

1. Sports Offered
 - a. Volleyball
 - b. Cross Country – with Bishop Dunne
 - c. Swimming
 - d. Soccer
 - e. Basketball (3-8th grade)
 - f. Baseball
 - g. Softball
 - h. Track - with Bishop Dunne
 - i. Golf & Tennis – one tournament, see Coach Murawski if interested
2. All athletes must have the new physical complete before their first game. Coach Murawski and Ms. Guerra have the form if you did not get one at the meeting.
3. This year all coaches must go through the Play Like a Champion workshop that is supported and lead by Notre Dame. If you are interested in coaching or being an assistant coach for any sport this year please see Coach Murawski to get signed up for a training. Cost is \$10 but very beneficial.
4. “No practice, No play” – all athletes need to attend practice. If there is an emergency please contact Coach Murawski or the team coach. If attending 50% of practice for the week your child’s name will either be left off for the 1st game (volleyball) or the first half of a game. It’s not fair to the kids and parents who are getting to every practice. All kids at practice will receive a fair amount of playing time.
5. Grade Policy – Athletes in 5th-8th grade must maintain a 70 average or higher. If at progress report or report card they have a grade of 69 or below in any class they are deemed ineligible. From there, grades will be checked every 2 weeks to determine if the student has regained eligibility. Even if unable to play, athletes are encouraged to attend all games and still need attend practices.
6. After practice – all athletes need to be picked up as soon as practice ends. Starting 15 minutes after practice is over, families will be charged \$10 for every 15 mins that an athlete is not picked up. Coaches are giving up a great deal of time to help your student so please make arrangements to have athletes picked up on time. In the case of an emergency, please call Coach Murawski or your child’s coach of what arrangements will be made to get your child home. Only approved adults are allowed to pick up your child, if another adult will be picking up your child please notify Coach Murawski or your child’s coach to keep from the wrong person picking up your child.
7. Practice Dress Code – Please remember that your child is at a school sponsored activity. No spaghetti strap shirts or short shorts. All shirts must be appropriate in content as well and tennis shoes need to be worn in the gym at all times.
8. Practice & Patrons – If siblings will be in the gym during practice they must be with their parent at all times and remain in the bleachers. Practice time is for the athletes and every moment is extremely valuable to them striving to be the best team they can be, coaches need your help in monitoring this. This would be a great time for siblings to get started on homework if will be in the gym, but please remember, you, as the parent, must be with them at all times.
9. 24 hours – I am asking, this year, that if you have a comment or complaint about a practice or game that you wait 24 hours to report it to me. I am happy to hear everything you need to say but this gives everybody time to rethink a situation. When you do need to talk to me please call or come see me in person. Too often things are misconceived through email so to avoid any further problems voice contact would be highly advised. **Please remember, do not hesitate to talk to me about anything – I’m here to help, that is my job! ☺**

10. Uniforms - A week after season is over, uniforms will be due. This gives ample time to wash and return them. After a week, if the uniform is not returned it will be a slip every day. If, after the 2nd week after season, the uniform is not turned in, a \$60 fee will be assessed.
11. Refund policy – Unfortunately, once an athlete signs up for a sport that money is turned in to the DPL to cover fees. If a student is deemed ineligible or has to quit the team fees cannot be returned. I apologize for this inconvenience.
12. Due Dates – All due dates for forms and fees are highly enforced. I have to register teams by a certain date so the due dates are set to give me just enough time to make up the roster and fax it in. If there is a problem with the fee or form please see me as soon as the form goes out. I want to help in any way that I can but, unfortunately, if I don't know of the problem until the day before the forms/fees are due there isn't much that I can do.
13. Please remember, for volleyball and basketball home games, all parents are required to work at least one hour. As soon as I get the schedule of games I will schedule the volunteer hours. If you are unable to cover your shift you will need to either find a replacement or see if another parent can switch shifts. If you do not show for your shift you will be assessed a \$20 fee. Volunteering includes:
 - a. Parking Lot – monitoring the parking lot and making sure no trash is on the ground and that no strangers are wondering around. If kids are left unattended outside they must be escorted back inside to their parents.
 - b. Foyer – Making sure all trash is thrown away, no children left unattended, no bouncing of balls, and checking restrooms to make sure they are tidy and stocked throughout the shift.
 - c. Gym – Making sure kids are not running around, no one is on the stage, and food is picked up.
14. Fundraisers – all parents are encouraged and welcomed to help with fundraisers such as an adult volleyball tournament, basketball tournament and any others that are planned throughout the year. If you are interested in helping organize and volunteer at these events please see me. All help is welcomed and appreciated. It is a great way to get involved and can hopefully help us lower our athletic fees.

Please remember that if you have any questions, comments, or concerns I have an open door policy (when I'm not in class, of course). I want to make myself accessible to you and help in any way that I am able to. If you have any ideas for fundraisers, ways to improve our sports, or are interested in coaching, please contact me.

Thanks for your help and your enthusiasm. I look forward to a great year!

Coach Murawski

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