

St. Alphonsus Catholic School

Athletic Handbook

(Updated 8/10/18)

St. Alphonsus is a community of faith, which shares in the teaching of Christ as proclaimed by the Catholic Church. Athletics can be an important part of a young person's life. It teaches discipline and self-pride while helping one realize the importance of cooperation. Athletics are a component of, and interact with, the spiritual, social and academic components of the overall school program. SAS recognizes that support from the administration, faculty, staff, coaches, parents and fans are necessary in providing a positive Catholic athletic experience for the student-athlete. Athletes, parents, and fans are a direct reflection of SAS and should adhere to the philosophy of the school by acting in a dignified manner at all times.

Team members are expected to conduct themselves in a sportsmanlike manner. The coach, and/or the Athletic Director and/or the school administration may discipline any team member, who fails to do so. Discipline will be administered in accordance with the action committed, which includes but is not limited to a one game suspension or the removal of the student from the program.

Parents are expected to conduct themselves in a manner which best exemplifies a Christian attitude. Parents are leaders by their actions. Any parent who physically or verbally abuses an official, coach, or player will be asked to leave the facility. A parent's action could result in that parent being removed permanently from attendance at events. Remember, your actions are a direct reflection of the St. Alphonsus School and Church Community.

CSAA

Purpose of CSAA - Catholic School Athletic Association (CSAA) is an extracurricular sports program. The Catholic Schools Athletic Association provides an organized structure of interscholastic athletic programs for the students of the Diocese to participate. The CSAA emphasizes fair competition, developing character and good sportsmanship, and building teams as moral communities. The CSAA sports program includes basketball, tackle football, track and field and volleyball.

Our goal for athletics is to help our students develop pride in themselves and in their teammates, team, school, and church parish. We want them to have respect for the rights and privileges of their teammates, coaches, opponents, and officials. We strive for our students to succeed academically, develop a sense of responsibility to the team and their teammates. We want them to communicate with their teammates and coaches candidly, develop a desire to excel and be the best they can be. Our goal is for our athletes to become willing to make personal sacrifices, putting team achievement ahead of personal

achievement and to become leaders on and off the field. We want them to enjoy the spirit of competition and accept wins and defeats with dignity.

PROGRAM GUIDELINES

1. Every effort will be made to allow all students who desire to join a school-sponsored sport this opportunity.
2. Once a student commits to participate in a particular sport he/she must continue to play that sport for the entire season.
3. A student who participates in tryouts for the CSAA team has made the commitment to play that sport on either a junior varsity or varsity team. If that student fails to honor his/her obligation, eligibility for future sports will be in jeopardy and all fees paid are non-refundable.
4. No student shall be publicly embarrassed or loudly criticized by coaches or by teammates. Coaches shall correct student in a dignified manner in a spirit of encouragement.
5. No student or coach shall publicly criticize or openly show displeasure toward game officials.
6. Students will not be allowed to harass or antagonize opposing players.
7. No coach or parent can solicit funds for their particular teams. All donations must be sent through the school athletic department.
8. The guidelines for CSAA grade 8 volleyball, grade 8 basketball, and grades 3-8 football do not have mandatory playing time. In those sports every effort will be made to provide an adequate amount of playing time to make the players feel a part of the team effort.

PLAYER PARTICIPATION

1. In any sport, participation in games may be based on attendance and participation at practice, attendance at games, conduct, and attitude.
2. A student who is absent from school because of illness will not be allowed to attend after school activities that day. Example: practice, games, etc.
3. If a student doesn't participate in P.E., he/she will not be allowed to participate in sport related activities that day. Example: practice, games, etc.
4. A student may be checked out of school after 1:00pm for a scheduled appointment and still participate in extracurricular activities that day.
5. If a child is suspended from school he/she may not participate in a game or practice from the time of the suspension is issued until he/she is admitted back into school. If the suspension is on a Friday, he/she may not participate in any activities during the weekend.

STUDENT ELIGIBILITY

To be eligible for extra-curricular activities, students must maintain prescribed standards of academic achievement and conduct.

1. The report card issued immediately before the beginning of the activity will be used to determine eligibility. The student should have a passing grade in every subject and at least a 2.0 grade point average. The conduct grade must be at least a 75% C.
2. To determine eligibility in an activity that begins before the first nine weeks report card is issued, the report card from the previous year will be reviewed. The student's final yearly average of academic grades will be used. The grade point average must be at least a 2.0 for 6 core subjects. The student's fourth nine weeks conduct grade will be used to determine eligibility at this time. The conduct grade must be at least a 75% C.
3. During a school based extra-curricular activity, if a student's conduct grade in any class or general conduct falls below a 75% C, that student will immediately be placed on probationary status. They are then in jeopardy of being removed from that team or organization. However, prior to the start of a new extra-curricular activity, (ex. beginning of Volleyball) the conduct grade in any class or general conduct must be at least a 75% C.
4. If a report card is issued after a sport begins, that report card will be used in determining continued eligibility.
5. A student's continued academic progress and ongoing conduct determine continued participation. If a student is in jeopardy, a parent/teacher/administrator conference may be held to determine continued eligibility. The administration may choose to place a student on probation or remove that student.
6. The administration may choose to remove a student from an activity at any point during the school year.

STUDENT BEHAVIOR

Students are expected to maintain on-campus and off-campus behaviors that are consistent with the standards of St. Alphonsus School. The school administration reserves the right to remove any student from school-sponsored sports eligibility should a serious incident occur during the school day, at a sports or school related activity after school on or off campus.

Students who participate in sports must be cooperative with coaches and may be removed from the team by the administration should a serious incident occur during a sports related activity.

REGISTRATION

Prior to participation in each school-sponsored athletic activity, a completed St. Alphonsus School Athletic Registration Form, Physical Examination Form for current school year and all required fees must be submitted. These forms will be made available on the school website under athletics and must be returned to the school office before a student may attend practice. The Athletic Handbook Contract Form must also be signed by the athletics and parents each school year.

A student must be examined by a physician prior to participation in any CSAA sport.

STUDENT PARTICIPATION

There are times, especially for volleyball and basketball, when more students want to participate on a CSAL team than can be accommodated. When this happens, the athletic director will schedule tryouts for the particular sport prior to team selections. The students attending tryouts will practice together for a determined amount of time and must attend the entire tryout session or sessions. Team selections using Plan A or Plan B will follow the clinic. (7th/8th grade- If there are not enough students to fill two teams, cuts may be made during the tryout process.)

SELECTION OF COACHES AND SPONSORS

Coaches and sponsors are selected by the athletic director, with the approval of the principal. The primary factors considered in the selection of coaches are:

1. Evidenced Christian values
2. Depth of character and personality
3. Ability to communicate with athletes
4. Technical knowledge of sport
5. Coaches serve at the discretion of the school athletic director and principal

At SAS we rely on volunteers to coach our teams. If we do not have a coach, we cannot have a team. Every effort will be made to prevent this from occurring at SAS. Therefore, a qualified parent may be allowed to coach his or her son or daughter's team.

RULES, SCHEDULES, AND AWARDS

Playing Rules and CSAA Guidelines

All coaches will have an updated copy of the current playing rules and CSAL guidelines for the sport.

Games scheduled by CSAA are based upon team and facility (gym or field) availability. The athletic director, based on the league schedule and gym availability, schedules all tournaments. The athletic director determines participation in tournaments at other schools. Practices are scheduled based on the league schedule and coach and facility (gym or field) availability. Practices and games are not scheduled during mid-term or final exams.

GRIEVANCE PROCEDURE

The principal and athletic directors are available to discuss program sport, coach, or player problems or concerns. However, players and parents* are urged to first discuss the problem or concern with the coach, where applicable and practicable. If further discussion is warranted, then contact the athletic director. Finally, if the matter is still not resolved, the principal will be contacted by the athletic director to discuss a plan of action and/or

resolution. The athletic director and principal will notify the parent or parents of the decision or actions taken.

*24 Hour Rule for Parents – Any comments or concerns regarding a game or practice are not to be addressed for at least 24 hours after the game or practice. Parents who approach the coach, athletic director and/or principal after a game may result in a parent suspension for the next game.

SPECTATOR CONDUCT

Fan conduct in the stands and the pressure this places on our athletes are major concerns.

Fans should cheer a good play, avoid negative comments, be supportive, not shout instructions from the stands, and let the coach perform his or her duty. If you have a parent/coach problem, discuss it at the proper place and time. Participants do not like being highlighted by shouts from the stands.

Do not criticize opponents' players, coaches, or other fans. Our student-athletes must learn the respect due others. This is part of our character building process. It is not fair to ask children to show good sportsmanship if adults do not act in a sportsmanlike manner. Parents and coaches should be leaders by their actions.

Do not criticize game officials. They are dedicated individuals who love youth sports. They will make mistakes, but they should not be subjected to abuses from spectators. They are trying to do their best to make youth sports an enjoyable environment for the participants.

Under no circumstances are parents to accost coaches or referees verbally or physically. Anyone flagrantly violating this standard will be asked to leave the premises. If you are asked to leave the premises for any reason you must comply. If you fail to comply the home or visiting athletic director has the authority to call the police and have you forcibly removed from the site. If this should occur, you will be suspended from all games, home and away, for the remainder of the season.

No drinks are to be brought to ball games (football, basketball, etc.). Concessions are available at all the games. No alcohol is to be brought to any of these functions. Those fans bringing drinks or ice chests to student activities will not be allowed to enter. Anyone using alcoholic beverages will be asked to leave the school premises. This is a CSAL (Catholic Schools Athletic League) ruling and will be strictly enforced. Our school is judged by our behavior and can be penalized by inappropriate behavior of fans as well as athletes and coaches.

GENERAL RULES AND INFORMATION

St. Alphonsus success in sports is due, in great part, to the cooperation of our players, parents, coaches, pastor and principal. As we all know, much can be accomplished with the full cooperation, dedication and understanding of everyone. Therefore, the following is a

list of rules, regulations and general information that have been compiled in order to have a fun and successful year of sports.

1. For those parents who are experiencing their first year of tackle football with their son, please remember that it is quite different from flag football. Tackle football is a full contact sport, and there will be 20-30 boys on the field at all times. In order for players to hear certain plays, the coaches may raise their voices. The coaches may also raise their voices in order to motivate a player. This is part of football. Please remember, the coaches have your son's best interest at heart when it comes to teaching him the skills and camaraderie of football.
2. Parents are asked to pick up their children after practice on time. There may be times, however, when parents may have to wait a few extra minutes if a practice needs to be extended. Please be patient!
3. Parents of students participating in athletic activities are responsible for getting them to and from athletic practices and events.
4. Mouthpieces must be worn at all practices and games for football; therefore, we suggest that when purchasing your child's equipment that you consider purchasing several. It is a CSAA rule that no child can play or practice without a mouthpiece.
5. I understand that there will be no medical personnel present during practice or games. For any injuries requiring medical attention, 911 will be called. Coaches are provided emergency contact information that is provided by the parent on the student's registration form.
6. If a student has an injury or is excused from physical education, that child cannot participate in a sporting event. A medical release by a physician must be on file in the school office in order for that student to return to the activity. The school office will notify the athletic director when a student has received a medical release.
7. An adult must supervise students attending after school activities. They may not be dropped off without adult supervision. Once students enter the facilities, they may not leave without an adult. This is for the protection of your child.
8. A student who is absent from school because of illness will not be allowed to attend after school activities that day. Example: practice, games, etc.
9. A student may be checked out of school after 1:00 for a scheduled appointment and still participate in extracurricular activities that day.
10. If a child is suspended from school he/she may not participate in a game or practice for the time of the suspension is issued until he/she is admitted back into school. If the suspension is on a Friday, he/she may not participate in any activities during the weekend.

PARENTS, PLEASE REMEMBER THAT THESE RULES ARE DESIGNED WITH YOUR CHILD'S SAFETY AND THAT OF HIS FELLOW PLAYERS IN MIND.

PARENT PARTICIPATION

Mandatory Parent Meeting – A parent must attend the mandatory parent meeting (if one is scheduled) prior to the sport in which your child is registered. All necessary materials will be distributed at that meeting. If you are unable to attend you must make arrangements

with the athletic director to meet, at her convenience, to review materials for your child to be eligible to participate.

Parent participation is a necessary part of a successful sports program. In each season, parents of students participating in the CSAA program are scheduled to assist in the collection of admission charges, manning of the concession areas and official scoreboard at home games and tournaments. After rosters are determined and the league schedule received, a work schedule with specific assignments is prepared and distributed.

A parent schedule will be formed for the operation of facilities including concessions, gym, and field maintenance.

Football - Three people will be needed to assist referees with chains, markers, etc. After the game the area must be cleaned and field equipment put away.

Basketball and Volleyball - After the game the gym must be cleaned. Trash must be picked up, floors swept and game equipment and chairs put away.

Concessions/Admissions - Workers need be in the gym 20min prior to the start of the game you are scheduled to work.

Issuing and Returning Uniforms

Prior to each sport season the Athletic Director will issue uniforms with assigned numbers. Once issued, this is the uniform and number that will become part of the official team roster for the season. No player is to exchange uniforms, unless approved by the Athletic Director.

Players are responsible for the uniform during the season. When the season is over, the clean uniform is to be returned to school by a parent or another adult representative on "uniform return day." Please check the athletic calendar for the return dates. A student's uniform must be returned by the due date. If you are unable to return the uniform on the return day there will be a \$10 uniform restocking fee. Non-compliance with this policy could result in parents being financially responsible for the full cost of a replacement uniform.

Equipment to be Purchased by Parents

1. Appropriate footwear

2. Football only:

1. a) A pair of practice football pants
2. b) Shoulder pads with extra straps and buckles - make sure they fit correctly and meet safety standards
3. c) Helmet - make sure it fits correctly and meets safety standards

4. e) Two or more mouthpieces that can be fastened onto cage of helmet - it is a CSAA rule that every player must wear a mouthpiece. Players will be responsible for always having mouthpieces for practices and games. Coaches do not provide mouthpieces.
5. h) Any other padding that a player wishes to purchase is fine
6. i) All players will purchase a spirit pack which includes practice jersey, under shirt, shorts, and socks.

3. Volleyball- Parents will order Volleyball jersey through Crossthreads. Parents are also responsible for purchasing solid black/black with white trim shorts.

Parent/Student Informed Consent for Football

Student and parent acknowledge the following:

1. My participation in football at St. Alphonsus requires an acknowledged acceptance of the risk of injury, however minor or catastrophic it may be.
2. The rules of conduct of football are designed to help protect me as an athlete from injury, but even the proper enforcement of such rules by game officials is not a guarantee against injury. Also, printed labels or warnings on equipment and instructions by my coaches in proper techniques may minimize but can never completely eliminate such risk.
3. As a result of the tremendous forces encountered during conditioning, training, and competition, I understand that serious injuries, including, but not limited to the neck and head, may result in death, permanent brain damage, and/or paralysis with resultant paraplegia, quadriplegia and/or confinement to a wheelchair for life.
4. I understand that the rules of football against intentional butting, ramming or spearing the opponent with or without the helmeted head are designed to protect the attacking player much more than the other player. **CLEARLY, MY FAILURE TO COMPLY WITH THESE RULES MAKES ME A CANDIDATE FOR CATASTROPHIC INJURY, AND MAY RESULT IN REMOVAL FROM THE TEAM.**
5. I recognize that I have the responsibility to wear the required equipment, obey the rules of football, train and condition my body to the best of my ability, and to utilize the proper techniques when playing. I also know that I must avoid athletic activities for which I have not been trained or do not feel qualified to perform. I agree to uphold my responsibility to report any injuries to the coach in charge. A coach may at his/her discretion refuse to allow a student to play or practice until he/she seeks medical attention and a doctor provides a release allowing the student to participate.
6. I understand that there will be no medical personnel present during practice or games. For any injuries requiring medical attention, 911 will be called. Coaches are provided emergency contact information that is provided by the parent on the student's registration form.

ATHLETICS AT ST. ALPHONSUS

SAS offers a variety of opportunities for students in grades 3-8 to participate in competitive athletics. The school year begins with fall sports that include football, girls' basketball and cheerleading. At the conclusion these seasons' boys' basketball, girls' volleyball and track begin.

It is our goal at SAS to have an athletic program that will enhance the total education experience of participating students. In order to facilitate that environment, each person involved in the athletic program must understand what behavior is expected of him or her. Every parent should read the athletic handbook thoroughly.

SAS Athletic Contract

We realize that participation in athletic programs at SAS is a privilege and is voluntary. We AGREE to the following conditions that will govern this participation:

1. We will treat all participants, spectators, officials, and coaches with respect at all times.
2. We will at all times exhibit good sportsmanship.
3. We will accept all coaches' decisions and the decisions of the school and officials without argument.
- 4.) We will not criticize players, referees or coaches publicly or among groups of participants.
- 5.) We understand and agree that a violation of these conditions of participation may result in the removal of a player from the team or the ejection of a spectator from an event and prohibition from future attendance at athletic events.
- 6.) I have read the athletic handbook and agree to its terms and conditions.

Signature of Athlete_____

Signature of Parent_____