

St Vincent's Athletics – Frequently Asked Questions

What sports does St Vincent's offer for 5th-8th grades?

St Vincent's is a member of the Fort Wayne CYO. We compete against other area CYO schools as well as some local public and private schools. St Vincent's offers the following sports:

Fall Season

Football
Volleyball
Cross Country (Boys & Girls) (Club Sport)
Cheer

Winter Season

Basketball (Boys & Girls)
Wrestling (Club Sport)

Spring Season

Soccer (Boys & Girls)
Track (Boys & Girls)
Golf (Boys & Girls, 7TH & 8th Grade Only) (Club Sport)
Softball

What are club sports?

Cross country, wrestling and golf are considered club sports because they are not offered through the Ft. Wayne CYO and most of the other Catholic schools do not offer these sports. These sports are somewhat exclusive to St. Vincent's. In some cases, such as wrestling, we combine with other Catholic schools to form a team. In some cases, we allow home schooled students to participate. The team then competes with public and private schools in the area over the course of the season.

When are the sports seasons?

Fall sports begin with practices in early August. The season will run through early to mid-October.

Winter sports generally begin with practices in early November and the season will run through the end of January into early February. Wrestling is delayed and begins in January running into early March.

Spring sports practices begin in March, usually with conditioning and skills work in the gym. They move outdoors when the weather breaks. Games usually begin after Spring Break.

What days and times do teams usually practice?

Practice schedules and game schedules vary from sport to sport and season to season. The variance is usually dependent on the coach's schedule, the grade level and the availability of practice venues. Older grades usually practice more often than the younger grades and older grades will usually practice later in the evening. Practice time slots are usually 90 minutes in duration between 3:00 pm and 9:00 pm. We make an effort not to schedule 5th grade in the 7:30-9:00 time period.

How do we get signed up?

Sports registration requires the following elements, 1) Registration and payment, 2) Physical Examination, 3) Concussion/Sudden Cardiac Arrest Awareness Certification and 4) Completed CYO Consent Form. **All of these must be on file with the Athletics Department before anyone is allowed to practice.**

- 1) Registration – All registrations are currently handled online through the Athletics web page. Go to www.saintv.org and click on School and Athletic Forms. Fill out the registration form completely and submit.
- 2) Physical Examination – All players participating in a sport must have a physical exam by a physician and submit the completed physical examination form that is also found on the Athletics web page. **A current physical examination form must be on file with the Athletics Department or the school nurse before anyone is allowed to practice. Physicals are valid for a 12 month period.**
- 3) Concussion/Sudden Cardiac Arrest Awareness – All parents, players and coaches are required to learn about concussions and sudden cardiac arrest so that we can recognize the symptoms and take appropriate pre-cautionary action. To this end we provide information on our website. Parents are required to read the information, discuss with your son or daughter and then submit the online form found on the web page that certifies they have read and understand.
- 4) All athletes must also complete and submit a CYO Consent Form before practicing. This must be signed by the athlete and the parent. **In the past athletes were allowed to turn these forms in to the coach. This is no longer allowed. They must be turned in to the Athletic Department.**

How do I turn in paperwork to the Athletic Department if practice begins in early August before school starts?

Simple! We are offering two evenings, Monday July 30th and Tuesday July 31st that I will be onsite from 5:30 – 7:00 pm to accept your paperwork so that your athlete can begin practice without delay. I expect 7th & 8th grade football to begin August 1st and the lower grades to begin sometime after that.

Is it too soon to get registered?

No! Registration is now open for Fall sports. In fact, it is better to get started now, especially if your son or daughter needs to schedule a physical with your family doctor. If you wait until the last minute, then it is possible that you will miss out on the first few practices in the Fall. Also, some coaches offer pre-season conditioning sessions. If you are not registered you may very likely miss these sessions.

Do we have to buy uniforms?

No, uniforms are provided **but you must return the uniform at the end of the season.** This is one of our biggest headaches especially at the end of the school year! Please be attentive to this and promptly clean and return your uniform after the season ends.

What is Spirit Wear?

Spirit Wear is St. Vincent themed sportswear such as T-shirts, hoodies, car decals and so on that are an optional but popular way for you to support the team(s) your child plays on. Spirit Wear has St. Vincent branding and your son or daughter's name and in some cases number on them.

What if my son or daughter gets hurt or injured?

Injuries are a part of sports. Hopefully there will not be any serious injuries. However, if an injury of any level occurs, it should be reported immediately or as soon as possible to the Athletic Department by the coach, parent or both. We will fill out an incident report with our insurance carrier as soon as we have all the information. The sooner this process is started, the more promptly the issue can be dealt with.

I would like to be a coach. How do we get started?

Great! Coaches are always needed, usually as assistants but sometimes as head coaches. All of our coaches are volunteers. The first step is to notify the Athletic Director and setup a time to meet. We currently have head coaching needs for a 7th grade volleyball coach, a cross country coach and a 5th grade cheer coach.

Are there other ways to help besides coaching?

Yes, volunteers are needed and expected to help as team parents, work in the concession stand, setup before games, tidy up after games, keep score, take admission and on and on. None of these jobs are a burden when everyone pitches in and helps a little bit here and a little bit there.

I understand a Sports Ministry program is coming to St Vincent's?

Yes, the program is named Sports Leader. To learn more, go to www.SportsLeader.org. This is a virtue based program that emphasizes Catholic identity. Each week a different virtue is featured and promoted by coaches in a positive, faith building way. Parents can participate as well if they choose. Sports Leader provides the material. There are currently 70 virtues featured in their program. Examples include perseverance, gratitude, unity, responsibility, toughness, wisdom and determination. Please check the program out and forward any questions or comments to the Athletic Department.

If you think of a question later you can always call or email.

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