

# St. Rita Catholic School Sports Program Handbook

## Information for athletes, coaches and parents

Students in grades 6, 7, and 8 may participate in the Catholic School Interscholastic Sports Program. Fifth graders may play on a 6<sup>th</sup> grade team in volleyball and/or basketball, if 6<sup>th</sup> grade doesn't have enough to make a team. Sixth graders may not be moved up to 7<sup>th</sup> to make room on the team for 5<sup>th</sup> graders. The program includes volleyball, soccer, basketball, baseball, softball, and track. All necessary forms (4) must be completed and turned in to the school before a student is eligible to attend practice. All forms must be on file by the deadline date given on the school calendar for each sport in order to participate in that sport. **All students must have a complete physical (Diocesan Health Report) each year before participating in sports program.** St. Rita School sports program depends on student interest and volunteer coaches. If either of these are absent for a sport, St. Rita School will not offer it that year.

Accident coverage is offered to all students who participate in the sports program. Participation in the insurance program is at the parents' discretion but highly recommended by the school.

We welcome and encourage parents and siblings to attend athletic events. Diocese policy requires all spectators (adults and children) to remain in the gym during all basketball and volleyball games. Children are to be supervised by parents at all times. Parents are not to confront referees/coaches at any time. As the primary educator, parents are expected to demonstrate good sportsman-like behavior.

### Forms

If your child plays a sport(s) the following paperwork must be filled out each year and on file with the Athletic Director:

- The Athlete/Parent Contract signed by both the athlete and at least one parent or guardian
- A completed Catholic School Health Report, dated after June 1 preceding the school year and signed by your physician
- The Diocesan Interscholastic Sports Program Medical Consent
- The Parental Consent for Interscholastic Sports Program Release of Claims, and Indemnification
- Waiver of Liability

The Athletic Director will make copies of needed forms for the coaches. At the end of the season, the coach will return the forms to the Athletic Director.

### Attendance

1. Athletes participating in a sport will be required to attend all scheduled games and practices. Parent and athlete are responsible for communicating to the coach prior to the game or practice if the athlete will not be present.
2. If an athlete is absent or has not been in attendance for one-half day (3.5 hours) of school, he/she is not permitted to participate in practice or games that day.

### Sports Eligibility

Academics are a PRIORITY at St. Rita Catholic School. Students must maintain passing grades in all required subjects to participate and practice in the sports program.

A St. Rita student who has a grade below a 70, or a “U” in conduct on his/her progress report or report card will not be eligible to play sports for the following two weeks.

Sports eligibility will be determined at each progress report and end of each quarter. Progress reports will be distributed and the following school day ineligibility will begin. A student will remain ineligible to participate in practice or play in games until ineligibility has been removed. Ineligibility may be removed for a student who improves his/her grades and has earned passing status in all classes after 10 school days (10 days from the date of ineligibility). A student may also become ineligible for unsportsmanlike conduct. Only the athletic directors or principal may impose sports eligibility and sports ineligibility.

Note: The principal may declare a player ineligible for serious disciplinary reasons which include constant disruption of class. Disruption of class can be verified by the number of times a student is sent to the office.

### Sports Uniforms

A uniform is a symbol of unity and pride: pride in one’s school, pride in one’s teammates, and pride in one’s self. Putting on a uniform forms cohesiveness in the entire school community.

St. Rita Catholic School is providing students uniforms for most sports. With the uniform come the following responsibilities:

1. The uniform is to be worn only during games. It is not to be worn to other school or social activities such as International Fair, the movies, the mall, etc.
2. The uniform is to be laundered and kept in good condition. Spray ‘N Wash and Wisk should be used to keep the collars clean and remove stains. It must be washed in cold water and line dried. Hot water or the heat from the dryer will ruin the uniform.
3. Students are to wear SOLID WHITE T-SHIRTS UNDER THE JERSEY and socks the team has agreed on or they may not be allowed to play in the game.
4. The uniform must be laundered, folded, and returned to the school office within five (5) calendar days after the completion of the school-sponsored season. Failure to return the uniform within 5 calendar days will result in a \$5.00 per day charge until the uniform is turned in.
5. Stained, damaged uniforms will need to be replaced at the athlete’s expense. In other words, you will buy any stained or damaged uniforms.

### Volunteer Coaches

All volunteer coaches must work with at least one other volunteer coach at all times. **All volunteers, including volunteer coaches, must complete a Diocesan volunteer form and will be required to complete a Criminal Records Review and Keeping Children Safe.**

Coaches must be aware that they exert a significant influence in the education of the student athlete and should never place the value of winning above the value of instilling the highest

desirable ideals of character. The coaches will teach fundamental skills and guide and encourage each student in Christian behavior which will result in good sportsmanship.

Coaches are responsible for:

1. Attending all clinics to each sport coached
2. Leading the team in prayer before and after each game
3. Being a good example and model of Christian behavior
4. Respecting all players, giving as much attention to the unskilled as skilled players
5. Helping develop character by emphasizing teamwork, self control, and self discipline
6. Allowing all players to play as equally as possible, so that each can contribute in the team effort
7. Teaching skills appropriate to each sport and grade level
8. Teaching game rules at every practice
9. Making players and spectators aware of the purpose and guidelines of the Diocesan Interscholastic Sports Program
10. Not tolerating undesirable behavior: dishonesty, cheating, fighting, deliberate attempts to injure others, "bad mouthing" others or referees
11. Correcting students who violate the rules
12. Applauding the efforts of the team whether winning or not
13. Encouraging parents to be examples of Christian behavior at games and to refrain from putting excessive pressure on their child to win
14. Encouraging parents to accept judgments of officials at games
15. Notifying the principal of pertinent information
16. Turning in scores to Diocesan Sports Coordinator by 5 P.M. on Mondays
17. Carrying copies of Parental Consent form and the first page of the emergency care form
18. The safety of all players at all times
19. Proper adult supervision at all times
20. Cooperating with coaches and team members
21. Accepting the judgments of the officials in all games
22. Following academic eligibility requirements.

If parents are late picking up their child(ren) three times, the student will have to sit out the following game. The coaches need to be able to leave when the practice is over. They have families and jobs which require their time. Please respect their time.

### *Sportsmanlike Conduct*

While we all want to have a winning season, it is important to remember that we should never place the value of winning above the value of instilling the highest desirable ideals of character. By participating in our sports program each student will gain in his/her understanding of the sport, skills necessary to play the sport, and working as a team for a goal. The coaches will teach fundamental skills and guide and encourage each student in Christian behavior which will result in good sportsmanship.

Students and parents have taken on several responsibilities when they agree to participate in a sports program.

Students are responsible for:

1. Conducting themselves in a Christian manner at all times
2. Cooperating with coaches and team members
3. Accepting the judgments of the officials in all games
4. Playing to the best of their abilities
5. Respecting all the players regardless of skill level
6. Demonstrating loyalty to teammates and school
7. Maintaining academic eligibility

Parents are expected to:

1. Support the program by encouraging their child to cooperate with the coach and school
2. Be available to help where necessary and when requested
3. Make sure their child has transportation for each practice and game
4. Have their child at practice and games on time and pick them up promptly afterwards
5. Be examples of Christian behavior at games
6. Avoid putting excessive pressure on the child to win
7. Accept judgments of officials at games
8. Show respect to and appreciation for the coaches
9. Demonstrate friendly sportsmanship to all the spectators
10. Supervise siblings in attendance at games

As you can see, a lot goes into having a successful sports program, and it will take all of us working together to make it successful.

### Concession Stand

Providing a concession stand for home games in volleyball and basketball helps St. Rita School raise money to buy sports equipment and have a sports banquet each year. The concession stand is not run by school personnel. It is the responsibility of parents to provide this service. You will be asked before each home game to commit time to working the concession stand. Every parent is required to work the concession stand a minimum of 2 games per sport. It is possible that our team won't even be playing in our gym, yet we will need to run the concession stand for the teams who are playing. Parents not wanting to work the concession stand can make a \$50 donation to the Sports Fund, and we will hire someone to work for them, if necessary.

Working the concession stand means:

- Coming early to help set up
- Selling food, candy and drinks
- Cleaning up the area and putting away supplies

Sports Banquet—An annual Sports Banquet is held to recognize athletic achievement.

- *Outstanding Athlete* – All coaches submit a nomination for the Outstanding Athlete award based on coaches' observations of skill, agility, and performance.
- *Outstanding Sportsmanship* – All coaches submit a nomination for the Outstanding Sportsmanship award based on the coaches' observations of sportsmanlike qualities.