

2010-2011 Resurrection Catholic School Sports Handbook



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FALL SPORTS

Cross Country (6th, 7th, 8th grade boys and girls)

Resurrection is on the East Crusader Catholic Middle School Cross Country team, which is hosted by Magdalen. The team is a combination of students from Magdalen, St. Thomas, Blessed Sacrament, All Saints, Holy Savior, St. Mary-Derby, and Resurrection. Coaches are: Todd Carrillo (Magdalen), Carl Compton (St. Mary Derby), Matt Thor (Resurrection). Information provided by the program can be found on the next page.

Web site

<http://www.magdalenwichita.com/Ath%20MS%20Cross%20Country.htm>.

Summer activities

- Beginning July 12 – Free summer conditioning every Monday, Wednesday, Friday from 7:00-8:00 p.m.
- More information can be found at: <http://www.resurrectionwichita.com/sports/cross-country>

Signup/registration

- Mid-August – Registration/informational meeting

Fee

- Estimated fee is \$25 (\$50 for new runners – includes jersey).
- Equipment that parents may need to purchase: running shoes

Practices

- August 16 – 1st day practices can begin.
- A sports physical dated after May 1, 2010 is required to be on file at RCS before you can participate in practices. Copies will be given to Magdalen by the RCS Athletic Director. Practices are 4-5 days a week and are held at three area parks. The first two weeks of the season, practice is held at College Hill Park.

Tentative 2010 Meets

- Sept. 4 – Bishop Carroll meet at Lake Afton
- Sept. 11 – North High meet at Sedgwick County Park
- Sept. 18 – West Eagles meet at Lake Afton
- Sept. 25 – OSU Jamboree at Stillwater, OK
- Oct. 2 – East Crusaders meet at Cessna Park or Harrison Park
- Thurs., Oct. 7 – CSAL League meet at Cessna Activity Center

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FALL SPORTS – continued

East Crusader Cross Country – Additional information

The East Crusader Catholic Middle School Cross Country is a program open to all east side Catholic Middle School students. It is run through Magdalen. There are coaches from 3 different parishes, with runners from approximately seven different schools. There are typically 40 to 60 participants who pay a registration fee of \$25 each (\$50 for new runners – includes jersey).

Cross country (XC) is a middle-distance running sport where 6th and 7th graders run a mile race. 8th graders start at 1 mile, and then work their way to a 2 mile race at the third meet. 6th graders compete as 7th graders. 6th graders are allowed to compete per state rules (KSHSAA rule book page 24, Rule 8, Section 3, Article 2). There are also two meets where there will be “6th grade only” races.

XC is a team sport where the top 5 finishers for each team have their place added together for their team score. For example, if the team has runners who finish 1st, 3rd, 7th, 10th, and 11th, then the score would be 1+3+7+10+11=32. The low score wins. Races and practices are typically held at area parks.

The best thing about XC is that everyone gets to run. There are no bench warmers, and no whining about “playing time”. Typically, the kids that work harder do better. It is a great life lesson.

Middle school athletes are allowed to run in 6 meets. Snacks are provided. The last meet is the CSAL League meet with the West Side Catholic Middle School Eagles that is run out of St. Francis School. Sunrise Academy, Collegiate, and the Home School team are also invited.

Parent volunteers at the meets are appreciated. Many jobs are as simple as pinning race numbers on runners to peeling stickers off runners and putting them on a piece of paper. Many parents share the job with another parent so no one has to miss their child’s race.

Each athlete will buy a singlet (jersey) at a cost of \$25. At the end of their tenure on the team, they can keep the singlet, sell it to another runner, or donate it to the team.

There are typically 4-5 practices a week to facilitate kids who are in multiple activities. One of the coaches is from St. Mary’s parish in Derby. Once or twice a week, practice is held in Garret Park in Derby for the Derby kids so they don’t have to drive to Wichita every day.

Education is very important. Handouts are provided at practices on topics relevant to running. Every new runner is given a binder to store their handouts. The kids get a real “physical education” where they hear coaches talk about it, they go do it, then read why the workout was done. By the end of their third year, they have large volume of information that will help them do well and stay safe in their high school sports career.

At the end of the year, there is a pizza banquet. Every runner gets an award, some silly, some serious. A parent survey is given to parents and runners to let the coaches know how they are serving them. The goal is to have a fun, caring, yet challenging program.

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FALL SPORTS – continued

Football (7th & 8th grade boys)

Resurrection plays on the **Cougar Football** team, which is made up of students from All Saints, Blessed Sacrament, Holy Savior, Resurrection and St. Mary Derby. There are 7th & 8th grade teams. Don Brinkman from Blessed Sacrament is the Head Coach.

Web site

- Cougars web site: <http://www.blessedsacramentwichitaks.org/cougars/>.

Signup/registration

- July 12 at 6:00 p.m. – Parent/player meeting at All Saints.
- 2010 Parent Handout:
<http://www.blessedsacramentwichitaks.org/cougars/2010/July%20Parents%20Meeting%20Agenda.pdf>

Summer activities

- July 26-30 (6:00-8:30 p.m.) – Free Cougars camp at All Saints
- August 2 – Equipment check-out at All Saints
- August 3, 5, 9, 10, and 12 (6:00-8:00 p.m.) – Conditioning at All Saints

Fee

- Estimated fee: \$100.
- Equipment that parents may need to purchase: legal football shoes (no metal), jocks/cups (recommended), mouthpiece (required), optional protective gear

Practices/pre-season

- August 16 – 1st day practices can begin. Sports physical dated after May 1, 2010 is required. Practices are 5 days a week for the first week and 3 days a week after that. Practices are held at All Saints.
- August 26 at 6:30 p.m. – Mandatory Fall Sports Parent/Player Meeting at RCS
- August 27 – Kapaun Fall Fest (Cougars 8th grade)

Football Games

- Games are played on Saturdays at 9:00 & noon (7th) and 10:30 & 1:30 (8th).
- Games are played at St. Peter (Schulte), Magdalen and Garden Plain.

2010 Football Games

- September 11, 18, 25, Oct. 2, 9, 16, 23
- Detailed schedule will be published on the Cougars web site.

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FALL SPORTS - continued

Volleyball (6th, 7th, 8th grade girls)

Resurrection has 6th, 7th and 8th grade teams. If there aren't enough players for a grade, we work with other schools to combine teams. If there are too many players for a particular grade, we may have two teams. If a decision is made to have two teams, tryouts will be held approximately one week before practices begin.

Web site

Information during the season can be found at: <http://www.resurrectionwichita.com/sports/volleyball>.

Signup/registration

August 4 & 5 – Registration at school enrollment

Fee

- Estimated fee: \$45.
- Equipment that parents may need to purchase: knee pads, volleyball shoes (optional).

Practices/pre-season

- August 16 – 1st day practices can begin. Sports physical dated after May 1, 2010 is required. Practices are typically 3 days a week and are held at the Resurrection Gym.
- August 26 (6:30 p.m.) – Mandatory Fall Sports Parent/Player Meeting at RCS

Volleyball Matches

The 6th, 7th and 8th graders play 10 regular season matches, beginning after Labor Day through the end of September or beginning of October. The 6th graders typically play two matches on Saturdays for five weeks. The 7th and 8th graders can play on various days (Monday, Thursday and Saturday). Schedules are typically not available until the week before the first matches. No admission is charged for regular season matches.

Hair devices made of soft material and no more than 2 inches wide may be worn to control the hair.

Unadorned bobby pins, no longer than 2 inches, may be worn. Biking/spandex shorts are not allowed.

2010 Regular Season Volleyball Matches

- September 2 – 1st volleyball matches
- September 4 & 6 – No matches
- September 27 – Last 7th/8th grade matches.
- Sept. 11, 18, 25, Oct. 2, 9 - 6th grade matches (2 each day).

Post-Season Tournament

Each grade has a post-season tournament, typically beginning early in October. They typically begin about one week after the last regular season matches. Host schools determine the tournament schedule. Schedules are typically not available until a few days after the last regular season matches. Schools are seeded based on their regular season standings. Spectators pay admission at post-season tournaments. Admission at tournaments is typically \$2 for high school students and up. Middle school and younger and senior citizens are free.

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FALL & WINTER SPORTS

Cheerleading (8th grade girls)

Cheerleaders cheer at Cougars 8th grade football games in the fall and the 8th grade boys basketball games in the winter. They also participate in RCS Pep Rallies. Ann Frisch is the coach
afrisch@resurrectionwichita.com

Signup/registration

- Contact Ann Frisch for details.

Fee

- Estimated fee: \$30.
- Equipment that parents may need to purchase: spankies, shoes

Practices

- Cheerleaders can practice before August 16. Practices are typically one day a week.
- Sports physical dated after May 1, 2010 is required to practice in summer.

2010-2011 Schedule

- August 27 – Perform at Kapaun Fall Fest. Begins at 4:00 p.m. Admission for spectators is \$1, 5 and up.
- The dates for 8th grade boys football are September 11, 18, 25, Oct. 2, 9, 16, 23. The detailed schedule will be published on the Cougars web site:
<http://www.blessedsacramentwichitaks.org/cougars/>
- The 8th grade boy's basketball schedule is not available until middle of November. Regular season basketball games could start as early as November 29. December 20 is last games before Christmas break. First games after Christmas break begin on January 3. Last regular season games are on January 24. A post-season tournament begins about a week later.

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WINTER SPORTS

Basketball (6th, 7th, 8th grade boys and girls)

Resurrection has 6th, 7th and 8th grade teams for boys and girls. If there aren't enough players for a grade, we work with other schools to combine teams. Typically we have combined with St. Jude and Magdalen, but it can be other schools. If there are too many players for a particular grade, we may have two teams. If a decision is made to have two teams, tryouts will be held approximately one week before practices begin.

Web site

Information during the season can be found at: <http://www.resurrectionwichita.com/sports/basketball>.

Signup/registration

- End of September

Fee

- Estimated fee: \$65.
- Equipment that parents may need to purchase: basketball shoes (optional).

Practices/pre-season

- October 18 (6:30) – Mandatory Basketball Parent/Player Meeting at RCS (do not need to attend if you previously attended the August 26 Fall Sports Meeting).
- November 1 – 1st day practices can begin. Sports physical dated after May 1, 2010 is required. Practices are typically 3 days a week and are held at the Resurrection Gym (unless a team has combined with another school and the practices may be at both locations).

Regular Season Basketball Games

The 6th graders play 8 regular season games and the 7th and 8th graders play 10 regular season games. Regular season games begin around the end of November or beginning of December and end around the middle of January. The 6th graders typically play most of their games on Saturday, but may have games on other weekday evenings. The 7th and 8th graders can have games on weekday evenings and on Saturdays. Schedules are typically not available until the week before the first games. No admission is charged for regular season basketball games.

Girls cannot wear any plastic, metal or hard object in their hair, such as barrettes, beads, bobby pins, clips, combs, etc. Rubber, cloth, or elastic bands may be used to control hair.

2010-2011 Regular Season Basketball Games

- November 29 – 1st regular season basketball games
- December 20 – Last games before Christmas break
- January 3 – First games after Christmas break
- January 24 – Last regular season basketball games

Post-Season Tournament

Each grade has a post-season tournament, typically beginning around the end of January. Host schools determine the tournament schedule. Schedules are typically not available until a few days after the last regular season matches. Schools are seeded based on their regular season standings. Spectators pay admission at post-season tournaments. Admission at tournaments is typically \$2 for high school students and up. Middle school and younger and senior citizens are free.

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SPRING SPORTS

Track (6th, 7th, 8th grade boys and girls)

Resurrection has a track team, typically around 40 participants. Coaching is by event, not by grade. For instance, a sprinting coach works with all 6th-8th graders, both boys and girls. Depending on the weather, practice is typically held at Resurrection for the first week or two and then the remainder of the season is at the WSU track.

Web site

Information during the season can be found at: <http://www.resurrectionwichita.com/sports/track>.

Signup/registration

Middle of February - Registration

Fee

- Estimated fee is \$20.
- Equipment that parents may need to purchase: spikes (optional), Under Armour type spandex is recommended on cold days under the uniform, which keep the runners warm before and during their events.

Practices/pre-season

- February 24 – Track Meetings
 - 6:30 – Mandatory Track Parent/Player Meeting at RCS (do not need to attend if you previously attended the August 26 Fall Sports Meeting or October 18 Basketball Meeting).
 - 7:00 – Track Meeting with Coaches. This meeting is recommended to athletes and parents who are new to track at RCS. It's optional for those who have previously participated in track.
- March 7 – Track practice can begin. Sports physical dated after May 1, 2010 is required. Practices are typically 3 days a week after school.

2011 Track Meets

- March 31 –Independent Meet at The Independent School (7th-8th grade only)
- April 16, April 30, May 7 – CSAL Track Meets at Bishop Carroll (6th-8th)
- 1-2 additional meets may be added for 7th & 8th grade in April or May.

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ADDITIONAL INFORMATION

CSAL Bylaws

Resurrection Middle School participates in the Catholic Schools Activities League (CSAL). CSAL Bylaws can be found on the school web site <http://www.resurrectionwichita.com/sports> under "Sports Documents". All activities follow the National Federation of State High School Associations rules other than those spelled out specifically in the CSAL bylaws.

All Wichita metropolitan area middle schools in the Catholic Diocese of Wichita participate in the CSAL (<http://catholicdioceseofwichita.org/catholic-schools>). Catholic Diocese of Wichita middle schools outside of the Wichita metropolitan area that participate are: Holy Cross – Hutchinson (Track), Newton St. Mary (all sports), St. James – Augusta (all sports), and St. Joseph Conway Springs (Track). Other schools that participate in the CSAL are: Holy Cross Lutheran and Collegiate.

CSAL/Resurrection Player Contract

All Resurrection middle school students participating in school sports and their parents must sign the CSAL/Resurrection Player Contract prior to the sports season. The contract can be found on the school web site <http://www.resurrectionwichita.com/sports> under the "Sports Documents" section. This applies to football, cross country, cheerleading, volleyball, basketball and track.

Eligibility

CSAL students are to be held to high behavioral as well as academic standards. Eligibility checks occur weekly on Tuesdays 3 weeks after each 9 weeks begins. If a student has a cumulative "F" or 3 or more Ds in any subject at this time, she/he will be ineligible for at least the next week. While ineligible, students will not be allowed to participate in any game, or contest. They can sit on the bench, but cannot be in uniform. They are allowed to practice with the team.

In addition, a student must be at school by 12:00 to attend practice that same day. A student must be at school by 12:00 Friday to attend Saturday contests.

Fees

Sports fees typically cover league expenses. For instance, league expenses for basketball are officials, gym usage, game balls, scorebooks and scorekeepers. Each team is charged a fee by the league to participate in the regular season, post season tournaments and track meets. Sports fees can vary from school to school. If we have a sports team that combines with another school, any difference in fee is paid for by the RCS Athletic fund. The Resurrection fees typically cover only league expenses. If uniforms need replaced or additional ones purchased, PATT has assisted with this expense in the past.

Jewelry

Jewelry cannot be worn during any sports event. This includes earrings and Lance Armstrong bracelets.

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ADDITIONAL INFORMATION - continued

Kapaun activities

- **Fall Fest** - August 27, 2010. Begins at 4:00 p.m. Admission for spectators is \$1, 5 and up. Grilled burgers, hot dogs and pop are available for purchase.
 - Mustangs/Cougars middle school football scrimmage
 - Feeder school spirit squad performances
 - KMC girls volleyball, soccer and football scrimmage, KMS spirit squad performance
- **Winter Fest** – Typically a Saturday afternoon in November. The 2010 date has not been announced.
 - 8th grade boys and girls feeder school basketball scrimmages and skills contest.
 - KMC cheerleader, pommies and basketball team introduction and scrimmages. There is also a faculty vs. Seniors scrimmage.
- **Summer camps** – Kapaun summer camp information can be found at:
<http://www.kapaun.org/pages/other/links.htm>. This information is typically available in May.

Mandatory Meeting

There will be mandatory fall, winter and spring meetings for student athletes and at least one parent. This meeting is also mandatory for all head and assistant coaches. The general purpose of this meeting will be to discuss school and athletic policies. Any student who does not attend these mandatory preseason meetings with their parent(s) may not be allowed to participate in sports during the current school year. Attendance is required only at one meeting. For instance, if you attend the fall meeting, you don't need to attend the winter or spring meetings.

Sports Physicals

A sports physical dated after May 1, 2010 is required for participation in CSAL sports for the 2010-2011 school year. A completed physical must be in the school office before the student can practice, try out or perform. If a sports physical is not on file when practices begin, the player can watch practice, but cannot participate.

The sports physical form can be found in your school enrollment packet that you receive in the spring. It can also be found at: <http://www.kshsaa.org/Public/PDF/Form-PPE.pdf>. Be sure all pages of the form are filled out. The parent & player fill out pages 1 & 4 and the physician fills out page 2.

Please hand in your physical form at school enrollment on August 4 & 5, 2010.

Sports Pictures

Sports pictures are taken at Resurrection, typically toward the end of the season at the end of a school day. Pictures packets are handed out at school. The school will notify students/parents when pictures will be taken.

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ADDITIONAL INFORMATION - continued

Stewardship Opportunities

The following are stewardship opportunities available with RCS Athletics. Please contact Kathy Holm at kholm@cox.net if you are interested in any of these opportunities.

- **Coaches (volleyball, basketball, track)** – All coaches are required to have Virtus training. Volleyball and basketball coaches are required to attend a 1 hour certification meeting that is valid for 3 years. A RCS coaches contract will be required to be signed by all RCS coaches.
- **Concession workers** – Concession workers are needed at basketball games that are hosted at Resurrection during the regular season and post season tournament. Shifts are generally around 2 hours. The dates that Resurrection is hosting regular season games during the 2010-2011 season are:
 - Monday, Nov. 29
 - Monday, Dec. 6
 - Saturday, Dec. 11
 - Monday, Dec. 13
 - Monday, Dec. 20
 - Saturday, Jan. 8
 - Thursday, Jan. 13
 - Saturday, Jan. 22
 - Monday, Jan. 24
- **Gate workers** – Gate workers are needed at the post season basketball tournament that we host at Resurrection in late January/early February.
- **Track meet volunteers** – Volunteers are needed to help with track meets that are hosted at Bishop Carroll.
- **Coordinate track meet carb parties** – Carb parties are held the Friday evening before track meets on Saturdays. A coordinator is needed for each of the parties.

Sweats (RCS Athletics)

RCS hoodies and sweatpants (grey with RCS logo) are available throughout the school year from the Athletic Director. These have been used in the past during track season, but they are also used throughout the year. Hoodies cannot be worn during school hours or in the classroom.

The difference between these and the sweats that you'll see listed on the PATT order form at school enrollment are:

- **Availability** – A stock of athletic sweats are available throughout the school year. PATT only orders at the beginning of the school year.
- **Logo** – The athletic sweats wording is "Resurrection Athletics". The PATT sweats wording is "Resurrection".
- **Weight** - The Resurrection Athletics sweats are thicker.
- **Cost** - The Resurrection Athletics hoodies are \$20.50 and the sweat pants are \$18. PATT hoodies are \$15.

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ADDITIONAL INFORMATION - continued

Uniforms

Uniforms are provided by the school and are distributed a few weeks before the first games/meets. Uniforms are turned back in after each sports season in the gym after school. Parents will be notified of these dates during the season.

The uniform is for game use only and is not to be used during practices nor is to be used as casual attire. Please care for the uniform so that it can be used again next year. The uniform remains the property of **Resurrection Catholic School** and any damage will be the responsibility of the parent.

Most uniforms require some special care. Garments not washed properly may bleed, discolor or age prematurely. Please follow these instructions:

1. Wash in cold water
2. Use a mild detergent. No fabric softener
3. Wash on gentle cycle
4. Hang to dry. **DO NOT PLACE THE UNIFORM IN A DRYER!** Placing the uniform in a dryer will damage the lettering.