St. Teresa Catholic School

Athletic Handbook
2026 – 2027

St. Teresa School Athletic Activities Guide

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St. Teresa Catholic School

1108 Lebanon Avenue
Belleville, IL 62221
618-235-4066

Welcome to the Sports Season at St. Teresa Catholic School!
Attached to this letter is a packet of information regarding sports policies for St. Teresa Catholic School and the Diocese of Belleville. We ask that you read all information before the season begins and return the acknowledgement form to school. If you have any questions regarding any policies or regulations please contact our Athletic Director, Mr. Brain Kloustermeyer.

We hope that all of our players have a positive experience as they join our teams and represent St. Teresa Catholic School. Our main goal is to teach good sportsmanship at all times. We would hope that all players, coaches, and parents always show Christian sportsmanship at all games and practices. We ask that we refrain from criticizing players, coaches, or referees during all games.

If a parent has any questions regarding their child, we ask that you first speak with the coach. However, we ask that all parents refrain from speaking from the coach immediately after the game and wait 24 hours, please. If there are still concerns, we ask that you contact the athletic director.

Schedules of all teams are sent to team members at the discretion of the coach.

If you have any questions, please call the school office. Practice schedules are distributed each month at the discretion of the coach.

We look forward to a great year in sports at St. Teresa Catholic School. We have always been very proud of all of our teams because of their great attitudes and sportsmanship displayed at all games. This is much more important than winning or losing. Your willingness to have your child participate in our program is a big commitment on your part and we sincerely appreciate your efforts.

Thank you,

Mrs. Green
Principal

Philosophy and Purpose Of
Catholic School Athletic Programs
In the Diocese of Belleville

The Catholic school athletic programs exist in the Diocese of Belleville to enhance the relationship between faith, religious practice, and the activities of daily living. Sports programs are an integral part of the Catholic educational and catechetical mission.

All activities within the Catholic school environment are designed to assist this mission by helping young people develop a strong moral character* based in faith. The educational experience is meant to bring the entire person, (mind, body, and spirit) closer to his or her realization that every child is made in the image of God. This character development must underlie the total daily school experience.

Every aspect of the school experience must contribute to this endeavor from the quality and thoroughness of academic work, how the student behaves and treats others, and how they play on the playground. Formal athletic programs offer a unique opportunity for adults to supervise youth in the application of Christian principles learned in the school environment to the often highly emotional pastime of sports. Athletics is one of the most effective ways to teach "applied Christianity."

For instance, school athletic programs present ideal opportunities for teaching youth important life lessons: setting and meeting goals, controlling impulses, overcoming challenges and obstacles, and learning to sacrifice for the good of others. Playing sports can teach youth self-discipline, respect, responsibility and perseverance, and generate moments of pride, satisfaction and joy, regardless of the wins and losses a team may experience.

All of these virtues and social and emotional abilities are at the core of the Gospel message. Making connections between such virtues and abilities and the person and teachings of Christ is one of the challenges of making a sports program a truly Catholic experience, which is the challenge facing every Catholic School.

It is imperative that school leaders and coaching staff work closely together to ensure that the athletic mission contributes to the school's overall spiritual mission. The school's academic and athletic programs, as well as all school activities, must contribute to spreading the Gospel. Teaching and coaching philosophies within the school must be frequently evaluated to make sure they are reflecting the values of Jesus.

* A strong character is formed and maintained when an active and well-formed conscience becomes a consistent moral guide, and such virtues as patience, generosity, honesty, obedience, compassion, understanding, respect, tolerance, and prudence become habits of thought and action.

SPORTS - per Student/Parent Handbook

POLICY. RULES AND REGULATIONS

The purpose of the St. Teresa Athletic Program is to provide an environment where students can develop individual skills, positive attitudes toward themselves and their team, and good sportsmanship toward fellow participants and opposing teams. Students who participate in practices will have opportunities to play in some games, but this will not necessarily be on an equal basis due to individual abilities, effort, and game situations.

A sound education is the number one priority at St. Teresa School. With this goal in mind, students are expected to maintain good grades in all classes.

Athletic Association Affiliations

Belleville Diocese
SIJHSAA State series in Baseball/Cross Country/Girls basketball/Girls Volleyball/Track.

St. Teresa School will follow the by-laws of each sports' respective athletic association regarding sportsmanship for coaches, student-athletes, and spectators.

Sports Offered at St. Teresa Catholic School

Fall Season	**Winter Season**	**Spring Season**
Boys' Baseball	Boys' Basketball	Boys' Track and Field
Boys' Soccer	Girls' Basketball	Girls' Track and Field
Girls' Soccer	Boys' Volleyball	Girls' Twirl Girls
Boys' Cross Country	Girls' Volleyball	
Girls' Cross Country	Girls' Twirl Girls	
Girls' Twirl Girls		

Requirements for Extracurricular

The start date for all sports will be announced in advance, allowing all students who wish to participate in the sport, appropriate time to register.

Coaches will talk to students about expectations that they have of their players before the season begins.

Physicals and Concussion Policy Information

No potential team member will be permitted to join a team unless a current registration form, physical, and concussion agreement is on file in the school office prior to the scheduled season. The nurse will provide a form which will be given to the coach before a student can participate in that particular sport. If the nurse is not on duty, then the administrator in charge will be able to sign-off on the form, giving the student permission to participate. Please make a copy of your physical before turning it into the school nurse. It is recommended that physicals are dated after June 1st of the current school year to ensure that the physical is valid for the entire school year. In order to participate there should be no restrictions placed on the student. If a child's physical expires prior to the end of the season, he/she will not be allowed to participate until the updated physical is on file with the nurse. Please do not wait until the last minute to turn in your physical and concussion agreement as this will interrupt the child's ability to play.

Athletic Fees

The payment of a participation fee is necessary for the Athletic Department to continue to offer activities as part of the athletic program. All payments are due in full before the season begins, to ensure budgetary obligations associated with these activities can be met. Turn in all activity fees along with the proper registration forms to the coach.

Uniforms

All uniforms and equipment provided to the student athlete must be returned no later than one week after the last scheduled contest of the season.

Lost or stolen items are the responsibility of the athlete, and he or she must pay the current replacement cost of any items issued and not returned.

Any returned items which have been damaged, not as a result of normal wear and tear, must be replaced or repaired by the student athlete.

St. Teresa School allows students to modify his or her athletic or team uniform for the purpose of modesty in clothing or attire that is in accordance with the requirements of his or her religion or his or her cultural values or modesty preferences. A student is not required to receive the prior approval of the St. Teresa School Advisory Council, principal, or priest for such modifications.

Attendance Requirements

A team member who has not been in attendance at school for a minimum of a half day or has been suspended from school, may not practice, play, or perform on those days. An exception to this rule may include attending a funeral or an emergency that arises. The final decision will be made by the principal or athletic director.

A team member who does not participate in PE or who has a doctor's note excusing them from PE will also not be able to practice, play, or perform on those days.

Expectations and Code of Conduct

Expectations of Coaches and Administrators
The role of the coach is to be a teacher and mentor. It is a position of responsibility, trust, and respect. All coaches can and should:

1. Know and teach the proper rules for their sport and show proper respect for the officials.
2. Teach the basic skills and strategies for the sport, allowing for learning and mistakes.
3. Exhibit and teach good sportsmanship and etiquette, putting winning into its proper perspective.
4. Withhold judgment about the future talents and potential of their players.
5. Exercise good judgment and fairness in deciding issues among players.
   Athletic Director and/or Principal will organize and oversee schedules, officiating, facilities, and obtaining coaches.
   Administrators may also mediate or settle disputes between players (or their parents) and coaches, when necessary.
6. Know and abide by all Belleville Diocesan Regulation (6145.2)

Expectations of Athletes

Student athletes should be able to:

1. Maintain academic and behavioral eligibility.
2. Attend all practices and contests, unless impossible to do so due to illness, family emergency, etc.
3. Treat coaches and officials with respect, obeying the rules of the sport.
4. Show positive behavior and sportsmanship in competition.
5. Communicate with the coach if problems or conflicts should arise.
6. Know and abide by all Belleville Diocesan Regulation (6145.2)

Expectations of Parents and Guardians

The attitude of young athletes toward sports is often shaped by the attitude of parents. It is important for parents to be positive role models and supporters of their children by doing the following:

1. Arrange for a proper physical examination and turn in all pertinent paperwork.
2. Attend contests whenever possible
3. Be available to provide transportation home from practices and contests.
4. Model respect for coaches and officials. Exhibit proper sportsmanship and etiquette during contests.
5. Abide by the decisions of the coach concerning placement, playing time, and strategy.
6. Emotionally support your child in winning and in losing, and help provide proper perspective.
7. Wait a minimum of "24 hours" before contacting the coach, athletic director, principal, or St. Teresa School Advisory Council on any current complaint or from a prior game, dealing with the decision or behavior of a coach, official, another parent, or athlete.
8. Know and abide by all Belleville Diocesan Regulation (6145.2)

Volunteering is essential to maintaining and continuing a successful athletic program. Families may be required to assist with bingos, concession stands, and/or any other fundraising activities to assist in purchasing necessary equipment for each sport. The required amount of volunteer hours depends on the size of the athletic program each year.

Substance Abuse Policy

No student shall distribute, dispense, possess, use, or be under the influence of any alcoholic beverage, malt beverage, fortified wine, other intoxicating liquor, or any prescription drug for which the student does not have a valid prescription. Nor shall a student manufacture, distribute, dispense, possess, use, or be under the influence of any narcotic drug, hallucinogenic drug, amphetamine, barbiturate, marijuana, anabolic steroid, or any other controlled substance defined in federal and state laws/regulations, any look-alike substance or any substance that is represented to be a controlled substance. These prohibitions apply to any student who is on school property, who is in attendance at school, or any school-sponsored activity, or whose conduct at any time or place directly interferes with the operations, discipline, or general welfare of the school.

Discipline

All student athletes are expected to set a positive example in the classroom and on the field or court. We require respect, cooperation, positive attitude, participation, and responsibility from all of our student athletes. Misbehavior will **NOT** be tolerated. In addition to the rules in this athletic handbook, student athletes are expected to also follow the Code of Conduct as outlined in the Student/Parent Handbook. Students who do not follow the Code of Conduct may be subject to disciplinary action as outlined in the Student/Parent Handbook.

Conflict Resolution

If a dispute or conflict should arise between an athlete or parent and coach, the following steps should be taken:

1. The athlete or parent should speak privately with the coach at a time other than during a contest. Coaches are instructed not to confer with parents or players immediately before, during, or after a contest.
2. If a parent or guardian wishes to discuss a concern with a coach, they must schedule an appointment with the coach. Please do not attempt to confront a coach before, during, or following a contest or practice. These can be busy and emotional times for both the parent and the coach, and this period does not promote objective analysis of the situation.
3. If the athlete or parent does not feel they have achieved a satisfactory resolution, they should contact the Athletic Director. If necessary, the Athletic Director may confer with the Principal.

Transportation

Transportation is the sole responsibility of the parent or guardian of the athlete to and from practice and contests. St. Teresa Catholic School holds no responsibility for students to get to and from practices or contests.

Additional Extra Curricular Guidelines

In accordance with Diocesan Policy 6145.2.11.3.B: A student may not be excluded from participating in sports activities because of low grades or unfinished homework. However, students participating in extracurricular activities that will be entering events with SIJHSAA, IJHSA, or IESA will be required to follow their grade eligibility policies in order to participate. SIJHSAA, IJHSA, and IESA require students to have weekly grade checks and pass each subject. This requirement will be applied yearly to students involved in those organizations.

Students who participate in sports are expected to attend practices and cooperate with the coach. Students who are absent from school are not allowed to attend a practice or game that day unless the absence was due to a funeral or they have permission from the principal.

Any student suspended from school is automatically suspended from sports/activities. Any other circumstances, which could result in a student being suspended from games and practices or dropped from a team, will be left to the discretion of the Principal and Pastor.

Every student who participates in sports must have a physical each year before the sport begins. Any seventh grade student playing on the eighth grade team will be restricted to a total of four quarters or one complete match/game per day unless the game would go into overtime.

All academically eligible and medically cleared students have the right to try out and be evaluated fairly but all students do not have the right or expectation to be selected for the team or to have equal playing time during games.

St. Teresa's athletic program will function under the Diocesan Sports Policy and adheres to regulations defined in that document. It is available to parents of athletes via the St. Teresa website.
(stteresatigers.org)

This is in line with Diocesan Policy 6145.2 and also St. Teresa School Advisory Council policy 614.52, which is included in this handbook as an addendum.

GENERAL POLICY: Policy for all Sports events is as follows:

a. No one is permitted on the floor other than team members, before, during and after games. This certainly includes and is meant mainly for half-time during the games...NO ONE IS PERMITTED ON THE GYM FLOOR...PLAY AREA BELONGS TO TEAMS AT THAT TIME, NO ONE ELSE...they are part of the scheduled activities.

b. Gym will also be closed during the summer in August for maintenance and cleaning purposes.

c. Parents/fans and supporters of the parish athletic program must not use abusive language at the referees, players, coaches, or fans from either team.

d. Parents/fans and supporters of the parish athletic teams must treat all student athletes, coaches, and officials with respect and refrain from criticizing officials during and after games.

e. Parents/fans must refrain from posting derogatory, discourteous, or disrespectful comments on social media.

f. Parents/fans are reminded that their actions reflect on the reputation and good name of the school. Parents and fans represent the Catholic community to those in attendance.

g. The actions of fans and parents must promote good sportsmanship among everyone present.

h. There is a “24 hour” cooling off period to diffuse potential problems between parents/coaches/ officials.

i. Parents who are spectators are not to coach or criticize their child or other children during the game.

St. Teresa Catholic School

1108 Lebanon Avenue
Belleville, IL 62221
618-235-4066
Brian Kloustermeyer - Athletic Director
Nicole Green - Principal

St. Teresa Catholic School believes that parents play a vital role in the development of our student-athletes. With this in mind, please take the time to read this Parents' Code of Conduct, sign the slip at the bottom of this letter, and return it to the nurse with all other pertinent paperwork needed to participate in Diocesan Sports.

It is essential that the parents of our student athletes:

Encourage good sportsmanship by being positive role models.

Make athletics a positive experience for everyone involved, including participants, coaches, officials, and spectators.

Insist that their children treat other players, coaches, officials, and fans with respect, regardless of race, creed, color, sex, or ability.

Reinforce the school's drug and alcohol free policies by refraining from use of alcohol and other drugs, including tobacco, on school grounds during athletic contests.

Understand and appreciate the rules of the game and the policies of the school.

Refrain from the use of profanity at any athletic event.

Talk to the coach at the appropriate time and place, not before, during, or immediately after a contest.

Remember entry to an athletic event provides you with the privilege of observing the contest, not berating officials, coaches, or players.

Failure to abide by these guidelines may result in:
Verbal or written warning
Parental game suspension
Parental season suspension

I have read and understand the above code of conduct and agree to its conditions.

Student-Athlete's Printed Name: _____

Parent or Guardian Signature:_____ Date: _____

St. Teresa Catholic School

Athletic Handbook Receipt

To the Parent/Guardian of _____

Student-Athlete's Printed Name

There are certain obligations and responsibilities which one must assume to remain a member of the team.

When you make a commitment to the team, it is full commitment. Attendance and punctuality to every practice, as well as games is expected.

It is understood that some students may elect to participate in out of school activities. Student athletes must work with their coach to decide the best course of action for both the St. Teresa Team and the out of school activity.

Parents understand that volunteering is essential to the success of the athletic program and may be required to assist with bingos, concession stands, and/or any other fundraising activities.

I have read the St. Teresa Catholic School Athletic Handbook and understand the rules and responsibilities for being a student athlete at St. Teresa.

_____

Student Signature

I have read the St. Teresa Catholic School Athletic Handbook and understand the rules and responsibilities for being a parent of a student athlete at St. Teresa.

_____

Parent Signature

** Handbook is available online at stteresatigers.org/important-forms.html

CONCUSSION PROTOCOL

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works.
Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly**. In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- "Pressure in head"
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- "Don't feel right"
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays in coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

Adapted from the CDC and the 3rd International Conference on Concussion in Sport
Document created 7/1/2011, Reviewed 4/24/2013, 7/2015, 7/2017, 6/2018

Concussion Consent Form

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The Return-to- Play Policy of the IESA and IHSA requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:
http://www.cdc.gov/ConcussionInYouthSports/

Student/Parent Consent and Acknowledgements

By signing this form, we acknowledge we have been provided information regarding concussions.

1. **Student**

Student Name (Print): _____ Grade: _____

Student Signature: _____ Date: _____

2. **Parent or Legal Guardian**

Name (Print): _____

Signature: _____ Date: _____

Relationship to Student: _____

Each year IESA member schools are required to keep a signed Acknowledgement and Consent form and a current Pre-participation Physical Examination on file for all student athletes.