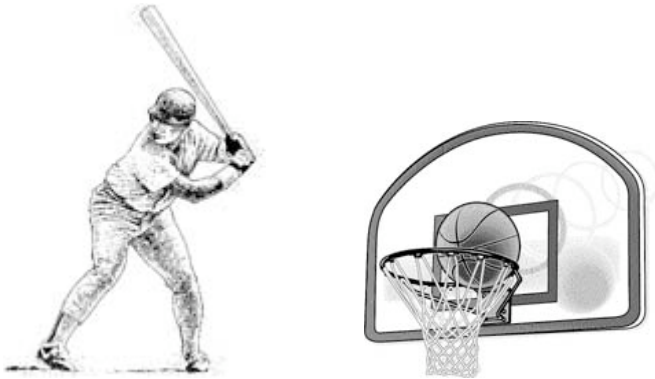


# Athletic Handbook



## **Goals of the St. Croix Catholic Athletic Program**

Athletics provides opportunities for learning experiences that are difficult to duplicate in other school activities. The athletic program has the following major goals.

- ◆ To provide opportunities for athletic competition.
- ◆ To provide activities that help create school unity.
- ◆ To help students learn habits of health, conditioning, and safety.
- ◆ To promote friendships, both with teammates and opponents.
- ◆ To teach attitudes of responsible team play and cooperation.
- ◆ To help students realize that participation in athletics is a privilege with accompanying responsibilities.
- ◆ To provide activities for learning self-discipline, skill building, loyalty, team play, personal pride, pride in the organization, respect of the rights of others, and the will to do one's best.

## **Responsibilities of the Athlete**

The opportunity to participate in the St. Croix Catholic athletic program is extended to all eligible students who are willing to assume certain responsibilities. When representing the school, the student is expected to display high standards of behavior, exemplify good sportsmanship, and show respect for others. Athletes are also expected to attend all practices and games.

## **Responsibilities of the Parent**

The role of the parent is an important aspect of the success of the St. Croix Catholic athletic program. Parents are expected to also display high standards of behavior, exemplify good sportsmanship, and show respect for others. In addition, parents are responsible for transportation of the athlete to practices and games, and to help assist with the concession stand and any tournaments.

## **Responsibilities of the Coach**

Coaching may be the most special and important job anyone can choose. This is not because sports are important, but rather, because the young students that participate in sports are so valuable. As a coach, you have the opportunity to foster both their emotional and physical development. Coaches should be positive role models, enthusiastic and encouraging, treat all players and opponents fairly and with respect, and openly and honestly communicate any concerns regarding a player's participation in the program. And, to remember that practices are for the coaches – games are for the athletes.

## **General Rules of Good Sportsmanship**

### **The Athlete:**

- ✦ Treat opponents with respect.
- ✦ Plays hard, but within the rules.
- ✦ Exercises self-control at all times, setting the example for others to follow.
- ✦ Respects officials and accepts their decisions without gestures or arguments.
- ✦ Wins without boasting, loses without excuses, and never quits.
- ✦ Always remember that it is a privilege to represent the school and community.
- ✦ Respect the facilities of the host school and the trust entailed in being a guest.

### **The Coach:**

- ✦ Is committed to teaching athletes Christian values through fair play and sportsmanship.
- ✦ Treats own athletes and opponents with respect.
- ✦ Inspires in the athletes a love for the sport and the desire to compete fairly.
- ✦ Disciplines those on the team who display un-sportsman like conduct.
- ✦ Respects the judgment and interpretation of the rules of the official.
- ✦ Knows that he/she is a teacher, and understands the athletic arena is a classroom.

### **The Spectator:**

- ✦ Attempts to understand and be informed of the playing rules.
- ✦ Appreciates a good play, no matter who makes it.
- ✦ Shows compassion for an injured player; applauds positive performances; does not hackle, jeer, or distract players; and avoids use of profane or inappropriate language or behavior.
- ✦ Respect the judgment and strategy of the coach, and does not criticize players or the coaches for the loss of a game.
- ✦ Respects the property of others.
- ✦ Respects authority of those who administer the competition.
- ✦ Respects the judgment and interpretation of the rules.

### **The Parent:**

- ✦ Support his/her son/daughter and teammates in their participation and effort.
- ✦ Respects the judgment and strategy of the coach.
- ✦ Respects the judgment and the interpretation of the rule by the officials.
- ✦ Attempts to understand and be informed of the playing rules.
- ✦ Appreciate a good play no matter who makes it.

## **Bill of Rights for Young Athletes**

- ✦ Right to participate in sports.
- ✦ Right to have qualified adult leadership.
- ✦ Right to play as a child and not as an adult.
- ✦ Right to participate in safe and health environments.
- ✦ Right to be treated with dignity
- ✦ Right to have fun in sports.

## **A Coaches Philosophy**

- ✦ To adapt coaching styles to the individual needs of athletes.
- ✦ To adapt coaching styles to each unique situation.
- ✦ To organize, communicate, and motivate young athletes.
- ✦ To gain insights from working with athletes.
- ✦ To provide positive experiences for each athlete.
- ✦ To inspire a love for the sport and the desire to improve.

## Play Time

As the level of play becomes more competitive each year, the amount of playing time will be adjusted.

**5<sup>th</sup> grade:** Coaches should strive for balanced playing time during each competition. Every athlete should see play time during each competition, including play-offs.

**6<sup>th</sup> grade:** Over the course of the season, coaches should strive for balanced playing time. However, every athlete should see play team (no matter the length) during each competition.

**7<sup>th</sup> grade:** Athletes that display more skill may receive slightly more playing time. However, every athlete should have the opportunity to play without the expectation of balanced time. For example: equal play during the first 3 quarters of a basketball game, but the "all-stars" for that game may play the majority of the 4<sup>th</sup> quarter.

**8<sup>th</sup> grade:** Athletes that display more skill may receive more playing time. However, every athlete should have the opportunity to play without the expectation of balanced time. An athlete should not "sit the bench" two games in a row, nor should an athlete "sit the bench" for more than three competitions.

✦ Playing time stated above may be effected negatively when taking into account such factors as play attitude, effort, practice participation, etc. For example: an athlete that missed a practice, without an excuse, should not be expected to have the same amount of playing time as an athlete that attends every practice.

✦ Athletes and the family need to be informed before the start of the competition if the athlete will not play in the competition for disciplinary reasons.

## **Grievance Procedure**

If a situation arises during an activity in which an athlete or parent has a concern, the following chain of events should take place:

1. The athlete should request a meeting with the coach involved in the situation. This meeting should take place at a time outside of a game or practice.
2. No outsiders other than the athlete and the coach should be present.
3. If no resolution occurs, the parent, athlete, and coach should meet with the Athletic Director at a time outside of a game or a practice.

It is important that the above steps be followed in sequence!

**PLEASE HAND THE FOLLOWING PAGES  
TO YOUR COACHES BEFORE THE FIRST  
COMPETITION.**

**Play time will be revoked (at any level)  
until the Christian ethics form and the  
medical release form are given to the  
head coach.**

## Christian Ethics Form

As a Christian athlete, I promise to represent St. Croix Catholic School in a responsible manner. I will conduct myself in conjunction with my religious beliefs, valuing sportsmanship and friendship above all else. I also promise to refrain from any activities, which would hurt the reputation of my school, my teammates, and myself.

I understand that if I do not comply with these guidelines, I will be removed from the team.

We have read both the Athletic Handbook and the Christian Ethics Form. It is our intent to abide by these standards of behavior as stated in them.

---

Student/Athlete Signature

Date

---

Parent/Guardian Signature

Date

## Medical Release Form

I hereby give permission for any and all medical attention necessary to be administered to my child in the event of an accident, injury, sickness, etc., under the direction of the people listed below until such time as I may be contacted. This release is effective for the time during which my child is participating in the St. Croix Catholic School sports program and tournaments, including travel to or from such tournaments and games. I also hereby assume the responsibility for payment of any such treatment.

Athletes' Name:		
Parents' or Guardians' Names:		
Home Address:		
Home Phone: (    )	Cell Phone: (    )	Work Phone: (    )
Insurance Company:		
Group Number:	Identification Number:	
Family Physician:		
Physicians' Address:		
Physicians' Phone: (    )		
Signature of Parent of Guardian:		

Updated 05/06