

## **Blessed Sacrament School Changes in Athletic Policies**

### **Coaching Requirements**

Individuals wishing to coach at Blessed Sacrament will be required to complete the following in order to meet the minimum requirements set forth by the Peoria Diocese and the IESA for the 2009 – 2010 school year.

- Certified to teach in the schools of Illinois or must complete an approved coaching education course.  
    There is an online course that volunteer coaches will have to take if they do not have a valid teaching certificate. This training will only need to be completed once.
- Safe Environment Training (Replaces Virtus)
- Background check including fingerprinting
- Bloodborne Pathogens Training
- CPR and AED Training
- Acknowledgment and Adherence to Diocese Athletic Policy (Signed Form)

Note: Cheer coaches and Scholastic Bowl coaches are not required to complete the coaching certification requirements listed in the first bullet.

### **Athletic Seasons**

As we change to the IESA for basketball we will continue to play the other Peoria area Catholic schools but we will also be playing other public schools as well. The 5<sup>th</sup> and 6<sup>th</sup> grade seasons will be the same as the 7<sup>th</sup> and 8<sup>th</sup> grade seasons but there will not be as many games with public grade schools because their seasons begin much later than ours will. We will continue to play the Peoria area Catholic schools on the 5<sup>th</sup> and 6<sup>th</sup> grade schedules with a few public schools added when possible. We will try to schedule the games with the Catholic schools on the weekends but we will be required to schedule the public schools during the week as they do not play on the weekend. We will do our level best to schedule games to start as close to 5:00 in the evening during the week to help with the parents' work schedules.

There will no longer be a "Diocesan" tournament played at the end of the season but we will be participating in the State Tournament series run by the IESA. The Peoria area Catholic schools are organizing a mid season All Catholic Schools tournament for the boys and the girls. These tournaments will be split into small school and large school tournaments and all of the Catholic schools from the Peoria Diocese will be invited. Blessed Sacrament will be hosting the 8<sup>th</sup> grade boy's large school tournament.

The start and stop times for the athletic seasons at Blessed Sacrament will change to mirror the dates outlined by the IESA for all sports and grades. These seasons for the 2009 – 2010 school year are outlined as follows.

### **Girls' Softball**

Practice may begin – July 27, 2009  
Games may begin – August 8, 2009

Regional Tournament – September 9, 12, 14 2009

### **Boys' Baseball**

Practice may begin – August 3, 2009

Games may begin – August 15, 2009

Regional Tournament – September 15, 19, 21 2009

### **Girls' Basketball**

Practice may begin – August 31, 2009

Games may begin – September 12, 2009

7<sup>th</sup> Grade Regional Tournament – September 9, 12, 14 2009

8<sup>th</sup> Grade Regional Tournament – November 30, December 1, 3 2009

### **Boys' Basketball**

Practice may begin – October 19, 2009

Games may begin – October 31, 2009

7<sup>th</sup> Grade Regional Tournament – January 23, 25-28 2010

8<sup>th</sup> Grade Regional Tournament – January 30, February 1, 2, 4 2010

### **Girls' Volleyball**

Practice may begin – November 30, 2009

Matches may begin – January 4, 2010

7<sup>th</sup> Grade Regional Tournament – February 27, March 1-4 2010

8<sup>th</sup> Grade Regional Tournament – March 6, 9-11, 2010

### **Track and Field**

Practice may begin – March 1, 2010

Games may begin – March 15, 2010

Sectionals – May 15, 2010

A decision has not been made on whether or not to join the IESA for cheerleading but if we do there will be an IESA cheer competition December 12, 2009.

The complete IESA season schedule is available at the IESA website [www.IESA.org](http://www.IESA.org)

### **Maximum Number of Games**

Maximum number of games has changed to the following

Baseball:

- 16 games including tournaments

Softball:

- 16 games including tournaments

Basketball:

- Grade 5 – twenty (20) games including tournaments
- Grade 6 - twenty (20) games including tournaments
- Grade 7 - twenty-two (22) games including tournaments, exclusive of the IESA state tournament series

- Grade 8 – twenty-two (22) games including tournaments, exclusive of the IESA state tournament series

Volleyball:

- Grade 5 – Twenty (20) games including tournaments
- Grade 6 – Twenty (20) games including tournaments
- Grade 7 – Twenty-two (22) games including tournaments, exclusive of the IESA tournament series
- Grade 8 – Twenty-two (22) games including tournaments, exclusive of the IESA tournament series

### **Changes for the Athlete**

The IESA rules will govern athletics for the 7<sup>th</sup> and 8<sup>th</sup> grade teams and the Diocese athletic policy will govern the 5<sup>th</sup> and 6<sup>th</sup> grade teams. We will also have our local BSS athletic policy that all athletes will be required to adhere to.

All athletes competing in IESA competitions will be required to adhere to the following.

- All athletes will be required to have a physical examination before participating in any team activities, which includes practice. It is the recommendation of the athletic board that all students planning to participate in IESA activities during the school year obtain a physical examination during the summer months as the physical is good for one year.
- Athletes competing in an IESA sport will not be allowed to participate on an outside team in that same sport during the season. This would affect 6<sup>th</sup> graders playing up on 7<sup>th</sup> grade teams that play Heat basketball.

### **Other General Changes**

There are a few changes that will affect athletics as a result of our joining the IESA as well as the new Diocese athletic policy as outlined below.

No games or practices, including tournaments or Open Gyms, may be scheduled or played on Sundays.

Practices, games and tournaments will be limited to four days per week, per team. Practices should not exceed one and a half (1.5) hours per day for the 5<sup>th</sup> and 6<sup>th</sup> grade teams operating under the Diocese athletic policy.

For 7<sup>th</sup> and 8<sup>th</sup> grade teams governed under the IESA guidelines practice, games and tournaments can occur every day but Sunday. This means these teams can practice every day during the season.

All scrimmages and drills with any outsiders will be considered as scheduled games.