

**FALL  
ATHLETIC  
REGISTRATION**

**GRADES 5-8**  
(as of Fall of 2011)

**ALL FORMS AND REGISTRATION FEES**

**ARE DUE BY**

**WEDNESDAY, MAY 25, 2011**

## IMPORTANCE OF TURNING IN FORMS BY

**Wednesday, May 25th**

It is very important that all interested students get their forms turned in by

Wednesday, May 25th

The number and type of teams that SMS will field in the fall is determined over the summer and is dependent on the number of students involved in the programs. League schedules are being made already for next fall and it is vital that SMS knows how many athletes are participating at each level to ensure the correct teams are registered for league play.

All future correspondence is via email. Email information is taken from sign-up forms.

**Anyone not signed up by the cutoff date is potentially ineligible to participate in fall athletics.**

May 13, 2011

Dear St. Mary's Parent and Fall Athlete:

With the school year winding down, now is the time to register your child for the fall athletics program. Registration will take place now through **Wednesday, May 25, 2011**. All student athletes must be registered as students at SMS on or before June 1<sup>st</sup> in order to participate in the upcoming fall season. Please note that per St. Mary's policy a student can sign up for only one sport per season.

Attached you will find the registration form. Make sure that you register your child for the appropriate grade level for the 2011-2012 school year. Please be sure to have the form completely filled out and the correct registration fee attached. Please make all checks out to:

**St. Mary's Athletics.**

Every student at SMS is welcome and encouraged to participate in the sports programs.

Registration fees help to cover the cost of game officials, scorekeepers, equipment, uniforms, certificates, league fees, etc.

Registration fees are as follows:

Boys Football (Grades 5-8)	\$195.00
Girls Volleyball (Grades 6-8)	\$100.00
Girls Volleyball (Grade 5)	\$40.00
Girls Cheerleading	\$80.00

It is imperative that all student athletes be registered on time.

If there are any reasons a student can not pay any/all of the fees below please contact Phil Sheridan, Pat Mallaney, Dr. Biancalana, or Fr Mike. Athletics is an integral part of the SMS experience and while the fees are important to fund the programs, no student should avoid participating due to financial concerns.

Fall athletics are scheduled to begin during August, 2011. Information regarding practice schedules and uniform disbursement will be sent home during the summer. All future correspondence will be handled via email.

Should you have any questions or concerns, please contact Phil Sheridan or Pat Mallaney.

## VOLLEYBALL

St. Mary's has a very popular volleyball program that consists of players from 5<sup>th</sup> through 8<sup>th</sup> grades.

The number and types of teams is dependent on the number of girls signed up for the program.

In the past the girls have been broken down into several teams. The 7<sup>th</sup> & 8<sup>th</sup> grade girls are combined into one team playing as a Varsity team. The girls will play a league schedule and in several tournaments in the area over the season.

The 5<sup>th</sup> & 6<sup>th</sup> graders have been combined into one team playing as a JV squad.

The 5<sup>th</sup> graders will have a few additional games on their own in an instructional league format.

IF there are enough girls in each grade, then there will be separate teams for each grade. The teams and schedules are determined over the summer so it is very important to return the forms on time.

Girls' volleyball practices will begin in August. The league season begins in late August and ends in early November. Tournaments have yet to be determined. As soon as all of the coaches have been secured, a practice and game scheduled will be issued to all players.

**\*\*Please note that practice days and times for any sport might change due to coach availability for the upcoming season.**

## **FALL CHEERLEADING**

Our cheerleading program is for all girls Grades 5-8. Further information on this meeting will be forthcoming. We are looking for volunteers to help with this program. Please contact Pat Mallaney, Dr Biancalana, or Phil Sheridan if interested.

Fall Cheerleading is made up of several squads

### **JV Cheerleading**

Two squads equally split made up of 5<sup>th</sup> & 6<sup>th</sup> graders.

### **Varsity Cheerleading**

This program is made up of 7<sup>th</sup> & 8<sup>th</sup> graders with a goal to give all members actual cheering experience during interscholastic games.

Practices are an integral part of being on a team. All team members should make every effort to attend all practices and games in their entirety. Individuals who come late to or leave early from practices or games are hurting their squad and will be subject to having their participation in games or competitions affected.

**\*\*Please note that practice days and times for any sport might change due to coach availability for the upcoming season.**

## **FOOTBALL**

St. Mary's has a very popular football program that consists of players from 5<sup>th</sup> through 8<sup>th</sup> grades. The teams are broken into one Varsity level team (Grades 7 & 8) and two J.V. level teams (Grades 5 & 6).

Teams usually practice Tuesday through Friday after school. Practices will again be held at West Park. The teams usually play once or twice a week. Scrimmages are also added to give participants more playing time during the season.

**The season will start with practice sessions beginning August 16. Practice and game schedules will continue through November 14 (depending on playoff results).**

There will be occasional changes to the football schedule throughout the year. Parents will receive updated practice and game schedules as the season progresses.

The teams will once again be participating in two leagues this season. The Varsity will have one team, while the JV will have two equally divided teams. However, players will not likely play in both leagues in the same week as in the past. This will insure more playing time at both the Varsity and JV levels.

Equipment issue will again occur following the first couple days of practice. Players and parents will be notified of the specifics in a summer mailing.

Specific dates and times for practices will be included in the football summer mailing.

There will be an informational meeting for parents only held in the UGC gym before summer recess. More details on the meeting will follow. All parents are encouraged to attend.

We are fortunate to have Ed Kutschke running the football program again this year. Most correspondence regarding football will be coming from Coach Kutschke or your son's individual coaches.

If you have any questions, Ed's Contact information is:

Cell: 847-321-8333

Email: [ekutschke@aldridge-electric.com](mailto:ekutschke@aldridge-electric.com)

**\*\*Please note that practice days and times for any sport might change due to coach availability for the upcoming season.**

May 13, 2011

Dear New 5<sup>th</sup> Grade Parents and Athletes:

First, let us officially welcome everyone and encourage all students to participate in the athletic programs at SMS. Especially at the younger levels, the focus is on teaching and development our young athletes in all programs.

We will try and address a few common questions on fall sports for 5<sup>th</sup> graders and their parents.

In the past, all 5<sup>th</sup> grade students have been required by SMS to have a physical on file. If a physical is handed into the school, that physical will cover the requirement for athletics.

### **Cheerleading**

The 5<sup>th</sup> graders are split evenly with the 6<sup>th</sup> graders into 2 teams. The girls practice twice a week at the UGC or PGC after school. Practices will begin in August and the girls will cheer at the JV football games during the season. Coaches will have further information.

### **Football**

The boys will be participating on teams with the 6<sup>th</sup> graders. The focus in the JV program is on teaching fundamentals developing the boys. The 5<sup>th</sup> & 6<sup>th</sup> graders practice together Tuesday through Friday afternoons at West Park. There is a concerted effort on getting all participants playing time. The 6<sup>th</sup> graders usually play more on the mixed 5<sup>th</sup> & 6<sup>th</sup> grade squads, but the coaches work hard to make sure that everyone does participate in every game.

### **Volleyball**

Volleyball at the 5<sup>th</sup> grade level is set up as an instructional league to get the girls familiar with the basics of the game. Over the past few years the girls have been included on the 6<sup>th</sup> grade teams in competitive league play. Whether this occurs next fall is dependent on the number of girls signed up for each team this spring.

This is just a brief overview of the programs offered this fall. Again, welcome to SMS athletics. Please contact me anytime with any questions.

Sincerely,

Phil Sheridan & Pat Mallaney  
Athletic Director

## PLAYING TIME FOOTBALL

### **JV:**

This program is made up of 5<sup>th</sup> & 6<sup>th</sup> graders. There are usually two teams at this level which are split evenly. At this level this emphasis is on teamwork and developing skill levels. Coaches will work with the goal that all team members who regularly attend practice and who work at practice to improve their skill levels will participate in each game. Preference will be shown to 6<sup>th</sup> graders with all else being equal. While equal playing time is not physically possible, or even a goal of this program, at the JV level there is an effort to make sure that all participants get a chance to participate at some level in game situations on a regular basis. Actual playing time will be based on each athlete's attendance, attitude, effort, and safety of the participant. Coaches will not put players into a situation they are not ready to handle just to facilitate playing time.

### **VARSITY:**

This program is made up of 7<sup>th</sup> & 8<sup>th</sup> graders. Among the goals of the SMS Varsity program, there is a goal to give all members of the team actual playing experience in interscholastic games. There is also the goal to prepare the athletes to compete at the next level. Developing the skills of all team members remains a primary goal of the team. Winning by itself is never a goal at SMS, but at this level the teams are engaged in competitive interscholastic games. The Varsity team will focus on winning with class, sportsmanship, and honor. Therefore, all members who regularly attend practice and who work at practice to improve their skills will participate to some extent at some time throughout the course of the season. The specific amount of playing time will be up to the coaches' discretion based on each athlete's attendance, attitude, effort, safety of each participant, and ability. Coaches will not put players into a situation they are not ready to handle just to facilitate playing time.

## **VOLLEYBALL**

### **JV:**

This program is made up of 5<sup>th</sup> & 6<sup>th</sup> graders. Depending on the numbers by grade this will be either one team or the girls will be split into two teams based on grade.

The emphasis for this program is on teamwork and developing skill levels. Coaches will work with the goal that all team members who regularly attend practice and who work at practice to improve their skill levels will participate in each game. Preference will be shown to 6<sup>th</sup> graders with all else being equal. While equal playing time is not physically possible, or even a goal of this program, at the JV level there is an effort to make sure that all participants get a chance to participate at some level in game situations on a regular basis. Actual playing time will be based on each athlete's attendance, attitude, effort, and safety of the participant.

### **7<sup>th</sup> GRADE TEAMS:**

This program is made up of 7<sup>th</sup> graders only, whenever possible. This is the first year in which teams are determined by a player's skill level. Teams will be divided into a Gold Team and a Silver Team, if possible, based on coaches' discretion. Factors that can determine team selection include attitude and skill levels. Teams will be split based on the number of participants. If necessary, the players will be given a rotation schedule to see which games they will participate in and which games they will simply observe. Along with the rotation schedule, actual playing time will be based on attendance, attitude, and effort. For the Silver Team, the emphasis is on teamwork and developing skill levels. All team members who regularly attend practice and who work at practice to improve their skill levels will participate in at least one game of each match. For the Gold Team, all team members who regularly attend practice and who work at practice to improve their skill levels will participate to some extent throughout the course of the season. Actual playing time will be based on attendance, attitude, effort, and ability.

### **8<sup>th</sup> GRADE TEAMS:**

This program is made up of 8<sup>th</sup> graders, whenever possible. Teams will be divided into a Gold Team and a Silver Team, if possible, based on coaches' discretion. Factors that can determine team selection include attitude and skill levels. Teams will be split based on the amount of participants. If there are not enough participants for two teams, the girls will play as a Gold Team. Along with the rotation schedule, actual playing time will be based on attendance, attitude, and effort. For all Silver Teams the emphasis is on teamwork and developing skill levels. All team members who regularly attend practice and who work at practice to improve their skill levels will participate in at least one quarter of each game. For all Gold Teams, team members who regularly attend practice and who work at practice to improve their skill levels will participate to some extent throughout the course of the season. Actual playing time will be up to the coaches' discretion based on attendance, attitude, effort, and ability.

# **PLAYING TIME**

## **CHEERLEADING**

### **JV:**

This program is made up of 5<sup>th</sup> & 6<sup>th</sup> graders. There are usually two teams at this level which are split evenly. At this level this emphasis is on teamwork and developing skill levels. Coaches will work with the goal that all team members who regularly attend practice and who work at practice to improve their skill levels will participate in each game. Coaches will not put any athletes into a situation they are not ready to handle just to facilitate playing time.

### **VARSITY:**

This program is made up of 7<sup>th</sup> & 8<sup>th</sup> graders. There is a goal to give all members of the team experience cheerleading during interscholastic games and prepare the athletes to participate at the next level. Therefore, all members who regularly attend practice and who work at practice to improve their skills will participate to some extent at some time throughout the course of the season. The specific amount of playing and positions during routines will be up to the coaches' discretion based on each athlete's attendance, attitude, effort, and ability. Coaches will not put any athletes into a situation they are not ready to handle just to facilitate playing time.

There will be supplemental materials handed out by the Cheerleading Coaches going into more detail on responsibilities and expectations for the athletes, coaches, and parents.

Playing Time & Attendance Summaries taken from SMS Handbook  
Playing time issues are addressed further in the SMS Handbook.

Dear Parent:

Attached is an athletic participation physical form. Each athlete must have a physical on file before being allowed to participate in any of the athletic programs at St. Mary's School.

**YOUR CHILD WILL NOT BE ALLOWED TO PARTICIPATE IN PRACTICES OR GAMES UNTIL A CURRENT PHYSICAL IS ON FILE. THERE WILL BE NO EXCEPTIONS TO THIS REQUIREMENT.**

Once your child's doctor has completed the attached form (or a physical form from the doctor's office), **please return forms to UGC front desk.**

**Please do not give your child's physical form to the coaches.**

If you have any questions or concerns, please contact:  
Phil Sheridan or Pat Mallaney

SCHOOL YEAR \_\_\_\_\_  
GRADE \_\_\_\_\_

SCHOOL OF ST. MARY  
LAKE FOREST, ILLINOIS

DATE \_\_\_\_\_

DEPARTMENT OF ATHLETICS

THE ATHLETIC PROGRAMS AT THE SCHOOL OF ST. MARY INCLUDE THE FOLLOWING:  
GIRLS CHEERLEADING, BOYS FOOTBALL, GIRLS VOLLEYBALL, CROSS COUNTRY, GOLF,  
BOYS BASKETBALL, GIRLS BASKETBALL, BOYS VOLLEYBALL, TRACK AND FIELD,  
TENNIS AND BOWLING.

**YOUR CHILD'S PHYSICAL EXAMINATION IS IN EFFECT FOR ONE CALENDAR YEAR. A  
CURRENT PHYSICAL EXAMINATION MUST BE IN OUR FILES BEFORE A STUDENT  
PARTICIPATES IN PRACTICES OR GAMES. PLEASE RETURN THIS COMPLETED FORM  
TO THE SCHOOL OF ST. MARY MAIN OFFICE PRIOR TO YOUR CHILD'S  
PARTICIPATION IN THE ATHLETIC PROGRAMS.**

RESULT OF PHYSICAL EXAMINATION

\_\_\_\_\_ HAS BEEN EXAMINED BY ME ON \_\_\_\_\_

AND IS ELIGIBLE TO PARTICIPATE IN THE ABOVE NON-CONTACT SPORTS.

\_\_\_\_\_  
(PHYSICIAN SIGNATURE)

CHILD IS ELIGIBLE FOR THE ABOVE TACKLE FOOTBALL PROGRAM. \_\_\_\_\_  
(PHYSICIAN SIGNATURE)

CHILD IS NOT ELIGIBLE TO PARTICIPATE IN ANY OF THE ABOVE PROGRAMS.

\_\_\_\_\_  
(PHYSICIAN SIGNATURE)

RESTRICTIONS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## ATHLETE SIGN-UP FORM

All forms due by May 25, 2011

Name: \_\_\_\_\_

Team: Boys Football \_\_\_\_\_ Girls Volleyball \_\_\_\_\_ Girls Cheerleading \_\_\_\_\_

Grade Level: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_  
(Required since future communications for individual teams will be handled via emails)

Name: \_\_\_\_\_

Team: Boys Football \_\_\_\_\_ Girls Volleyball \_\_\_\_\_ Girls Cheerleading \_\_\_\_\_

Grade Level: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_  
(Required since future communications for individual teams will be handled via emails)

Thank you for your continuing support!

# School of St. Mary Athletics Waiver

Consent, Assumption of Risk, Release of Minor Participant, Parent Responsibility and Conduct,  
Medical Authorization & Medical Insurance Statement

I, the parent or legal guardian of \_\_\_\_\_ consent to allow this minor individual to participate in School of St. Mary Athletic programs ("SMS Athletics"). I have read and understand the Consent, Assumption of Risk, Release of Minor Participant, Parent Responsibility and Conduct, Medical Authorization and Medical Insurance Statement and intend to and by signing bind myself, my spouse, the minor and the minor's heirs, successors, executors, estate and dependents to the terms, hereof.

I will advise the minor that he or she must inspect the playing field or facility to be used for athletic contests, practices, preparation or other SMS Athletic purposes and if the minor believes anything to be unsafe, the minor shall immediately advise the coach or program supervisor present and refuse to participate further.

I agree that I will advise the minor of all safety procedures in using the equipment and playing facilities and will instruct the minor to follow them.

I will not advise the minor to attempt any skill level training or any other activity of which the minor is not fully capable. I realize that the study and play of such sports as (but not limited to) Football, Volleyball, Cheerleading, Basketball, Track and Golf require proper conditioning and training.

I understand that sports activities are an education system. I agree that the minor will strictly abide by the training rules of SMS Athletics and will follow explicitly all instructions given by the coaches or instructors during the course of the minor's training. I will advise the minor to watch out for others in the course of the minor's training and to follow all the rules explained to him or her or otherwise posted.

I agree that I will not interfere with the coaching instruction given at any SMS Athletics activity unless it constitutes a violation of law. I agree to be respectful of all coaches, instructors, participants, officials, representatives, agents and employees of SMS Athletics. I understand that I can be removed and/or barred from any or all SMS Athletic activities by any SMS coach, instructor, official, representative, agent or employee if my behavior is considered disruptive.

I hereby consent to and authorize SMS Athletics coaches, instructors, officials, representatives, agents or employees to secure emergency medical treatment for the minor if injured while preparing for, traveling to/from or participating in SMS Athletics activities.

I understand and consent that it is my responsibility to purchase and maintain medical insurance coverage for the minor during any and all participation in SMS Athletics. I understand that SMS Athletics does not provide medical insurance coverage for any participants, spectators, or any other party affiliated with SMS Athletics.

## I fully understand that:

A. **There are risks and dangers associated with participation in sports such as (but not limited to) Football, Volleyball, Basketball, Cheerleading, Track and Golf. There are risks such as, but not limited to, bodily injury, communicable diseases, partial or total disability, paralysis and death.** In accordance with the law, SMS Athletics does not exclude individuals with medical conditions that do not pose a medically recognized threat to the health or safety of other participants in the normal course of play. I understand that there is some unavoidable circumstance where these conditions may require special caution on the minor's part to minimize the danger to the minor or others, and I acknowledge that it is the minor's responsibility to act accordingly.

B. There are social and economic losses and damages which could result from those risks and dangers described above which could be severe.

C. There are other risks not known or foreseeable at this time that could arise.

## I EXPRESSLY AND VOLUNTARILY ASSUME ALL RISKS TO THE MINOR OF DEATH, ILLNESS OR INJURY SUSTAINED WHILE PREPARING FOR, PARTICIPATING IN, OBSERVING OR TRAVELING TO/FROM SMS ATHLETICS ACTIVITIES WHETHER OR NOT CAUSED BY NEGLIGENCE OF THE RELEASED PARTIES HEREIN.

I accept and assume all risks and responsibilities for all losses and damages following an injury, illness, disability, paralysis, or death, however caused or alleged to be caused, including injuries caused in the whole or in part by the negligence of SMS Athletics, it's representatives, agents, employees, instructors, participants or officials.

I release SMS Athletics, The School of St. Mary, St. Mary's Roman Catholic Parish, The Archdiocese of Chicago and it's instructors, coaches, representatives, agents, employees, and all individuals associated with SMS Athletics including all officials of the Roman Catholic Church (herein after referred to as the "Released Parties") of and from any and all liability, claims, demands or actions whatsoever arising out of any damage, loss or injury to the minor while participating in SMS Athletics or any other related activity of SMS Athletics, whether such loss, damage or injury results from negligence or otherwise.

I agree this release covers each and every time the minor plays, prepares for, travels to/from or otherwise participates in any activity, listed or unlisted of SMS Athletics, held at any field or facility or any location sponsored by SMS Athletics and/or it's agents, representatives, instructors or coaches.

I agree that I will not sue or make claims against any of the Released Parties as a result of the minor's participation in SMS Athletics at The School of St. Mary or any other locations where participation takes place. I agree to indemnify and hold harmless the Released Parties from all claims, judgments and costs including attorney's fees incurred in connection with and any such action brought as a result of the minor's participation in any SMS Athletics activity.

In signing this release, I am stating that I understand my actions, and that I take responsibility for the minor's acts, that I have read carefully and understand this release an fully agree with each statement contained herein and that I am responsible for the minor, I am aware that I may have the release reviewed by legal counsel.

If any portion of this release shall be held invalid, illegal or unenforceable to any extent and for any reason by any court of competent jurisdiction, the remainder of this release shall not be affected thereby and shall be enforceable to the full extent permitted by law. I sign this release on behalf of myself, my spouse, and my minor's heirs, successors, executors, estate and dependents. I hereby acknowledge that I am an adult, 18 years or older.

\_\_\_\_\_  
Parent or Guardian's Name (printed)

\_\_\_\_\_  
Parent or Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Address of Participant(s)

## VOLUNTEER TEAM PARENT & COACH SIGN-UP FORM

St. Mary's Athletic programs are extremely successful due to the individuals who so generously give of their time and talent. If you are interested in becoming a volunteer coach or team parent please fill out the form below.

Each team is required to have a team parent to help coordinate schedule changes, rides, etc. The volunteer is NOT obligated to provide these services, but rather help coordinate them.

If you are a returning coach and would like to continue coaching please take the time to fill out the form below in order to update my files. Please return the appropriate form(s) with your child's registration information.

Please note that it will be MANDATORY for all coaches to have completed the Virtus training session prior to the season starting. There are sessions available throughout the area, and we are attempting to set up some sessions at SMS over the summer and early fall for new coaches. Other sessions are offered throughout the summer in the area. Please see the SMS or Archdiocese website or contact Phil Sheridan or Pat Mallaney.

There can be no exceptions to this rule as the Archdiocese is strictly enforcing its implementation.

Name: \_\_\_\_\_

Sport(s) I'm interested in coaching: \_\_\_\_\_

Sport(s) I'm interested in volunteering as team parent: \_\_\_\_\_

Grade Level(s): \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Thank you for your continuing support!

## VOLUNTEER TIME/SCORE KEEPER SIGN-UP

Volunteers are needed to run the clock and to keep the statistics during both the Volleyball and Basketball seasons. Parents will be able to assist with these duties while attending their child's games. Volunteers will only be scheduled to help out for their child's team and only on an occasional basis. All volunteers will be trained to use the clock and scoreboard. This is a wonderful way to support your child's team without making a full time commitment. If you are interested in helping a little or a lot, please sign up below.

This is also a way for any high school students looking for service hours or an easy part time job to meet their goals.

Thank you!

Name of Volunteer: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Name(s) of Athlete(s) and Team(s): \_\_\_\_\_

\_\_\_\_\_

## 8<sup>TH</sup> GRADE VOLLEYBALL TEAM T-SHIRT ORDER FORM

If your daughter is registering for the 8<sup>th</sup> Grade Volleyball Team, please fill out the order form below. This jersey will be a part of the team uniform and can be kept by each player after the season is over. The cost of this shirt is included in the registration fee.

The shirts are similar in sizes and weight to SMS gym shirts.

T-shirt/jersey

Adult sizes only

Small \_\_\_\_\_

Medium: \_\_\_\_\_

Large: \_\_\_\_\_

X-Large: \_\_\_\_\_

Player's Last Name (to be printed on jersey):

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Number on Jersey: \_\_\_\_\_