



St. Joseph Athletics

128 W. Humbird Street
Rice Lake, Wisconsin 54868
715-234-7721

Welcome back to another GREAT year of athletics at St. Joseph School! We have new uniforms this year. We have almost an increase in participation in many of our sports this upcoming year. We could use some extra parent help for practices if you are interested. There are several CHANGES that will take place this year.

Please read carefully!!

NEW ATHLETES: ALL of this information will be covered at the Code of Conduct meeting that is MANDATORY for new athletes (5th graders and new incoming middle schoolers) and a parent, so don't turn in any paperwork until you meet with me on Aug. 30 @ 6:30 pm in Room 1.

ALL of the information that you will need can be found on our SIS: “School” – “Documents” – “Athletics”

Athletic Policy: Instead of requiring families to return to another Code of Conduct meeting, we are trusting that you will make sure to read through the Policy and Code with your student-athlete.

Forms: Make sure to return ALL of the following for each athlete in your family (I have included a packet of forms that your family would need to turn in no later than Sep. 1 – We will be collecting them on Welcome Back Wednesday.)

These must be on file with the Athletic Director before any athlete can participate in our program.

- **Survey:** This form lets the AD know what sports your child plans to participate in this year. ONLY fill this out if you didn't fill one out last spring. (1 per athlete)
- **Athletic Fee:** The athletic fee was increased this year due to the increasing costs within our program to \$35 (cash or check to St. Joseph Athletics). This fee is paid once for each family (NOT per athlete) for the entire year (NOT per sport).
- **Shorts/Equipment Order:** This form is for ordering uniform shorts as well as a warm-up shirt or athletic bag. See descriptions below under “Uniform.” (1 per athlete)
- **Waiver.** Due to liability issues, parents are required to waive their rights to hold the parish/school responsible for accidents. Please include the necessary insurance information on the form. **Girls' VB and BB players who went to camp are the only waivers that have been collected.** (1 per athlete)
- **Code of Conduct:** Sign the Code of Conduct form, attached to the Athletic Policy, agreeing to abide by the whole Athletic Policy. (1 per family)
- **Concussion and Cardiac Arrest:** St. Joseph Athletics is required, by law, to provide concussion training and information on youth cardiac arrest. Parents and athletes need to sign off acknowledging that we have provided the necessary training and information. If you have attended concussion training at St. Joseph, you ARE NOT required to attend another one. However, you must still read through the concussion information with your student-athlete and fill out/sign the concussion/cardiac form validating that you understand the law and procedures that will be used in regards to these situations. The

cardiac arrest information is a new requirement. This will only need to be done ONCE for the entire year! Please note that the form to sign is double sided. (1 per athlete)

- **4HG Code of Conduct:** St. Joseph Athletics is a participating school with 4HG (For His Glory). Due to participating in that Catholic school culture, a specific 4HG Code of Conduct form also needs to be signed by parent and athlete. (1 per athlete)
 - NOTE: ALL coaches are also required to have the Concussion/Cardiac form and 4HG Code of Conduct on file with the Athletic Director as well.

Uniforms:

- **Shorts are mandatory** (except for athletes in only golf, archery, tennis) . Each athlete participating in volleyball, basketball, and/or track is required to have a pair of shorts that match our new uniform jerseys. These are worn for ALL games/tourneys and pictures. ALL ATHLETES will need to purchase shorts. You may have ordered them last spring, but you need to purchase them at this time. The previous black shorts are fine for using for practices, but NOT for games/tourneys.
- We encourage all athletes to have a warm-up shirt which is supposed to be part of their uniform as well. Current athletes may already have a shirt. Please make sure it fits. If the shirt does not fit, they can order a new one to replace it.
- The duffel bags are NOT required. These bags are reserved for just our athletes and are not open to siblings or the entire school. They are black and gold (20" L x 10" H x 9" W) with the athletic logo embroidered on the side. They can have their name added for an additional cost.

Schedules: All athletic events are posted on the SIS school calendar and SJS website. A schedule of practices for each sport will be posted prior to the beginning of that sport. In addition, a schedule of games and tourneys will be posted for the season.

Parenting/Health: Due to many families trying to make better life choices and set examples for their student-athletes, different information can be found in the SIS athletic folder as encouragement. If you have other information available, please pass it on to our Athletic Director.

We look forward to a great year of sports.

In His Service,

The Athletic Committee