

# Junior High Sports Handbook

Junior High Activity Directors - Rob Meister and Deanna Ayala

The athletic program is built upon the Christian principles which underlie the entire Catholic school system. Every student in grades 7 and 8 who is eligible and desires to participate in any athletic program is given the opportunity to do so. Participation in the athletic program depends on responsibility in the areas of academics and behavior. Eligibility requires adherence to certain principles of conduct and depends on certain standards and goals for those involved.

Each sport requires a \$20 participation fee.

All student-athletes are required to have a current physical examination and concussion form on file with the athletic coordinator. Physical Form [Concussion Form](#)

Communication:

Eligibility: Responsibility is a life skill that junior high students are expected to learn and practice. Participation in the athletic program depends on responsibility in the areas of academics and behavior. Eligibility for participation is governed by the following rules:

1. A failure or 2 deficiency slips at midterm requires that students attend ASAP. It is suggested that parents make contact with the teacher to ensure success. A failure or 2 deficiency slips at quarter requires that students miss 1 athletic contest. In the event that there is no athletic contest, students will attend ASAP.

**1. A failure or 2 deficiency slips at grade check requires the student to miss the next event/contest and make contact with the teacher (s). Grade checks will occur on Mondays approximately every two weeks throughout the school year. In the event that there is no athletic contest, students will miss the next practice.**

2. Ten Accountability marks lost in the same month cause the student to miss 1 athletic contests, etc.

3. Each truancy or cutting of class requires that the missed time is made up, is the equivalent of a detention, and results in the loss of 1 athletic event.

4. Each detention will result in the loss of 1 athletic contest. Detentions can be assigned from the following: fighting on school grounds or school events, grave disrespect, excessive swearing, etc.

5. Daily Attendance - students who are involved in any sport during the school year must be present the entire school day to be eligible to participate in practices or games. Exceptions would be specific appointments as approved by the administration or attending funerals.

Click on the column titles to move throughout the document.

<p><a href="#"><u>Fall</u></a>  <b>Cross Country</b>  Brandon Rowley  <b>Football</b>  Jason Leerar  Lance Ludwig  <b>Volleyball</b>  Renetta Seiler  Deanna Ayala</p>	<p><a href="#"><u>Winter</u></a>  <b>Basketball</b>  Dave Schnurr - boys  Mike McCall - boys  Girls - TBD</p>	<p><a href="#"><u>Spring</u></a>  <b>Track</b>  Mick Elbert  Mike McCall  Deanna Ayala  Joanne Bode</p>	<p><a href="#"><u>Summer</u></a>  <b>Baseball</b>  Rob Meister  <b>Softball</b>  Wendi Meister</p>	<p><a href="#"><u>Activities</u></a>  <b>Quiz Bowl</b>  Stephany Plathe  <b>Math Team</b>  Renetta Seiler  <b>Opus</b>  Antonia Rupert  <b>Northside Singers</b></p>
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### Fall Sports

Fall sports begin on the first day of school. Practices are normally held at the Bishop Garrigan campus. Students can be picked up at the gym doors at 5:00 p.m.

Football - Students participating in football will need the following items: football cleats, mouthguard, t-shirt, compression shorts or comparable and socks. All other equipment is provided unless they want to get their own pads for under the practice and game pants instead of hip and tailbone pads which are also provided as a set from school.

Cross Country - Students participating in cross country will need the following items: running shoes, socks, t-shirt, and shorts for practices.

Volleyball - Students participating in volleyball will need the following items: running or volleyball shoes, socks, knee pads, a t-shirt and shorts for practice. Athletes usually wear black spandex for games.

### Winter Sports

In the Top of Iowa Conference, the junior basketball seasons are split. The boys begin at the end of October and the girls start at the beginning of December. Please refer to the Bishop Garrigan calendar for specific dates. Practices are normally held at the Bishop Garrigan campus. Students can be picked up at 5:00 in front of the gym.

Basketball- Students participating in basketball will need the following items: basketball shoes, socks, a t-shirt and shorts. A game jersey is provided.

### **Spring Sports**

Junior high track begins in the middle of March. Practice is normally held at the Bishop Garrigan campus. Students can be picked up at 5:00 in front of the gym.

During the track season, there are two home meets (one male and one female) - Athletes are expected to help at meets. Example: The boys' track team will help at the girls' track meet. They are required to remain for the entire meet.

Track - Students participating in track will need the following items: appropriate running shoes (shoes with track spikes is a personal choice for track meets and practices but not required), socks, t-shirt, and shorts for practices.

### **Summer Sports**

**Check back for more details!**

### **Activities**

- Quiz Bowl - Mrs. Stephany Plathe  
The Quiz Bowl team meets before school at 7:30 a.m. The meets are on Saturdays. This year we will be attending about 6 meets.
- Math Team - Ms. Renetta Seiler  
The Math Team meets before school at 7:30 a.m.
- Northside Singers - Miss Antonia Rupert  
The Northside Singers practice during the school day. They perform during the

scheduled school concerts.

- Opus - Miss Antonia Rupert