  - a. Non-members of St. Brigid could play at St. Brigid in the event that there is not enough participation in that grade and the classes above and below field complete teams. The SBAC must approve all requests by coaches to have a non-member of St. Brigid play.
2. Players must be in grades 4 through 8.
3. Players must maintain their eligibility with regards to grades and discipline.

The following excerpt is from the St. Brigid School Parent and Student Handbook:

#### **“Participation in Extra-Curricular Activities Guidelines**

St. Brigid School places a high priority on academics and proper conduct. A student's participation in extra-curricular activities will be contingent upon the following terms:

- Student must maintain a cumulative average grade of at least C (2.0 GPA) or above. (Consideration may be given to students who are working to their abilities as determined by teachers and principal). "No excessive missing/incomplete assignments.
- No expulsion or in-school or out-of-school suspension.

Parents play an essential part in helping their children place the proper emphasis on the importance of sports, band, choir, etc. Participation in extra-curricular activities can be an excellent way for children to learn many important social skills such as teamwork and cooperation. However, when games or practices are considered more important than attendance at church or school functions, we are sending the children very confusing messages. We count on you to help them make mature decisions.”

#### **Procedures to Determine Academic Eligibility for Athletics (subject to change basically on availability)**

On Mondays before noon, a list of students with a grade point average below a 2.0 will be generated. The information about ineligible students will be shared with the Athletic Director and the AD or someone he designates who will notify coaches. A notification form to parents will be sent home with students on Monday afternoons. Parents should already be aware of their child's ineligibility because they have access to grades on Option C. Ineligible students may practice with their team, but may not play in any games until the cumulative grade in that subject rises to at least a C. The decision to practice or not will be made by the parents in consultation with coaches. Another eligibility list will be generated before noon on Fridays to confirm continued ineligibility for weekend games. In addition, if a student becomes ineligible on Friday, they will also be ineligible for the weekend. Students may sit on the bench for games in street clothes (no uniforms). If a student who was previously ineligible becomes eligible, coaches and parents will be notified. Option C will be checked on behalf of ineligible students who become eligible for weeknight games. If school is closed, notifications of eligibility may be delayed.

### **Students from schools other than St. Brigid**

Students who are enrolled at a school other than St. Brigid School will be held to the same standard as St. Brigid School students in order to participate. It will be the responsibility of the student and his or her parents to notify the coach if any of the three guidelines outlined above make the student ineligible.

4. Players shall comply with the St. Brigid athletics operating philosophies and must reflect their understanding of that obligation by signing and returning to their coach the Acknowledgement of Receipt and Agreement to Abide regarding the handbook before the first practice.

## **B. PLAYER'S GUIDELINES**

1. Players shall treat teammates, coaches, and competition with good sportsmanship at all times.
2. Players shall come to practice ready to learn and advance their skills.
3. Players shall have reliable attire that pertains to the sport in which they are participating.
4. Players shall notify the coach in a reasonable amount of time if they are going to miss practice or a game.
5. Players shall arrive on time to practice and games. They should stay the entire practice unless the coach is notified in advance.
6. If the player arrives early to the PAC he or she should stay off the court until the team who is currently scheduled on the court is finished practicing. Players shall wait with the coach and other teammates in the bleachers and stay out of the hallways unless a restroom break is needed.
7. During home games, players will not be permitted inside the gym near the area of the concession stand door and physical education office.

## **C. PLAYER'S ACTIONS SUBJECT TO REVIEW**

While every potential basis for disciplinary action may not be listed in a document of this type, the following is a list of several situations in which discipline of a player will come before the SBAC:

1. A player who is ejected from any game shall submit a written explanation of the incident to the Athletic Director before the next game that team plays and the player is subject to a review by the SBAC.
2. A player having a complaint filed against him or her by the CYO or other sports governing body shall appear before the SBAC for review of the incident(s).
3. A player who is fighting while in uniform shall be automatically suspended for the next scheduled game. A hearing shall be held on such matter at which time the SBAC will determine further action to be taken.
4. A player whose conduct is considered detrimental to the spirit of the athletic program, i.e., abusive language, willful destruction of property, use of tobacco, drugs, or alcohol during games or practices, etc., will be requested to appear before the SBAC for a hearing to consider possible suspension from the program.

## **VII. PARENT/GUARDIAN RESPONSIBILITY**

### **A. PARENT/GUARDIAN REQUIREMENTS**

1. Parents shall comply with the St. Brigid athletics operating philosophies and must reflect their understanding of that obligation by signing and returning to the coach the **Acknowledgement of Receipt and Agreement to Abide** regarding the handbook before the first practice.
2. Parents shall complete the registration form and pay the fees by the deadline date for each sport.
3. Parents shall complete and sign the **Release and Waiver of Liability** for St. Brigid Parish, and the **Consent to Treat** form by the established deadline date.

4. Parents shall be responsible for the care of any uniforms or equipment distributed to their child. Parents shall pay a replacement fee for any damaged or lost uniform or equipment distributed to their child. Current replacement price for a set of uniforms is \$60.00.
5. Parents are required to fill out all forms completely and keep all handouts regarding “Ohio Department of Health – Concussion Information Sheet” and “Sudden Cardiac Arrest and Lindsay’s Law Information Sheet”

## **B. PARENT/GUARDIAN GUIDELINES**

1. Parents/guardians should make every effort to get their child to practice and games on time.
2. Parents/guardians should never drop their child off at the PAC or a game without the coaches being present. Parents/guardians must wait until both coaches arrive or the coach and an adult who have completed the Virtus class. The coaches for the other teams cannot coach their team and be responsible for the next team’s children at the same time.
3. Parents/guardians, just like the athletes, are direct representatives of the St. Brigid Parish. They shall act in accordance with the philosophy set by the SBAC and lead by example when attending practices and sport events.
4. Parents/guardians shall inform the coaches if a player is going to miss practice or a game for any reason.
5. Parents/guardians shall inform the coach of medical issues the player has that could affect the player’s ability to participate.
6. There are many ways for parents/guardians to get involved with athletics at St. Brigid Parish and we encourage you to do so. Please sign up and work a shift at the concession stand, help set up/take down for home games, help with the banquets, and work St. Brigid fundraising events which include, but are not limited to, the Festival, Fish Fry, and Fair Gates.

## **C. CHAIN OF COMMAND**

### **1. Chain of Command within St. Brigid Athletics:**

St. Brigid Athletics seeks to employ a chain of command approach to resolving issues that may arise within our athletic program. We believe this approach will serve to resolve most problems in a constructive manner and will also serve to teach our children about the importance of “process” in dealing with issues. If a parent or guardian of a child involved in the athletic program has a complaint about a coach or about the operation of a team, the parent or guardian shall proceed with the following steps, in order, to address the complaint:

**Step 1:** Talk directly with the coach or coaches involved about the matter, unless the parent or guardian has a good faith belief that approaching the coach is not a reasonable step toward solution of the complaint. If the parent or guardian has a good faith belief that approaching the coach is not a reasonable step toward solution of the complaint, the parent or guardian may direct the complaint to the Athletic Director or a member of the St. Brigid Athletic Committee. The details of the complaint, including the names of those raising the issue(s) will be shared with the coach as a part of addressing the complaint, unless there is some compelling reason to withhold such information.

**Step 2:** If Step 1 does not resolve the matter, email or call the Athletic Director and maturely explain the problem. In the event Step 1 involved directing the complaint to the Athletic Director and that did not resolve the issue, Step 2 may be skipped.

**Step 3:** If Steps 1 & 2 do not resolve the matter, write to a member(s) SBAC and request a hearing on the situation.

## 2. Chain of Command Involving Other Schools or CYO

The following is provided by CYO and it has been requested that it be provided to parents.

- Complaints from coaches, fans or parents must be directed to the Athletic Director. Only the Athletic Director should call the CYO office to list complaints.
- Complaints from coaches, fans, or parents about another school's team must be directed to the Athletic Director who will contact that school's Athletic Director to resolve any issues.
- School principals should not be involved with any complaints as it pertains to CYO events. CYO will only discuss complaints with the Pastors if the Athletic Director has not resolved the issues.
- If complaints are not addressed by the Athletic Director, then the Parish Representative is responsible for resolving any issues. If the Parish Representative fails to do their job, then CYO will intervene

## **VIII: Concussion in Youth Sports: Ohio's Return-to-Play Law**

Effective April 26<sup>th</sup> 2013, Ohio HB 143 of the 129<sup>th</sup> General Assembly has set requirements/laws for schools and parents with regards to concussion in youth sports. Outlined below is a general overview of the law and what is required by St. Brigid Coach's and parents/guardians of the student athletes participating in youth sports sponsored by the St. Brigid Athletic Committee.

St. Brigid will follow hybrid guidelines of both School Sports (Interscholastic Athletics) and Youth Sports Organization. The Athletic Director will serve as the overseer of the compliance with this law and verify the requirements laid out for coaches and parents.

### **A: What Parents Need to Know**

1. Starting April 26th, 2013, parents and athletes are required to sign and submit a concussion information sheet for each school year for each sport.
2. Coaches and referees must remove an athlete from play if the athlete is exhibiting the signs and symptoms of a concussion during practice or a game. These include: (Refer to VIII, C)
3. The student athlete cannot return to play on the same day that the student is removed.
4. The student athlete is not permitted to return to play until they have been assessed and receive written clearance by a physician (MD or DO) or by any other licensed health care provider approved by the school district.

### **B: What Coaches Need to Know**

1. Starting April 26th, 2013, individuals are not allowed to serve as a coach or referee for youth sports organization, whether volunteer or paid, without:
  - a. successfully completing, every three years, an online training program recognizing the signs and symptoms of concussions and head injuries provided by the Ohio Department of Health.  
-OR-
  - b. holding a Pupil Activity Permit (PAP) from the Ohio Department of Education

### **C: Signs and Symptoms of a Concussion**

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets plays
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- (irritability, sadness, nervousness, feeling more emotional)
- Can't recall events before or after hit or fall
- Sleeping more or less than usual
- Any headache or "pressure" in head
- (How badly it hurts does not matter.)
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light and/or noise
- Feeling Sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

## **D: Free Online Training: Required for Coaches and Recommend for Parents**

1. The Ohio Department of Health has approved the following free online training for coaches and referees:
  - a. St. Brigid Athletic Committee recommend the following free online training course. A certificate will generate upon completion and it will be searchable by the SBAC for verification purposes.
  - b. <http://www.nfhslearn.com/electiveDetail.aspx?courseID=38000>
  - c. This free on-line course is available through the NFHS. You will need to click the “order here” button and complete a brief registration form to take the course. However, you do not need to be a member of NFHS to access this course.

## **E: More Information Location**

1. <http://www.healthyohioprogram.org/concussion>
2. The Athletic Director will be able to answer most questions and provide more information regarding Ohio’s Return to Play.

## **IX: Sudden Cardiac Arrest and Lindsay’s Law**

Lindsay’s Law, Ohio Revised Code [3313.5310](#), [3707.58](#) and [3707.59](#) went into effect in 2017.

In accordance with this law, the Ohio Department of Health, the Ohio Department of Education, the Ohio High School Athletic Association, the Ohio Chapter of the American College of Cardiology and other stakeholders jointly developed guidelines and other relevant materials to inform and educate students and youth athletes participating in or desiring to participate in an athletic activity, their parents, and their coaches about the nature and warning signs of sudden cardiac arrest.

## **A: Informational Links:**

1. <http://www.odh.ohio.gov/landing/Lindsays-Law.aspx>
2. For Coaches: [https://www.youtube.com/watch?v=h3teQ3e\\_hoQ&feature=youtu.be](https://www.youtube.com/watch?v=h3teQ3e_hoQ&feature=youtu.be)
3. For Parents/Guardians: <https://www.youtube.com/watch?v=s-YfCWQPeqw&feature=youtu.be>

**FORMS,  
CYO RULES**

## **CYO BASKETBALL RULES** (subject to change)

- 1 OHSAA rules will be followed with the addition of CYO special rules
- 2 Second team listed on schedule is HOME TEAM
  - a) Home team must provide the Official Scorer. Home team will keep all score sheets.
  - b) One representative from the VISITING TEAM should be at the table. Coaches cannot keep the official score.
  - c) Scorer, Timer, and both officials must sign the game score sheet.
  - d) Home team is responsible to get the score sheet filled out by both teams prior to the game.
2. No exposed jewelry, including earrings, even if covered, may be worn.
3. New players may be added until the fourth game of the season. To be eligible for tournament play, a player must have played in three regular season games. The player consent form must be on file in the CYO office before game appearance. **All coaches must carry their roster to all games. Failure to do so could result in a forfeit.**

**RULES FOR COACHES-Official schedules will be posted on the web site [Daytoncyo.org](http://Daytoncyo.org) on. Coaches are responsible to check for any changes. No excuses will be accepted for not noting and adhering to any changes. If any changes are made after this date, coaches and coordinators will be notified by mail or phone.**

1. Coaches are responsible for the conduct of their players and fans.
2. The Gym Supervisor or Officials may eject any Spectator who is using profanity, verbal abuse of players or game officials or is being disruptive in the administration of the game. If the spectator refuses to leave, the supervisor is instructed to call the authorities.
3. Any coach, player, or spectator ejected by the officials, before, during or after the game will be suspended for two games per OHSAA rules. A person suspended from a game will cause their team to forfeit the game if they attend a game while serving the suspension.
4. No protests for game conduct or rule enforcement per OHSAA rules. Protests for player eligibility and CYO rule procedures must be filed according to CYO guidelines. No protest during tournament play.
5. If officials fail to show, coaches will pick substitutes and the game will be played. If only one official shows up, the game will be started on time. Refusal to play constitutes a forfeit.
6. Coaches must fill out game score sheet with starters checked BEFORE game time.
7. HOME TEAM is responsible to resolve color-conflicts with uniforms. Practice pullovers allowed.
8. All team players and coaches shall be on the court 30 seconds prior to game time for the pre-game handshake and sportsmanship statement by the Gym Supervisor. Starting players shall remain on the court.
9. **Each coach is required to provide the official scorers a separate team roster listing all players for their team. Roster will be kept at scorers' table and returned to coach after the game. Roster will include player's last name, first name and uniform number. This must be done five minutes before game time.**
10. A Team may start with **four (4) players** to avoid a forfeit.

## Games

1. Games must start at the scheduled time if a team has five players and a coach or an adult representative is present.
2. There will be a five (5) minute grace period after scheduled game time and then a forfeit.
3. Three minutes for warm-ups.
4. Games are four (4) six (6) minute periods with one (1) minute between periods and a three (3) minute half time for all grades. Teams will not go to the locker room at halftime.
5. Two times-out per half and no consecutive times-out by the same team. One time out for each overtime period. Times-out during overtime will be 30 seconds.
6. No backcourt press for grades 4 & 5 until the last three minutes of the game. Teams may not press in the last three minutes and overtime if they are leading by ten (10) points or more.
7. 6<sup>th</sup> grade teams may apply full court pressure during the fourth (4) period and overtime only, unless leading by ten (10) or more points.
8. Overtime will be two minutes. Clock will run except for the last 30 seconds.
9. Clock will continue to run in the last two minutes of the game if a team is leading by 14 or more points.
10. **4<sup>th</sup> & 5<sup>th</sup> graders may shoot foul shots from 12 feet. 4<sup>th</sup> & 5<sup>th</sup> graders that play up may shoot from 12 feet. Make sure that the officials know what players are playing up.**
11. All grades will have a single elimination tournament at the end of the season with the teams being divided into two divisions. Tournament seeding will be based on the first six games.. Tournament brackets will be available on the CYO web site on **Daytoncyo.org**
12. Ball size is 28.5 and HOME TEAM will provide the game ball. No rubber balls.
13. **ALL GAMES MUST BE PLAYED AS SCHEDULED-NO EXCEPTIONS.  
REGULAR SEASON GAMES WILL NOT BE MADE UP.**

# CYO VOLLEYBALL RULES (Subject to change)

## GENERAL

1. **Second team** listed is HOME TEAM
  - a. HOME TEAM must supply the official game ball. Home team has choice of net or serve. Visitors have the same choice for the second game and coin toss for the third game called by the home team with the winner having the choice of net or serve.
  - b. Both teams will supply an official scorer at the table to keep visual score and score sheet including substitutions.
  - c. HOME TEAM will keep all game score sheets. Both coaches will sign the score sheet.
2. Coaches must FILL OUT the official CYO Score sheet upon arrival at the gym. All starting team member names will be printed on score sheet. The FIRST six (6) names for all leagues must be in starting order with last name and number on score sheet. Each coach is required to provide the official scorers a separate team roster listing all players for their team. Roster will be kept at scorers' table and returned to coach after the game. Roster will include player's last name, first name and uniform number. This must be done five minutes before game time. **COACHES SHALL CIRCLE FIRST SERVER ON THE GAME SCORE SHEET.**
3. Only the coach and players of each game in progress are allowed in the designated team area, which will be on the side where the Scorers' Table is located. All coaches must stay at team bench area.
4. Each team shall provide one adult lines-person. (18 or older)
5. OHSAA rules will be followed with the addition of CYO special rules.
6. **MINIMUM PLAYING TIME:** It is recommended by CYO that all participants have two (2) ENTRIES PER Match IN THE 6<sup>TH</sup>, 5<sup>TH</sup>, & 4<sup>TH</sup> grade leagues. It is expected that coaches will honor this recommendation.

**RULES FOR COACHES**-Official schedules will be posted with any changes on [Daytoncyo.org](http://Daytoncyo.org). Coaches are responsible to check for any changes. No excuses will be accepted for not noting and adhering to any changes. If any changes are made after this date, coaches and coordinators will be notified by mail or phone in addition to the web page.

## CYO GAME RULES

1. Tournament seeding will be final and based on the first two weeks of the season. Tournament brackets will be posted on the **CYO web site**. Any problems, call the CYO office at 256-1886 or Pat at 866-0129. (DAYTONCYO.ORG)
2. Game time is forfeit time for the first game, ten minutes after game time for the second game and 20 minutes after game time for the third game.
3. Warm up time is three minutes between each game.
4. A match shall consist of three 25- point games (RALLY SCORING) with a time limit of 55 minutes total for all three games. **No time limit for tourney games.** Time shall be kept by game official and will start on the first whistle of the first game. Server can not hold ball the last 10 seconds in the 5<sup>th</sup> & 4<sup>th</sup> grade leagues and the last 5 seconds of the 8<sup>th</sup>, 7<sup>th</sup> & 6<sup>th</sup> grade leagues to run out the clock. In these situations the clock will start with serve contact on the ball.
  - a. There will be one time out per game per team. Times out will be 30 seconds each
  - b. League standings will be by points, two points for a win and one point for a tie. No points for a loss.
5. Team composition will be six (6) players for all leagues. Leagues must have **five** players to start the game. In case of injury for all leagues, the OHSAA rules will apply. IE: player in position 4 may sub for injured player in position 2. Injury substitutions will be noted on the score sheet.

6. Serving 8<sup>th</sup>, 7<sup>th</sup> & 6<sup>th</sup>—5 seconds (no help) and 5<sup>th</sup> & 4<sup>th</sup>—10 seconds (no help). Gym Supervisor will mark the serving line. The line will be moved up 7 feet for the 5<sup>th</sup> & 4<sup>th</sup> grade leagues. Re-serve rules under OHSAA will apply to all leagues. If a player plays up, they can serve from the appropriate distance for their grade.
  - a. Hits: 8<sup>th</sup>, 7<sup>th</sup> & 6<sup>th</sup> grade leagues-three (3). 5<sup>th</sup> & 4<sup>th</sup> grade leagues-four (4). OHSAA rules apply for all ball contact.
7. Net height for all leagues is 7 feet.
8. Rotation
  - Net – 6 players
  - 4 – 3 – 2
  - 5 – 6 – 1 (server)

Tourney games will be the best 2 out of 3 games. All three games will be played to 25 points.

- a. Team on top part of bracket will be the home team. 8<sup>th</sup> & 7<sup>th</sup> grade leagues, OHSAA official ball size will be used, 25-27 inches in circumference. 6<sup>th</sup>, 5<sup>th</sup> & 4<sup>th</sup> grade leagues will use the lively ball. This ball is called a Volley Light USVBA training ball. **substitutions:** Request for substitutions must be made only by coaches when ball is dead.
- b. Teams are allowed unlimited substitutions for each player as long as player goes back in the same position.
- c. A maximum of 15 seconds is allowed for each substitution per team. If a team takes more than 15 seconds, a time out will be charged. If a team is out of times out, a point is charged.
- d. When a player starts serving, the player must complete their serve before they can be substituted for service starts with the whistle.
- e. No more than two (2) players may be substituted per request per team, otherwise a time out must be taken.
  - f. Teams are allowed to make substitutions at very dead ball situation**
  - g. Teams may make mass substitutions at the 15- point mark of each game**
9. Protests will not be accommodated for game conduct or rule enforcement, consistent with OHSAA rules. Protests for player eligibility and CYO rules procedures may be filed according to CYO rules. No protests are allowed in tournament play.
10. If referee fails to show up, coaches will agree on a substitute referee for the game. Refusal to play the game will constitute a forfeit.

**St. Brigid Athletics Consent to Treat Form**

**Purpose:** To enable parents and guardians to authorize the provision of emergency treatment for children who become ill or injured during a St. Brigid School athletic event when parents or guardians cannot be reached. This release shall be in effect for six months from the dated signature below. Each new sport or season will require a new Consent to Treat Form signed by a parent or legal guardian. Each child must have a Consent to Treat Form on file.

**Child's Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**PART I OR II MUST BE COMPLETED**

**PART I TO GRANT CONSENT**

In the event of an injury or illness affecting my child (listed above) when I am not present, and reasonable attempts to contact me or the other parent or guardian of the child listed above have been unsuccessful, I hereby give my consent for treatment deemed necessary by a licensed physician or dentist at any hospital or medical care facility reasonably accessible.

**First Emergency Contact: (Person Signing Consent)**

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

**Second Emergency Contact: (In case we cannot reach the above)** Relationship to Child: \_\_\_\_\_

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

**Insurance Information:** Name of Carrier: \_\_\_\_\_ Policy Number: \_\_\_\_\_

**Child's Allergies:** \_\_\_\_\_

**Medical History:** (pertinent information a Physician may need to know incase medical attention is needed):

\_\_\_\_\_

Physician's Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Dentist's Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

An attempt will be made to contact the above physician or dentist prior to treatment. If they cannot be reached after reasonable attempts, any licensed physician or dentist is granted permission to treat the above named child.

**Signature of Parent/Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**PART II REFUSAL TO CONSENT**

**(DO NOT COMPLETE PART II IF YOU COMPLETED PART I)**

I do not give my consent for emergency medical treatment of my child (listed above). In the event of illness or injury requiring emergency treatment and reasonable attempts have been made to contact me, I wish the coach or other authorities in charge to take no action or to: \_\_\_\_\_ The best number to reach me is: \_\_\_\_\_

In the event that we cannot reach you please list another emergency contact: Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Relationship to Athlete: \_\_\_\_\_

**Signature of Parent/Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**St. Brigid Athletics Assumption of Risk, Release and Indemnity**

I, the lawful parent or guardian of \_\_\_\_\_ (hereinafter child) give permission for my child to participate on a sports team at St. Brigid Parish. I have already completed and submitted a registration form for the sport.

Playing sports naturally involves the risk of injury, whether the child or someone else causes it. As such, I agree that I understand and voluntarily accept the risk and agree that the Archdiocese of Cincinnati, the Archbishop of Cincinnati, both individually and as a trustee for the Archdiocese of Cincinnati, and all parishes within the Archdiocese, including, but not limited to St. Brigid Parish, and their officers, agents, representatives, volunteers, and employees (hereinafter the Archdiocese) will not be liable for any injury, including and without limitation, personal, bodily or mental injury, claims, judgments, costs or expenses, including attorney’s fees, economic loss or any damage to the child resulting from the negligence or other acts of the Archdiocese or anyone else involved in the child’s participation in a sport sponsored by the Archdiocese, including St. Brigid Parish.

**Waiver of Liability**

I understand that although the facilities, equipment, practices, and games are designed to provide a safe level of sports participation, there is an inherent risk that use of such facilities and equipment, and participation in practices and games may result in injury. Therefore, I agree to specifically assume all risk of injury to my child while using any of the facilities and equipment, and participation in practices and games and hereby waive any and all claims or actions which may arise against the Archdiocese, St. Brigid Parish, or its employees, officers, agents, representatives, and volunteers. The risks include, but are not limited to...

- Injuries arising from my child’s use of any equipment while participating in a practice or a game.
- Injuries or medical disorders resulting from my child’s participation on a sports team, including, but not limited to heart attacks, strokes, heat related disorders, head injuries, sprains, broken bones, and torn muscles and ligaments.
- Injuries arising from my child’s participation in supervised activities of the sport including, but not limited to practices and games.
- Accidental injuries to my child within the facilities, including, but not limited to the main gym, restrooms and hallways.
- Accidental injuries to my child within the facilities at away games, and other facilities that may be used for practices.
- Accidental injuries to my child that may occur on the outside of the facilities, including, but not limited to the sidewalks, parking lot, and playground equipment.

By signing below, I agree that I fully understand all of the policies, guidelines, and requirements of my child’s participation in sports at St. Brigid Parish and agree to abide by them. I further agree that I have made my child aware of those policies, guidelines, and requirements.

**Ohio Department of Health Concussion Information Sheet For Interscholastic Sports**

By signing below, I have read the Ohio Department of Health’s Concussion Information Sheet and understand that I have a responsibility to report my/my child’s symptoms to coaches, administrators and health care provider. I also understand that I/my child must have no symptoms before return to play can occur.

**Signature of Parent/Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian:** \_\_\_\_\_ **(Please Print)**



**Acknowledgement of Receipt and Agreement to Abide by the St. Brigid Athletic Programs Handbook**

By signing below, I acknowledge that my child(athlete) and I have read the most current version (Dated 08/08/17\*) of the St. Brigid Athletic Committee's Handbook and agree to abide by the terms and policies as outlined in the Handbook as a condition of playing on an athletic team at St. Brigid Catholic Parish.

\*The Athletic Handbook is located on the St. Brigid School website. <[www.stbrigidxenia.com](http://www.stbrigidxenia.com)>

**Signature of Parent/Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian:** \_\_\_\_\_ **(Please Print)**

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## St. Brigid Athletic Committee Coaching Application

What sport(s) are you interested in coaching?  
(Please Circle)

**Basketball**

**Volleyball**

**Golf**

In what position(s) are you interested?  
(Please Circle)

**Head Coach**

**Assistant Coach**

Name: \_\_\_\_\_ Best Contact Number: \_\_\_\_\_

Email Address: \_\_\_\_\_ Secondary Contact Number: \_\_\_\_\_

Home Address: \_\_\_\_\_

Will you be coaching a relative?    **YES**    **NO**    If yes, name of player \_\_\_\_\_

Have you completed the required VIRTUS training? (The updated child protection course)    **YES**    **NO**

Are you trained in CPR?    **YES**    **NO**                      Are you First Aid trained?    **YES**    **NO**

Have you completed the Ohio's Return to Play Concussion Training?    **YES**    **NO**

If **YES**, please provide your certificate and or information on where you did your training.

Please explain below your experience and philosophy in the sport you would like to coach. (Ex. previous coaching and/or years of playing experience).

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## St. Brigid Athletic Committee Coach's End of Season Report

This form shall be completed by the head coach of each sport. This information sheet will be kept as a permanent record for future generations.

**Sport:**                      Basketball                      Volleyball                      Golf

**Coach's Names:**

Head: \_\_\_\_\_ Asst: \_\_\_\_\_ Asst: \_\_\_\_\_

Team grade level: \_\_\_\_\_

**Regular Season:**      Wins: \_\_\_\_\_      Losses: \_\_\_\_\_

**Tournament:**        Wins: \_\_\_\_\_      Losses: \_\_\_\_\_

**Team Roster**

| Player Name | Jersey Number | Player Name | Jersey Number |
|-------------|---------------|-------------|---------------|
|             |               |             |               |
|             |               |             |               |
|             |               |             |               |
|             |               |             |               |
|             |               |             |               |
|             |               |             |               |

**Highlights:** (Divisional Championship, Tournament Championship, etc.)

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Any other information that should be kept for permanent record: (use the back, if necessary)

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## St. Brigid Athletic Committee Parent Evaluation of Coach

Coach's Name: \_\_\_\_\_

Sport:            **Basketball**            **Golf**            **Volleyball**            Team grade level: \_\_\_\_\_

On a scale of **1 – 5** (1 being the lowest & 5 being the highest) how would you rate your child's coach in the following categories. Please circle one answer.

|  |          |          |          |          |          |
|--|----------|----------|----------|----------|----------|
| How would you rate this coach's knowledge of the sport?  | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| How would you rate this coach's teaching ability?  | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| Did the coach treat the players respectfully?  | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| Did the coach treat the competition respectfully?  | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| Did the coach treat the game officials respectfully?   | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| Did the coach treat the parents respectfully?  | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| Did the coach communicate with the parents?<br>(Ex. about game times, practice times, and cancellations) | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| Did the coach abide by the playing time requirements?<br>(Outlined in the Athletic Programs Handbook)    | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| Do you feel this coach provided a fun and safe environment<br>for your child?                            | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| Would you recommend to the SBAC that this coach be<br>considered for a coaching position in the future?  | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |

Is there any other information about this coach you would like the SBAC to know? Perhaps tell us what the coach's real strengths are and something he or she could work on. Use the back, if necessary.

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