

IDA CROWN JEWISH ACADEMY

ATHLETIC MANUAL

FALL

- **Boys Cross Country**
- **Girls Cross Country**

WINTER

- **Boys Basketball**
- **Girls Basketball**
- **Boys Fencing**
- **Girls Fencing**
- **Wrestling**

SPRING

- **Baseball**
- **Girls Soccer**

2018 - 2019

Welcome to the Ida Crown Jewish Academy's Athletic Program. Our Athletic Department is looking forward to improving our students individual and team skills, while having a great season. We trust that your children will have a very successful year, but most of all, we hope they have a great time learning, meeting new people and playing in a competitive high school sport.

This Manual has been created by our staff in hopes of answering all of your questions before, during and after the season. Staff has carefully covered every aspect of our Athletic Program including philosophy, policies, team information, rules and communication procedures.

The most important aspect of any Athletic Program is the full commitment of the team members, staff, administration and parents. We appreciate your participation and cooperation. Best of luck this season!

After reading this Manual, (on the last page) there will be a signature line to acknowledge that you understand and have read the Athletic Manual.

Sincerely,

Mark A. Wax
Athletic Director
Ida Crown Jewish Academy

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I. ATHLETES PAPERWORK

In order to participate, you will need to complete all four (4) forms and the reading of the Athletic Manual, all of which are available on our website (www.icja.org) by clicking on the "Student Life" tab and then on "Athletics".

ATHLETIC PERMIT CARD

All athletes must have an Athletic Permit Card on file in the athletic office. This Permit Card is a matter of safety and **must be signed and dated by a doctor, guardian and student.**

Medicals are only good for one (1) calendar year and must **cover the timeframe for the entire sport season** (this medical must be updated each and every year).

As a result, **no student/athlete may participate in an open gym, tryout, or practice** in any sport until the athletic office is in receipt of the completed Permit Card **dated within the year.**

IHSA Sports Medicine Acknowledgement & Consent Form

All athletes must have an IHSA Sports Medicine Acknowledgement & Consent Form on file in the athletic office. This Form is a matter of safety and **must be signed and dated by a guardian and student every year.**

As a result, **no student/athlete may participate in an open gym, tryout, or practice** in any sport until the athletic office is in receipt of the completed IHSA Form.

ICJA Athletic Manual

All parents and athletes must read the Athletic Manual on line or at the athletic office. This Manual was created by our staff in hopes of answering all of your questions about our athletic programs and **must be signed and dated by a guardian.**

As a result, **no student/athlete may participate in an open gym, tryout, or practice** in any sport until the athletic office is in receipt of the completed IHSA Form.

ICJA Registration Form

All athletes must have an ICJA Registration Form on file in the athletic office. This Form is a matter of safety and **must be signed and dated by a guardian and student.**

As a result, **no student/athlete may participate in an open gym, tryout, or practice** in any sport until the athletic office is in receipt of the completed IHSA Form.

II. PHILOSOPHY

a. **BILL OF RIGHTS FOR STUDENT ATHLETES**

- i. Right to participate in sports
- ii. Right to participate at a level commensurate with one's maturity & ability.
- iii. Right to have qualified adult leadership
- iv. Right to play as a child & not as an adult
- v. Right to share in the leadership & decision-making of their sport's participation
- vi. Right to participate in safe & healthy environments
- vii. Right to proper preparation for participation in sports
- viii. Right to an equal opportunity to strive for success
- ix. Right to be treated with dignity
- x. Right to have fun in sports
- xi. Right to development in their sport, physically, psychologically and socially.
Physically: By learning sport skills, improving physical conditioning, developing good health habits & avoiding injuries
Psychologically: By learning to control their emotions and to develop feelings of self-worth
Socially: By learning how to cooperate in a competitive context & by learning appropriate sportsmanship

b. **PLAYER CODE OF ETHICS**

- ✓ I will encourage good sportsmanship from fellow players, coaches, officials & parents at every game and practice
- ✓ I will Represent ICJA as a Ben/Bat Torah and conduct myself accordingly
- ✓ I will act with menschlichkeit at all times
- ✓ I will attend every practice and game
- ✓ I will treat my coaches with derech erez regardless of race, sex, creed or abilities and expect to be treated accordingly.
- ✓ I will encourage my parents to be involved with my team because it's important to me.
- ✓ I will do my best in school
- ✓ I will remember that sports are an opportunity to learn and have fun

c. **PLAYER CODE OF CONDUCT**

- ✓ No student athlete may receive a quarter grade below a "C"
Penalty: No Participation until grade is corrected.
- ✓ All homework and reports must be kept current.
Penalty: No Participation until all work is updated.
- ✓ Any student absent during the day of a game or practice may participate in the evening only with express permission of the administration.

***Extracurricular disciplinary action will be taken for:**

- ✓ Theft or vandalism, unsportsmanlike conduct, sexual harassment, hazing or any behavior inappropriate for athletes
- ✓ Use, transfer, sale, distribution, or possession of tobacco products, alcohol, marijuana, steroids, look-a-likes, any other illegal, controlled or intoxicating drugs or related paraphernalia, or the abuse of prescription/non-prescription drugs.
- ✓ Unexcused absences
Penalty: Dismissal from the team and possible expulsion for the Academy

d. PARENT CODE OF ETHICS

*One of the perceived problems with athletics today, is inappropriate parental complaints & overzealous actions towards the players, coaches & officials during the playing of the game. Your "job" as a parent is to root for your child & your child's team, not to complain about the official's calls or the coaching or the administration. Athletics provides an opportunity for our student to learn

- ✓ I will place the emotional & physical well-being of my child ahead of any personal desire to win.
- ✓ I will insist that my child play in a safe and healthy environment
- ✓ I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all
- ✓ I will not approach coaches directly before, during or immediately after the game or discuss playing time, strategy or positions.
- ✓ I will remember that the game is for the student athlete and not for adults
- ✓ I will do my best to make sports fun for my child
- ✓ I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- ✓ I will promise to help my child enjoy the sports experience within my personal constraints by being a respectful fan or whatever I am capable of doing
- ✓ I will require that my child's coach be trained in the responsibility of being a sports coach

YELL, SCREAM and make as much **NOISE** as you wish to encourage your child and their team!!!!

Research indicates a student involved in extra-curricular activities possesses a greater likelihood of success in adulthood. Many of the character traits which are required of a successful participant in the program will also promote a successful life after high school. Hopefully, the written information provided to you will provide guidance in making both your child's experience and your experience with the program more enjoyable and rewarding.

III. PARENT / COACH COMMUNICATION PLAN

Both parenting and coaching are extremely difficult vocations. By understanding each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your child becomes involved in our program, you have the right to understand what expectations are placed on them. This begins with clear communication from the coach.

COMMUNICATION YOU SHOULD EXPECT FROM THE COACH

1. The coach's philosophy.
2. The coach's expectations for members of the team.
3. Locations and times of practices and games.
4. Team requirements.
5. Discipline that may affect your child's participation.
6. Follow-up if your child gets injured during participation.

COMMUNICATION COACHES SHOULD EXPECT FROM THE PARENTS

1. That any concerns should be expressed directly to the coach.
2. Advance notification of any scheduling conflicts.
3. Specific concerns with regard to expectations.

As your child becomes involved in the ICJA programs, they will experience some of the most rewarding moments of their life. It is important to understand that there may also be times when things do not go the way you or your child wish. At these times, discussion with the coach is appropriate.

APPROPRIATE CONCERNS TO DISCUSS WITH THE COACH

1. Concerns about your child's schoolwork.
2. Concerns about your child's behavior.
3. Ways to help your child to improve.
4. The treatment of your child's physically or mentally, including any concern about unfairness, discrimination, or questionable activities.

PROCEDURE TO FOLLOW if you have a CONCERN to DISCUSS with the COACH

1. Call the coach to set up an appointment
2. Please do not attempt to confront or discuss a topic with the coach before or after a game or practice. These can be emotional times for both the parents and the coach. Meetings of this nature do not promote resolution.
3. Except in unusual circumstances, please do not ask the coach to maintain secrecy from the player about a phone call or meeting. Communication is best when it is open and honest. Except in unusual circumstances, within the program the parent should not have any expectation of privacy regarding any conversation with a coach or an assistant coach within the program. Hopefully, your child is well aware of any discussion or communication you are having with the coach and wants your involvement.

It is very difficult to accept your child not playing as much as you may hope. Coaches are, however, making such judgment calls based on what they believe to be best for the entire team. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed below, must, however, be left to the discretion of the coach.

THE FOLLOWING ISSUES ARE NOT APPROPRIATE TO DISCUSS with the COACH AT ANY TIME

1. Playing Time.
2. Team Strategy.
3. Other Student-Athletes

IV. BUS POLICY

All Student Athletes will be expected to travel to all away games/matches with the team. Transportation will be available after the last game/match to bring the students back to the Academy.

V. IHSA – Outside Team Participation -

No ICJA athlete may participate in outside sports programs at any point during his/her high school career without written permission from the Athletic Director.

Please be advised that IHSA rules stipulate that players who participate in non-IHSA approved programs may be ruled ineligible by the IHSA to participate in any school sports program for a period of up to 365 days.

A complete copy of all **IHSA Rules & Policies** can be viewed at: **ihsa.org**

VI. **PARTICIPATION FEES**

The Athlete Programs have an cost of **\$275** per student athlete. **This includes:**

- Transportation
- Referees
- Uniforms
- Equipment
- Gym & Field Rentals
- Banners

***Note; Cross Country Fee** is \$100 for new students and \$75 for returning runners and will not require a Uniform Deposit.

***Separate costs** will be assessed as follows:

- ✓ Overnight Tournaments **will require a \$150 deposit.**
 - Flights
 - Hotels
 - Tournament Fee
 - Transportation
 - Chaperone Costs

- ✓ Team Apparel

- ✓ Care & Purchase of Uniforms and Equipment
***\$100 Uniform Deposit is required.**

Each athlete is responsible for the uniform or any other equipment issued to him or her. Failure to turn this gear in at the end of the season will result in the student being charged. These items are expensive, so handle with care. Pay particular attention to your warm-ups. Put them in a safe place when you take them off during competition. Uniforms are only to be worn during competition. They are not to be worn on the street or in PE class

VII. CHICAGO PREP CONFERENCE

Please note: It is important to be a part of the conference as it offers us a schedule of games, recognitions (awards) to our school and athletes and strength when voting on issues or conflicts with events that may occur. Also due to our school size and our athletic offerings, there are very few options of conferences that are available to us.

Conference Members

- ❖ Chicago Hope Academy
- ❖ Christ the King
- ❖ CICS-Northtown
- ❖ CICS-Ellison
- ❖ Cristo Rey Jesuit
- ❖ Holy Trinity
- ❖ Ida Crown Jewish Academy
- ❖ Josephinum
- ❖ Our Lady of Tepeyac
- ❖ Providence St. Mel
- ❖ Rochelle Zell
- ❖ Walther Christian

VIII. CONTACT & TEAM INFORMATION

CHAIN OF COMMAND

- 1) Head Coach**
- 2) Athletic Director: Mark A. Wax
- 3) Associate Dean: Mr. Daniel U. Harris
- 4) Dean: Rabbi Dr. Leonard A. Matanky

ATHLETIC ADMINISTRATION

- ✓ **Athletic Director: Mark A. Wax**
(C): (224) 436.2255
Email: mwax@icja.org

- ✓ Associate Dean: Daniel U. Harris
(W): (773) 973-1450
Email: dharris@icja.org

- ✓ Dean:: Rabbi Dr. Leonard A. Matanky
(W): (773) 973-1450
Email: matanky@icja.org

IX. SCHEDULES

Spring Sports

- **Cross Country** (Boys & Girls)
 - Parent Meeting: August 26th, 2018 *11:00am
 - 1st Day of Practice: August 8th, 2018
 - Practice Days: Sunday, Tuesday and Wednesday's
 - Last Day: October 8th, 2018

Winter Sports

- **Boys Basketball**
 - Parent Meeting: November 11th, 2018 *10:00am
 - Open Gyms: October 10th, 2018
 - Tryouts: November 4th, 5th & 7th, 2018
 - 1st Day of Practice: November 11th, 2018
 - Practice Days: Sunday, Monday and Wednesday's
 - Last Day: March 19th, 2019

- **Girls Basketball**
 - Parent Meeting: November 11th, 2018 *10:00am
 - Open Gyms: October 9th, 2018
 - Tryouts: October 28th, 30th & November 1st, 2018
 - 1st Day of Practice: November 4th, 2018
 - Practice Days: Sunday, Tuesday and Thursday's
 - Last Day: March 4th, 2019

- **Fencing** (Boys & Girls)
 - Parent Meeting: November 11th, 2018 *10:00am
 - Open Gyms: October 10th, 2018
 - Tryouts: November 4th, 5th & 7th, 2018
 - 1st Day of Practice: November 11th, 2018
 - Practice Days: Sunday, Monday and Wednesday's
 - Last Day: February 24th, 2019

- **Wrestling**
 - Parent Meeting: November 11th, 2018 *10:00am
 - Open Gyms: October 10th, 2018
 - Tryouts: November 4th, 6th & 8th, 2018
 - 1st Day of Practice: November 11th, 2018
 - Practice Days: Sunday, Tuesday and Thursday's
 - Last Day: February 19th, 2019

Spring Sports

- **Baseball**

- Parent Meeting: March 10th, 2019 *10:00am
- Open Gyms: February 10th, 2019
- Tryouts: February 24th, 25th & 27th, 2019
- 1st Day of Practice: March 3rd, 2019
- Practice Days: Sunday, Monday and Wednesday's
- Last Day: May 19th, 2019

- **Girls Soccer**

- Parent Meeting: March 10th, 2019 *10:00am
- Open Gyms: February 10th, 2019
- Tryouts: February 24th, 26th & 28th, 2019
- 1st Day of Practice: March 3rd, 2019
- Practice Days: Sunday, Tuesday and Thursday's
- Last Day: May 12th, 2019

Sport Concussion Policy and Procedures for Student-Athletes

If the Ida Crown Jewish Academy's Athletic Department, including the Athletic Trainer, Athletic Director, Officials and Coaches, has a concern that a student-athlete may have sustained a sports concussion due to their participation in athletics, this policy and procedure will be followed.

- If a student-athlete is suspected of sustaining a concussion they will not be permitted to return to their respective sport on that same day if presenting signs and symptoms of a concussion.
- The health and wellbeing of a student-athlete will be the primary consideration throughout this process.

Definition of a Concussion:

“Sports concussion is defined as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces.” (*Concussion in Sports Group, Vienna 2001, Clin J Sports Med; 12:6-11, 2002*)

Concussion Facts:

- May be caused by a direct blow to the head, face, neck, or elsewhere on the body with an impulsive force transmitted to the head.
- Symptoms can be subtle, such as a headache or feeling sluggish.
- Symptoms may not surface until 48 to 72 hours after injury.
- Recovery is different for every person who sustains a concussion, thus recover time cannot and should not be predetermined until after medical evaluation and post-concussion evaluation by a certified athletic trainer.

Concussion Signs and Symptoms:

The following is a list of possible signs and symptoms of a concussion. This list is not all-inclusive, and other signs and symptoms or problems may be present that are not listed.

- Headache/Pressure in the Head
- Neck Pain
- Nausea or vomiting
- Dizziness
- Blurred Vision
- Balance Problems

- Sensitivity to Light
- Sensitivity to Noise
- Feeling Slowed Down
- Feeling “In a Fog”
- Don’t “Feel Right”
- Difficulty Concentrating
- Difficulty Remembering
- Fatigue or Low Energy
- Confusion
- Drowsiness
- Trouble falling asleep
- More Emotional
- More Irritable
- Sadness
- Nervous or Anxious

Referral Guidelines:

Once a student-athlete has presented with any of the above signs and symptoms they will be monitored on a continuous basis until one of the following scenarios is determined:

1. Immediate referral to emergency room:

Any student-athlete with any of the following signs, symptoms, or problems will be referred to the emergency room immediately via EMS upon on-field assessment:

- Deterioration of neurological function
- Progressive or sudden impairment in consciousness
- Irregular respirations
- Irregular pulse
- Unequal, dilated or unreactive pupils
- Any signs or symptoms of associated injuries (i.e. spine or skull fracture)
- Mental status changes: lethargy, difficulty maintaining arousal, confusion
- Cranial nerve deficits
- Uncontrollable vomiting
- Seizure activity

2. Release of the student-athlete from supervision of a Certified Athletic Trainer (ATC) with concussion information sheet:

If the student- athlete has shown improvement in their signs and symptoms by the end of the practice or competition, they will be given a concussion information sheet to take home that has the ATC’s contact information in case the parent/guardian has questions. This information sheet will also be explained and given to the parent/guardian to insure proper monitoring

3. Delayed referral (day after injury):

If a student-athlete that was released from the supervision of an ATC and given the concussion information sheet presents with any of the following signs and symptoms the day after injury, they will be referred to a physician.

- Any of the findings from section one (“Immediate referral to ER”) that have developed since the initial evaluation.
- Post concussion symptoms worsen or do not improve over time
- Increase in the number of post concussion symptoms reported.
- Post concussion symptoms begin to interfere with the athlete’s daily activities (i.e. sleep disturbances or cognitive difficulties).

** If a referral to a physician is made, the student-athlete will need to be cleared by a physician/proper licensed medical professional**

Academic Return to Class

The student named above has suffered a concussion and is currently under the care of the Athletic Department. The student is not permitted to participate in any sport activity until formally cleared by the Athletic Director and the Physician and may also need modification in the classroom during the healing process.

The following academic accommodations aid in reducing the cognitive load and thereby minimizing post-concussion symptoms allowing the student to better participate in the academic process during the injury period. This is the adopted Return to Learn Protocol and should be followed in the event the student athlete has sustained a concussion. Students and parents are encouraged to discuss and establish accommodations with the school on a case-by-case basis.

Students with a concussion have increased memory and attention problems. They will not be able to learn as effectively or quickly as before. Furthermore, highly demanding activities like testing can significantly increase symptoms (e.g., headache, fatigue, difficulty concentrating/remembering etc.) which can in turn make learning more difficult.

___ Stage One – Complete Rest

- May have medically excused absents
- May need to provide the student with generated notes for their class(s).
- No homework, quizzes or test are expected to be complete during this time

___ Stage Two – Increase Cognitive Load

- Increase school attendance to half days, making sure to switch between morning and afternoon so as to attend all classes equally
- Allow student to wear sunglasses and/or put head on desk as they may still be sensitive to light and noise
- No homework, quizzes or tests

___ Stage Three – Continue to Increase Cognitive Load

- Increase school attendance to full day
- Increase note taking (may still need the assistance of student and/or teacher generated notes)
- Increase homework load to 50% per class per day
- No quizzes or test

___ Stage Four – Increase Work Load

- Student athlete should be symptom free at rest, but may have symptoms return after moderate cognitive load
- Increase to 100% homework per class per day
- Student should be starting to hand in missed work due to being in Stages 1-3 (Please allow at least the same numbers of days missed to make up the work)
- May start participating in quizzes

___ Stage Five – Full Academic Participation

- Student athlete must be symptom free at rest and with prolonged mental activity
- Student athletes should be continuing to hand in missed work while in stages 1-3
- May resume all academic activities
- Should no longer student and/or teacher generated notes for class
- Full participation in all homework, quizzes and testing

Ida Crown Jewish Academy Head Injury Return to Play Protocol

After an athlete has been evaluated by an athletic trainer or physician and it has been determined that the athlete has sustained a concussion, the following protocol will be used to safely progress the athlete to normal game play only after being cleared by a physician and a signed document by the physician, to do so.

Under no circumstances will this protocol be accelerated. There should be approximately 24 hours (or longer) for each stage, and the athlete should return to previous stages if symptoms recur. Resistance training should only be added in later stages.

Rehabilitation Stage	Functional Exercise at Each Stage of Rehabilitation	Success Goal of Each Stage
1. No Activity	Complete physical and mental rest until all symptoms are no longer present	Recovery (symptom free at rest)
2. Biking	Stationary cycling keeping intensity <70% maximum predicted heart rate (30 min. max)	Increase heart rate without symptoms
3. Running	Running while keeping intensity <70% maximum predicted heart rate (30 min. max)	Add movement without symptoms
4. Agility Exercises	Sport-specific exercises. No head-impact activities	Add coordination and cognition without symptoms
5. Non-contact Practice	Full practice without contact	Increase exercise, coordination, and cognitive load without symptoms
	May start progressive resistance training	
6. Full Contact Practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff without symptoms
7. Return to Play	Normal Game Play	

Mission Statement

Our mission, as a co-educational Modern Orthodox high school, is to create an environment conducive for the intellectual and emotional growth of each student, and to afford him or her the opportunities necessary for self-actualization. We are dedicated to a path of excellence in education, emphasizing high ethical standards, a commitment to Chesed, and a love for Medinat Yisrael. We seek to inspire Bnei Torah to become contributing members to society.

Our goal is to prepare our students with life-long learning skills necessary to continue their education after graduation at various Yeshivot, seminaries, and universities.

Our philosophy is based on four basic values: Torah u'Maddah, Derech Eretz, Community Service, and the Centrality of Medinat Yisrael.

- **Torah u'Maddah** seeks to bring a synthesis of Torah Studies and General Studies.
- **Derech Eretz** focuses on educating the whole child, with emphasis on moral sensitivity and human decency, which must permeate the culture of our school.
- **Community Service** enables every student to feel a sense of responsibility for others.
- **Centrality of Medinat Yisrael** strives to make Israel an integral part of the Jewish persona.