

# St. Rita Catholic School Sports Program Handbook

## Information for athletes, parents, and coaches

### Students

Students in grades 5, 6, 7, and 8 may participate in the Catholic School Interscholastic Sports Program at St. Rita Catholic School. The program includes: 7 on 7 flag football (5<sup>th</sup>/6<sup>th</sup>), tackle football (7<sup>th</sup>/8<sup>th</sup>), volleyball, cross country 5<sup>th</sup>-8<sup>th</sup>), soccer, basketball, baseball, softball, and track.

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.

### Sports Eligibility

Academics are a PRIORITY at St. Rita Catholic School. Students must maintain passing grades in all 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 ten (10) school days.

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 eligibility has been restored. Eligibility may be restored 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.

### Attendance

- Athletes participating in a sport will be required to attend all scheduled games and practices. Parent and athlete are responsible for communicating to the athletic director and coach prior to the game or practice if the athlete will not be present for practice or game.
- 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. Unless the athlete has prior approval from the principal

## Forms

All necessary forms (4) must be completed and turned in to the school before a student is eligible to attend practice. **All students must have a complete physical (Diocesan Health Report) each year before participating in sports program.**

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
- Uniform Care
- Student Responsibilities
- Parent Responsibilities

## 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.

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

- 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.
- 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.
- 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.
- Stained, damaged uniforms will need to be replaced at a replacement cost of \$75.00 at the athlete's expense. In other words, you will buy any stained, damaged uniforms or non- returned uniform.

## 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.

## **Athlete Expectations**

Athletes are responsible for:

- Leading courageously and living with integrity by conducting myself in the model of Jesus Christ; \*\*
- Maintaining academic eligibility
- Developing a good relationship with coaches and teammates
- Respecting my coaches, teachers, teammates and classmates
- Demonstrating loyalty to teammates and school
- Treating fans, opponents and officials with respect and honor
- Not criticizing the officials, coaches' teammates or opponents
- Playing and practicing to the best of my ability and give great effort
- Accepting responsibility for my actions and words in every phase of my life.
- Accepting victory and defeat humbly and graciously

**\*\*Any player that is ejected from a game will be suspended for a minimum of the next game pending review – if athlete is playing a tournament, the athlete is suspended the rest of the tournament. Flagrant unsportsmanlike actions that cause a penalty, technical foul or red card will lead to a minimum of a one game suspension upon review of the facts. A second violation upon review could lead to a season suspension.**

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.

## **Parents**

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.

Parents are responsible for:

- Supervising children in attendance at each game.
- Attending the Diocesan “Play Like a Champion Today” Parent Workshop.
  - *\*\*Parents who are asked to leave a contest will be required to meet with the Principal and Diocesan Athletic Director to discuss appropriate disciplinary action; they will also be required to attend another workshop before being allowed back at games.*
- Attending a Parent/Athlete meeting (if offered) by principal & local sports coordinator/athletic director before the beginning of each sports season that their child is participating in.
- Supporting the program by encouraging their child to respect and cooperate with the coach, school and officials.
- Being an example of Christian behavior at all games and practices\*\*avoid putting excessive pressure on the child or team to win.

- Showing respect and appreciation for the coaches, officials, teammates, opponents and other fans in attendance of a games or practices.
- Understanding that the only people who talk to officials and coaches during a competition are administrators, other coaches and officials.
- Understanding that the only people who talk to players during a competition are the coaches, officials or other athletes participating in the contest.
- Understanding my role as a parent is to support the team and my child
- Understanding and supporting that every child on the team is equally important
- Providing transportation for my child at all times.
- Making sure my child is on time for all practice/games and pick them up promptly afterward.

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

### **Volunteer for Concession Stand**

Providing a concession stand for home games in St. Rita Catholic School Gym helps to raise money to buy sports equipment each year. The concession stand is not run by school personnel, but instead it is the responsibility of all 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 willing to work the concession stand can make a \$50 donation to the Sports Fund.

### **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 Virtus training and Play Like A Champion Today**

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:

- Helping to develop the four cardinal virtues of fortitude, justice, prudence & temperance (teamwork, self-control, self-discipline and self-belief).
- Sharing his/her faith and belief through team prayer and by being a good role model of Christian behavior. \*\*
- Correcting using positive reinforcement, avoid shaming athletes. Affirmation!

- Encouraging parents to be role models of Christian behavior and to encourage their child to win by giving effort and improving each day/game without putting pressure to win on the scoreboard.
- Fulfilling any *Play Like a Champion* training responsibility every year.
  - Including Training and Peer Review Reports.
- Respecting all players, opponents and officials.
- Encouraging athletes & parents to accept judgement of the official.
- Providing proper adult supervision at all times.
- Following the league guidelines for playing time and team equality.
- Teaching the game rules and any League Sports rules.
- Teaching skills appropriate to each sport and grade level.
- Holding athletes accountable who violate rules.
- Requiring my athlete's and fans to clean the immediate area.
- Reporting undesirable behavior: unsportsmanlike conduct, berating of athletes, opponents or officials to sport coordinators/athletic directors who will notify the principal and Diocesan AD in writing.
- Responsible for maintaining all equipment assigned to my team.
- Carrying copies of the Parental Medical Consent Form for each athlete at all times.
- Informing school sports coordinator/athletic director of game results.

**\*\* Any coach that is ejected from a game will be suspended for a minimum of next game pending review, and must meet with Diocesan AD & retake the PLACT coaches' workshop before coaching the next season. Any coach that averages below a 3.0 on the Peer Review for the season must retake the PLACT coaches' workshop before coaching the next season.**