

# Quincy Catholic Schools Crusader Sports 2026-2027

## Sports Offered

### Players

Quincy Catholic Schools offers competitive interscholastic sports teams to our older students. Students from these schools form the teams: Blessed Sacrament School, St. Dominic School, St. Peter School, as well as St. Francis Solanus School. Sometimes there are try-outs for the team. Sometimes, everyone who wants to participate is on a team.

Girls: These are fall sports for fifth through eighth grade students: **softball**, **cross-country** (distance running), and **golf**

This winter seventh and eighth graders may try out for **volleyball** and **basketball**.

Boys: These are fall sports for fifth through eighth grade students: **cross-country** (distance running), and **golf**. **Baseball** is usually for seventh and eighth grades.

This winter seventh and eighth graders may try out for **basketball**.

**Wrestling** will be offered in the winter of 2026-2027.

### Where do we get information about the sport?

Some information about QCS Crusader sports was emailed home in the spring.

More information will be emailed to all school families of fifth through eighth grade students as the school office receives it this summer.

All QCS Crusader sports are under the **Illinois Elementary School Association**. There is a written set of guidelines that are required to be followed. The set of rules for the athletic contests, student eligibility including academic eligibility, are listed at [iea.org](http://iea.org)

### Person in Charge and Coaches

**Mr. Eric Orne** is the Athletic Director for Quincy Catholic (Elementary) Schools. Coach Orne works at Quincy Notre Dame High School. His contact email is [athletics@quincynotredame.org](mailto:athletics@quincynotredame.org)

The names of the coaches and their contact information will be released with the information about the sport.

Principals and a designated person will monitor student athletes at their home school. At St. Francis Solanus School, the designated person is **Mr. Shaun Carey**.

## **Fees**

There is a fee that varies by sport that will be assessed by QCS Crusaders to school families who have a student participating in that sport. Coach Eric Orne will tell you more.

## **Uniforms and Equipment**

Most Crusader uniform parts are provided and must be turned in at the end of a season.

The sport provides some equipment. The student will be required to provide some equipment. It depends on the sport. The coach will tell you what is needed.

## **Transportation**

School families are responsible for getting the student to and from practices and athletic contests. Many families form carpools.

## **Required Paperwork**

This is the paperwork that is required before the first practice:

1. QCS Crusader Participation and Insurance Waiver form
2. Concussion Information Form
3. St. Francis Solanus School-"I am aware this is an **Illinois Elementary School Association** activity" form.
4. Sports physical exam Sixth grade students are permitted to use their school physical exam provided it is complete by the first practice. Sixth grade students cannot substitute a sports physical exam for a school physical exam because they are two different things. The school keeps all health exams on file in the school office.

## Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

### **Symptoms may include one or more of the following:**

Headaches

“Pressure in head”

Amnesia

“Don’t feel right”

Nausea or vomiting

Neck pain

Balance problems or dizziness

Blurred, double, or fuzzy vision

Sensitivity to light or noise

Feeling sluggish or slowed down

Feeling foggy or groggy

Drowsiness

Change in sleep patterns

Fatigue or low energy

Sadness

Nervousness or anxiety

Irritability

More emotional confusion

Concentration or memory problems (forgetting game plays)

Repeating the same question/comment



## **Signs observed by teammates, parents, and coaches include:**

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays in coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

*Adapted from the CDC and the 3rd International Conference on Concussion in Sport  
Document created 7/1/2011, Reviewed 4/24/2013, 7/2015, 7/2017, 6/2018*

## **What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately/ Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents, and students is the key to student-athlete's safety.

## **If you think your child has suffered a concussion:**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several



hours. The Return-to-play policy of the IESA and IHSA requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to the same contest. In accordance with state law, all schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

*For current and up-to-date information on concussions you can go to:  
<http://www.cdc.gov/ConcussioninYouthSports/>*



**Student/Parent Consent and Acknowledgements**

By signing this form, we acknowledge we have been provided information regarding concussions.

**Student**

Print Name

Name Signature

Grade

Date

**Student**

Print Name

Name Signature

Grade

Date

Each year IESA member schools are required to keep a signed Acknowledgement and Consent form and a current Pre-participation Physical Examination on file for all student athletes.

Adapted from the CDC and the 3rd International Conference on Concussion in Sport Document created 7/1/2011, Reviewed 4/24/2013, 7/2015, 7/2017, 6/2018

**Turn this into the SFSS office.**

Revised 11/03/25



**2026-2027 QCES CRUSADER ATHLETIC PARTICIPATION & INSURANCE WAIVER FORM:**

**Student's Name** \_\_\_\_\_

**Birthdate:** \_\_\_\_\_

**Parent's Name(s)** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Phone:** \_\_\_\_\_

**School of Attendance** (circle one): St. Peters St. Dominic St. Francis Solanus Blessed Sacrament

Current School Year: July 1, 2026 to June 30, 2027

I understand that participation in any extracurricular activity or sport is a privilege and not an exclusive right in the Quincy Catholic Elementary Schools.

I also acknowledge that there are inherent risks associated and accompanied with sports and activities and that my child may be injured as a result of an accident arising out of participation in athletics or activities.

In consideration for permitting my child named above to participate in sports and/or activities, I release and hold harmless St. Peters, St. Francis Solanus, St. Dominic, Blessed Sacrament and/or its employees, teachers, coaches, administrators, et al., from any and all liability including, but not limited to liability for injuries or damages sustained by the individual.

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**Insurance Waiver**

I also understand that my child must be covered by medical and/or accident insurance in order to participate in sports and hereby certify that my child is covered for injuries and/or death occurring as a result of participation in, or the practice for, all athletic events as a student in the Quincy Catholic Elementary Schools (St. Peters, St. Francis Solanus, St. Dominic, and Blessed Sacrament) during the current school year. I also certify that said insurance will be kept in force during the full time that my child engages in the practice for or participation in athletic events during the current school year.

Name of Insurance Company \_\_\_\_\_

Address of Insurance Company \_\_\_\_\_

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I have completed all of the information requested above and hereby certify that I have read and agree to all of the statements listed above.

\_\_\_\_\_  
(Signature of Parent or Guardian)

\_\_\_\_\_  
(Date)

**Emergency Contact Information**

**Sport:** \_\_\_\_\_

**Child's Name:** \_\_\_\_\_

**Birthdate:** \_\_\_\_\_

**School and Grade:** \_\_\_\_\_

**Parent Name(s):** \_\_\_\_\_

**Parent Phone Numbers:** \_\_\_\_\_

**Emergency Contact (If parent is not available):**

**Name:** \_\_\_\_\_

**Relationship to child:** \_\_\_\_\_

**Phone Numbers:** \_\_\_\_\_

**\*\*\*\*Please turn these forms into your Crusader Coach to keep in their files\*\*\*\***

Crusader Athletics  
c/o Eric Orne

**QCS Crusader Player(Student)-Parent/Guardian Acknowledgement  
of IESA Guidelines  
St. Francis Solanus School**

I want to be part of Quincy Catholic Crusader athletics and activities representing St. Francis Solanus School. I understand that participation in the Illinois Elementary School Association (I.E.S.A.) competitive athletics and activities, which the QCS Crusaders are a part of, will require me to follow their guidelines. The guidelines are on this website: [iesa.org](http://iesa.org) I understand that St. Francis Solanus School is required to follow the I.E.S.A. guidelines.

Print student name \_\_\_\_\_ Grade \_\_\_\_\_

Student signature \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_

I want my child to be part of Quincy Catholic Crusader athletics and activities representing St. Francis Solanus School. I understand that participation in the Illinois Elementary School Association (I.E.S.A.) competitive athletics and activities, which the QCS Crusaders are a part of, will require my child to follow their guidelines. The guidelines are on this website: [iesa.org](http://iesa.org) I understand that St. Francis Solanus School is required to follow the I.E.S.A. guidelines.

Print parent/legal guardian name \_\_\_\_\_

Parent/guardian signature \_\_\_\_\_

Date \_\_\_/\_\_\_/\_\_\_

**NOTE**  
**Please make sure to read IESA Handbook-School By-Laws-2.040 Scholastic Standing**

