



# Summer Athletic Activity

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## **IHSAA 'Summer Participation' Rules**

Beginning with the summer of 2002, many of the IHSAA by-laws regulating summer activities were eliminated. During the summer months, coaches may now work directly with their athletes and there are no restrictions on the number of athletes who may play together on a given team. BCHS coaches will maintain the proper perspective on these changes and athletes should not expect to spend any more time on athletic activity now than they have in past years.

## **Summer baseball**

Following the spring athletic season, the baseball program offers participation in a summer league. Tryouts are held (open to incoming freshmen as well) and teams are formed for a short summer season which usually concludes by mid-July. Participation in summer baseball does not assure a spot on the team the following spring, nor does not participating in the summer eliminate one's chances in the spring. Summer baseball is not funded by the athletic budget, so a fee is required for participation.

## **Grade School Camps**

Grade school camps are offered in many sports during June and July. Many Bishop Chatard student-athletes volunteer their time to work with the youngsters attending these camps.

## **Conditioning and weight-lifting programs**

Most sports, particularly fall sports, offer supervised strength and conditioning programs during the summer months. These programs allow the coaches to work on the physical demands of their sport in the summer so that more mental and technical work can be accomplished in the short, pre-season fall preparation period. While strongly encouraged, attendance at these strength and conditioning workouts are not mandatory.

## **“Open gym”**

Boys and girls basketball and volleyball generally offer supervised open gym sessions during June and July, scheduling time based on gym availability. Again, these sessions are encouraged, but not mandatory. Open gym is open to registered students of Bishop Chatard only.

## **Moratorium**

Each IHSAA member high school must observe the week of July 4th as a “moratorium” week. During the moratorium week, no athletic activity may take place, and no athletic facilities may be open for use. In addition, no contact between coaches and athletes may occur. Bishop Chatard sees the moratoriums as a much-needed break for athletes and coaches alike and a great way to help families plan summer vacations.

Bishop Chatard also observes an additional moratorium week which corresponds to the week just prior to the Fall Sports initial practices (generally the last week of July).