

Iowa City High School

Boys and Girls Bowling Parent/Athlete Manual (2021-2022)



Coach Contact Information

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Team Goal

To provide students a chance to be part of a team, expand the knowledge of bowling in each athlete, create friendships, and compete for a Mississippi Valley Conference Championship.

Team Standards

- Be competitive, give full effort at the task at hand.
- Be on time for practice and other team events.
- Affect teammates positively, will share in the joy of all team members success.
- Portray good sportsmanship during practice, meets, to opponents, spectators, and teammates.
- To worry about only the things, we have control over.
- Wear a mask at all times, no exceptions.



Attendance

- Excused absences: Illness, injury, family emergency, quarantine, any symptom of COVID-19. When possible, a coach is to be notified 24 hours ahead of time to a missed practice, or competition.
- Attendance at practice & weightlifting will be used as a factor to determine who travels (Varsity and Junior Varsity) level. Excused absences will not hurt an athlete.
- There is no limit on spectator attendance at bowling competitions this season.
- No parents should be at practice unless a coach is notified for a specific reason.

Physicals

- All bowlers must have a physical form on file in the athletic office in order to practice and bowl in meets.
- This all done virtually now so please get them in.

Kinnick Stadium Clean Up & Seatback Removal

- There will be stadium clean up on Sunday, November 14th at 7:00am.
- Seatback removal will be Sunday, November 21st at 7:00am.

Concession Stands

- Girls concession stand duty is on Tuesday, January 11th at 6:00pm for guardians at City High. Boys concession stand duty is on Tuesday, December 14th at 6:00pm for guardians at City High.

Fundraising

- Each team member will be responsible for fundraising. We have bumper stickers for sale. Each player we would like to sell the allotted amount. We may implement an additional fundraiser as I take a closer look at the budget.

Apparel

- We will have a webstore for all bowlers/parents to be able to purchase City High bowling merchandise.

Eligibility

- A student must receive credit and be enrolled in at least 4 ICCSD classes the term prior to the sport season and during the sport season.
- A student must pass ALL classes the previous three trimesters (1 year) and make adequate progress toward graduation to remain eligible.
- If a student is not passing all at end of a final grading period, the student is ineligible for a period of 30 consecutive calendar days from the first competition date set by the IHSAA/IGHSAU in the interscholastic athletic team in which the student is a participant

RSchool Today

- RSchool today is our school and athletic calendar site.
- It has notifications of meet cancellations and all school events. The site can be found here: http://www.mississippivalleyiowa.org/g5-bin/client.cgi?G5genie=80&school_id=10
- In case of a cancelled practice an email will go out to all on the email list. Also, please check our Facebook/Twitter group as a message will be on there as well.

Little Hawk Club

- The Little Hawk Club is our booster club for all athletics. The booster club does an excellent job getting funds to make our team and all teams possible. Joining the Little Hawks Club is \$25. This is extremely important as we do not have our typical fundraisers in stadium clean up, pancake day, and slamfest.

Directions to sign-up: <https://www.smores.com/mw1h4-city-high-athletics>

1. Click to access the City High Athletics Update above
2. Scroll down and click "Little Hawk Booster Club Online Store"
3. Under the Become a Member section, click the Select Button
4. Continue the checkout process to complete your transaction

Practice

- Practice Times: Mondays (Classroom), Tuesday, & Thursday (Colonial Lanes). Each member of the bowling team should have a copy of the practice schedule.
 - **New:** First on lane practice will be Tuesday, November 9th at 4:15.
 - **New: Masks are required 100% of the time at practice and competition.**
 - **New: Each athlete must bring his/her own hand sanitizer.**
- With limited practice time each week it is important to be on time and show up ready to focus each day at practice. If you do not make it to practice either day during the week you might not bowl in competition that week. You can make up a practice as long as I am notified ahead of time.
- Workouts will be held on the dates listed on the practice schedule and will be used as a tie breaker in the event that two bowlers have the same average.
- Full Games will be bowled each week. We will rotate which day we work on drills and which days we bowl full games.
- Practices consist of individual scoring, team scoring, individual improvement, and drills.
- Parents will not be allowed at practice before 5:10pm unless it is to drop off their child. Parents can be at the bowling alley as it is a public venue, but they must be in the bar area and not down on the lanes.
- Bowlers must communicate directly with one of the coaches if they need to leave practice early. We will not have it where a bowler is coming in before official practice time starts to bowl and leave unless it is approved by one of the coaches.

Tryouts

- There will not be any tryouts. Anybody that puts in the effort will be a member of the City High Bowling Team.

Playing Time

- Top 6 high individual averages after Friday, November 20th will bowl varsity the first meet. Next 6 in line will bowl JV. The head and assistant coaches do have the final say and will take attitude, effort, attendance into consideration when choosing the top six bowlers. The head and assistant coaches will choose the baker lineups according to what we see fit. Averages will reset a couple of times throughout the bowling season and will be done so at the head coach's discretion. Bowlers will know the day before each meet who is bowling varsity and who is bowling JV. If there is any question on whether or not you should be bowling varsity or JV please ask me directly and not have

your parents ask me. I will not talk directly to the parent about playing time if I have not previously spoken with the athlete.

Travel Policy

- Travel: Varsity (6 members), JV (6 members)
- Factors: team chemistry, ability, mental toughness, effort
- Away travel rules: be respectful to all players wishes on the bus, leave the bus and alley in better shape and appearance than when we arrived, show respect at all times, wear your mask at all times, all home meet rules still apply, you will travel on team bus unless I have a written note and communicate with your parent directly.
- **NEW:** Athletes need to be in uniform prior to arrival at away meets and home meets. I am fine if you get ready on the bus in your own space, but we can't have everyone in the bathroom at once getting ready when we arrive to the bowling center.
- **NEW:** Athletes may travel with their parents to away meets.
- **NEW:** Athletes cannot travel with another teammate's parents, even if there is a note.
- No hot food may be purchased at away meets before the actual meet takes place. **(Snacks are no longer allowed).** The only drink that is allowed is a personal water bottle.
- After meet: All team members will watch teammates until all matches are finished, the team will then have a small meeting, then players will be allowed to visit with friends and family. The bus may stop at a restaurant on the way home but social distancing and masks must be worn at all times.
- Players may respectfully ask about travel decisions.
- All spectators will honor the Johnson county mandate of wearing your mask at home events.

Cheering

- This will be done for all our bowlers; however, it will be done so appropriately or the bowler will miss the next competition. What is considered appropriate is at the head coach and assistant coaches' discretion. There will no yelling, talking back, or swearing. This will not be tolerated if you want to be part of the City High Bowling team.

Pictures

- Team pictures are Monday, November 22nd. Time is 4:15pm. Please arrive no later to old gymnasium no later than 4:05pm.

Halverson Photography

- <http://halversonphoto.com/>

Lettering Policy

- To earn a varsity letter, you must bowl in one varsity meet and be in good standing with the team at the conclusion of the season.

Cell Phones

- Will not be allowed out at practice/competition at any time. Due to our limited amount of practice time I need 100% cooperation on this rule.

Dress Code

- All members will wear black slacks and the team uniform top that will be provided.

Snacks

- Very simply, not allowed. We will stop for dinner on road trips as coaches see fit. You will be expected to bring a cooler with food in it and stay socially distanced on the bus if you do not wish to enter the restaurant.

Team Facebook Group

- Search: Little Hawks Bowling
 - Coaching Staff are the only members who can add people.

Team Twitter Page

- Search: @ichsbowling

Equipment

- All bowlers will be recommended to have own equipment, this includes own shoes, ball, and bag. However this is not required, but with COVID-19 you can not share bowling equipment.
 - Equipment can be bought at Colonial Lanes pro shop, Pro Bowling Concepts (Cedar Rapids), May City Pro Shop(Cedar Rapids), and CRBC Pro Shop(Cedar Rapids)

Youth Bowling

- Saturday mornings at 9:30AM. Please show up at 9:10 any Saturday morning if you wish to join or call Colonial Lanes at 319-338-1573. I recommend all bowlers should do this.