

Athletic Handbook

2018-2019



***Dear Saint Therese Parents:***

We would like to thank you for letting your son/daughter participate in Saint

Therese School Athletics.

While your child is participating in sports, should you feel that something is not

being done correctly or is unsportsmanlike, we would like you to follow the steps of communication:

1.) Observe the 24-Hour Cushion as outlined in the section entitled *“Top Five Ways to Support Your Student-Athlete”* found in this manual.

2.) Contact your Coach after a practice.

3.) If after trying the above methods of communication and you feel that your concerns have not been resolved, you may issue your concern personally with the Athletic Director.

4.) If after trying all the above methods of communications and you feel that your concerns have not been resolved, you may issue your concern personally with the Principal.

Again, thank you for your support of Athletics at Saint Therese School. We look forward to a great sporting season.

God Bless!

***The Student/Parent Athletic Handbook***

This handbook is designed to acquaint our athletes and their parents with the policies and procedures that have been established for Saint Therese School. The purpose of this handbook is to give the prospective and current Saint Therese athletes some indication of the goals and expectations with which they will be concerned. In this program of team participation, the athlete not only develops mentally and physically but also broadens concepts of teamwork and sportsmanship. With these thoughts in mind interscholastic athletics have been included in the total educational programs at Saint Therese School.

***Saint Therese School Athletic Philosophy***

Saint Therese is committed to offering an athletic program that facilitates the spiritual, emotional, and physical growth of our young athletes. We will provide our athletes with the opportunity to:

Utilize the talent and ability that God has given

Develop good sportsmanship, teamwork, and individual responsibility

Prepare a foundation for future development as an athlete, young woman or young man

Demonstrate integrity and quality in all that they do

***School Conference:*** CYO- Catholic Youth Organization

***School Nickname:*** Crusaders

***School Colors***: Red, Black, White

***ATHLETIC PROGRAMS AVAILABLE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***Program Season Boy Teams Girl Teams***

Cross Country Fall 5th, 6th, 7th, 8th 5th, 6th, 7th, 8th

Football Fall 5th, 6th,7th, 8th

Volleyball Fall 5th, 6th, 7th, 8th

Cheerleading Winter 5th, 6th, 7th, 8th

Basketball Winter 5th, 6th, 7th, 8th 5th, 6th, 7th, 8th

Soccer Spring 5th, 6th, 7th, 8th 5th, 6th, 7th, 8th

Softball (Fast Pitch) Spring 5th, 6th, 7th, 8th

Track Spring 5th, 6th, 7th, 8th 5th, 6th, 7th, 8th

In the event, a team needs more players the 3rd or 4th graders may be asked to play up on 5th and 6th grade teams. 3rd or 4th grades will not be allowed to play on a 7th or 8th grade team.

If we do not have enough players to form a team the player **may request** to play for a different school. **The athletic director will contact the CYO office and put in the request to play.**

***Athlete Goals:***

To build Self-Esteem

To build Character

To develop Skill

To develop a positive Self-Discipline

To develop Self-Motivation

To expand interest in Lifetime and Leisure Activities

To provide opportunity for Personal and Social Growth

***At the 5th & 6th Grade Level, additional goals include:***

To develop Basic Skills

To allow students to participate in practices and games (This may be

done by providing additional scrimmage time after regularly scheduled

games)

To learn the value of Team Play

To learn to win and lose with Respect.

To instill a desire to Succeed in all endeavors, including Competitive Play.

***At the 7th & 8th Grade Level, additional goals include:***

To enhance Skills and Techniques

To develop specific Positioning and Game Skills

To learn the value of each role on a Team

To prepare for High School sports – Skills, Positioning, & Discipline

To develop a lifelong appreciation of athletics

To instill a desire to Succeed in all endeavors, including Competitive Play.

***INDIVIDUAL PROGRAM PHILOSOPHIES \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***Football – 5th/6th Grade & 7th/8th Grade***

We combine with St. Elizabeth for the football season. You/your child will be representing St. Therese during this time even though you are on this combined team. Please make sure to turn all your paperwork in at St. Therese and your fee will go to St. Elizabeth. Please see Saint Elizabeth Athletic Handbook to see how they run the football program.

***Volleyball – 5th/6th Grade***

During this time, it is important for all children to learn the fundamentals of volleyball. To create this learning environment, we expect the coach to play every player. While equal playing time is not guaranteed, every player should play at least; (10) points for the 5th Grade only team, & (6) points for the 6th grade only team, & (8) points for a 5th & 6th combined team. The points are per match, (these points may accumulate in multiple games during a match; they do not have to be consecutive points.) When able, coaches will schedule extra games to obtain playing time for players.

Please be aware that most of your child’s progress will be made in drills and scrimmages at practice. **During tournaments playing time is not guaranteed.**

***Volleyball – 7th/8th Grade***

During this time, we are preparing our children for High School volleyball. They should be

learning specific roles and responsibilities that follow their sport. To ensure this, your coach has

the right to conduct “try-outs” to clarify which players can perform to this task. 7th/8th grade

sports are focused on being more competitive. Participation at this grade level may vary among

players. Remember, the focus of 7th/8th grade sports is to ready them for High School sports.

**Equal playing time and even playing time in general is not guaranteed at this level.**

***Basketball – 5th & 6th Grade***

During this time, it is important for all children to learn the fundamentals of basketball. To

create this learning environment we expect the coach to play every player. While equal playing

time is not guaranteed; every player should play at least three (3) minutes per game. (This does

not include the extra minutes after the regulation game.)

Always remember, most of your child’s progress will be made in drills and scrimmages at practice. **During tournaments playing time is not guaranteed.**

***Basketball – 7th & 8th Grade***

During this time, we are preparing our children for High School Basketball. They should learn

specific roles and responsibilities that follow their sport. To ensure this, your coach has the

right to conduct “try-outs” to clarify which players can perform to this task. 7th/8th grade

sports are focused on being more competitive. Participation at this grade level may vary among

players. Remember, the focus of 7th/8th grade sports is to ready them for High School sports.

**Equal playing time and even playing time in general is not guaranteed at this level**.

***Soccer – 5th & 6th Grade***

During this time, it is important for all children to learn the fundamentals of soccer. To

create this learning environment we expect the coach to play every player. While equal playing

time is not guaranteed; every player should play at least three (5) minutes per game. (This does

not include the extra minutes after the regulation game.)

Always remember, most of your child’s progress will be made in drills and scrimmages at practice. **During tournaments playing time is not guaranteed.**

***Soccer – 7th & 8th Grade***

During this time, we are preparing our children for High School soccer. They should learn

specific roles and responsibilities that follow their sport. To ensure this, your coach has the

right to conduct “try-outs” to clarify which players can perform to this task. 7th/8th grade

sports are focused on being more competitive. Participation at this grade level may vary among

players. Remember, the focus of 7th/8th grade sports is to ready them for High School sports.

**Equal playing time and even playing time in general is not guaranteed at this level.**

***Track – 5th, 6th, 7th & 8th Grade***

During this time, we are preparing our children for track. They should learn

specific roles and responsibilities that follow their sport.

***Softball – 5th & 6th Grade***

During this time, it is important for all children to learn the fundamentals of softball. To

create this learning environment we expect the coach to play every player. While equal playing

time is not guaranteed but the coaches will do their best to give the athlete playing experience.

Always remember, most of your child’s progress will be made in drills and scrimmages at practice. **During tournaments playing time is not guaranteed.**

***Softball – 7th & 8th Grade***

During this time, we are preparing our children for High School softball. They should learn

specific roles and responsibilities that follow their sport. 7th and 8th grade sports are focused on being more competitive. Participation at this grade level may vary among players. Remember, the focus of 7th/8th grade sports is to ready them for High School sports.

**Equal playing time and even playing time in general is not guaranteed at this level**.

***Saint Therese Athletic Funds & Fundraisers***

Saint Therese athletic programs have a cost associated with each sport played. The cost is an athletic fee of **$30 per player per sport**, including cheerleading (except football which has a fee of $45 paid to school that is hosting). \*Fees are subject to change each year based on the cost of the programs offered. This fee helps cover equipment and uniforms and other fees. The athletic fee needs to be given to the coaches at the beginning of each season. Checks should be made out to Saint Therese Athletics. We have tried to keep this fee affordable; we do not want to discourage participation due to the fee. If you are having financial difficulty, please contact the Athletic Director or the Principal.

In addition to the athletic fee, one annual fundraiser is used to support the athletic program. If you choose not to participate in the fundraiser for the year you will be assessed a $100.00 fee if your child decides to participate in a sport after the conclusion of the fundraiser.

**If you choose to not participate your child/children will not be allowed to play on any team that year.**

***Coach’s Code of Conduct\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

Coaches are first and foremost educators, and must work in coordination with the parents/guardians, who are the primary educators of student-athletes. At all times, coaches must be examples of Christ the Teacher who serves as a role models for student-athletes to emulate. They must be messengers and representatives of the school mission and ensure that athletic programs embody to Catholic and Christ centered ideals at Saint Therese School. Coaches are called to be models and witnesses to their faith each day, and as such, coaches are expected to uphold high standards of conduct in and out of season.

***Goal Setting***

When working with Saint Therese athletes, a successful coach will work

towards goals in the following three dimensions: **team, personal, and school**.

***Team Goals***

Saint Therese School coaches build a team by:

1. Advancing the athletes’ understanding of their role as members of the

communal Body of Christ.

2. Creating a positive and memorable experience that will be cherished by the

student for the rest of his/her life.

3. Teaching the specific and unique skills of this sport to the very best of his/her

abilities by using all means, methods and resources available.

4. Teaching the skills of healthy competition that will prepare athletes and the

team to succeed.

***Personal Goals***

Saint Therese School coaches grow as individuals by:

1. Modeling character, sportsmanship, self-discipline, and a lived faith.

2. Appreciating the moments of Grace throughout a season, at times of winning

and losing.

3. Becoming a lifelong learner of their sport.

4. Maintaining perspective in and throughout all athletic endeavors, realizing

teachable moments exist in all experiences.

5. Fostering positive relationships with all school community stakeholders.

***School Goals***

Saint Therese School coaches contribute to the school community by:

1. Infusing the school mission in all athletic activities.

2. Promoting academic excellence as an essential component in the development

student-athletes.

3. Committing to effective communication with administrators, teachers, parents,

and athletes.

4. Supporting the development of student-athletes as leaders and role models in

the greater school community

5. Creating a culture of school unity and spirit as exemplified through

sportsmanship, positive fan participation, and respect for all.

***Language***

Language should be appropriate and constructive at all times. Coaches are expected to not

only monitor their own language, but they should also set and enforce standards of appropriate

language for their athletes. This includes, but is not limited to swearing, harassment,

exclusionary language, sexual innuendo, personal attacks, and unsportsmanlike gestures.

***Treatment of Opponents***

Although opponents are not a part of our school community, they are members of the larger

Body of Christ and should be treated as such. Coaches should model such respect for their

athletes and should instruct players on how to welcome their opponents and all visitors in a

way that conveys a sense of hospitality and community.

***Prayer***

Athletic experiences play an important role in the spiritual formation of students as Saint

Therese School. Genuine and lasting spiritual development is only possible through

careful and conscientious preparation by those in leadership positions. Coaches, as team

leaders, are chosen not just to be mentors and role models for student-athletes, but also to be

witnesses. Prayer should become an intentional component to a team’s culture, not just a

rushed event before or after a game or practice. Rather than emphasizing winning, prayers

should focus on embodying the spirit of Christianity. Coaches are encouraged to build and

create spiritual traditions in their approach to coaching at Therese School.

***Conduct Infractions – During Game/Match***

It is the Athletic policy that our Head Coaches and Assistant Coaches inform the Athletic Director or Principal within 24 hours of a conduct infraction committed by a member of the coaching staff during a game/match. This includes, but is not limited to, red cards,

unsportsmanlike fouls, and technical violations in all Saint Therese sporting events.

The Athletic Director or Principal will then review the occurrence. The purpose of this policy is to keep the school leadership aware of potential issues as well as to ensure that the situation from the coach’s point of view and is better understood. This allows the Athletic Director and/or Principal to support the coach or student should questions/concerns arise as the result of an occurrence.

***Conduct of Athletes\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

Student-athletes are responsible for developing the necessary self-discipline to attain and

maintain the appropriate mental and physical condition required for peak performance.

***School Citizenship, Leadership and Personal Sacrifice***

Another major responsibility student-athletes assume is to our school; since more is expected

of athletes than other students in matters of school citizenship, leadership, and personal

sacrifice, athletes will be expected to make a sincere effort to achieve and maintain a

satisfactory scholastic standing in the classroom. Additionally, student-athletes’ conduct both

on and off the field contribute to judgments made by students and the community about our

school, and as such athletes are required to engage only in activities which bring credit to

yourself, your family, and your school. It is also imperative for student-athletes to understand

that they are role models for younger athletes, and it is natural that they imitate your attitudes

and actions.

***Attendance***

1. Athletes are responsible for being present at all set meetings, practices, and games

unless excused by a physician, or by having obtained prior consent from the coach. An

unexcused absence could result in disciplinary action by the coach.

2. Student-athletes who are sent home from school for any health reasons, may not

participate in any after school practices, games, or meetings on that day. For a student athlete

to be eligible for activities, they must be at school by the conclusion of the lunch

period, unless school has been missed for other circumstances, i.e. funerals, dental

exams.

3. Students who serve a detention will be ineligible to participate in sports, practice or any extracurricular activities on the day the infraction occurred.

\* The school will be responsible for notifying the athletic director, moderators/teachers, or coaches of any extracurricular activities, of a student’s ineligibility to participate.

***Attitude***

A student-athlete’s appearance, language, and actions have a direct influence people’s opinion

of the athlete personally, as well as their general opinion of our school. Once a student has

become a member of a team, they should strive to do all that they are capable of, and all that is

expected of them. **Coaches have the authority to bench or suspend a student-athlete should**

**they exhibit negative behavior or poor attitude.**

***CYO Policies***

As a Saint Therese School student-athlete, you must adhere to all CYO policies that

apply to your division. CYO policies are given to the Head Coach of each sport.

***Dress and Appearance***

Take pride in your appearance. You should attempt to look as well off the field as on. Whenever you are before the public, you reflect your school and community. Your appearance shall be; clean and neat, and conform to the sport and individual coach’s rules.

***Good Study Habits***

Education is the key to success in the future. Adequate study time is required to achieve good

grades. The primary responsibility of all student-athletes is that of a student first, athlete

second.

***ELIGIBILITY***

1. All students in grade 5-8 are eligible to play sports (3rd and 4th grade if numbers are needed for sport)
2. They will become ineligible if they receive a failing grade (59 and below) on their progress report or report card, or if they receive a D in conduct.
3. If the student becomes ineligible because of grades or conduct, he/she will not be allowed to

participate in any practices or games for two full weeks or as determined by the principal. At that time, grades will be reviewed and if all grades are 60% and higher, the student may return to practices and games with full privileges. If the student has any failing grades at this time, the student will remain ineligible until the next check.

The Principal will inform the Athletic Director or head of Extra Curricular Activity of any player/member that becomes ineligible during the season.

**THIS POLICY IS SUBJECT TO PRINCIPAL/PARENT/TEACHER REVIEW IN REGARD TO INDIVIDUAL CASES.**

**Injuries**

Any and all injuries should be given immediate attention. The coach should be notified of any

injury or illness as soon as possible.

***Substance Abuse***

The use of alcohol, tobacco, and non-professionally prescribed drugs and/or medications will

not be tolerated either during our out of season. No drinking of alcoholic beverages, use of

tobacco, or possession and/or use of narcotics is strictly prohibited at all times. Substance

abuse will result in disciplinary action administered by the Principal.

**Bullying**

Bullying is prohibited under any circumstances at Saint Therese School including athletic programs. Please refer to the Saint Therese Student Handbook

“Intimidation of students or staff members will not be tolerated. Saint Therese School will not tolerate the bullying or harassment of others. These behaviors are considered in violation of the policies of Saint Therese when they are committed on campus, on buses to and from activities, at extra/co-curricular activities, or off campus, such as indicated in the blogging/social networking policy.”

Any act of bullying will be dealt with under the disciplinary guidelines as outlined in the Saint Therese Student Handbook.

***Expectations of Parents and Stakeholders\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

*“It is incumbent upon parents to cooperate closely with the school teachers to whom they*

*entrust their children to be educated; in fulfilling their duty teachers are to collaborate closely*

*with parents who are willingly heard and for whom associations and meetings are to be*

*inaugurated and held in great esteem.”*

*(Code of Canon Law, 796)*

Saint Therese School coaches and administrators respect the primacy of the parents as the first teachers of their student-athletes, and will partner with parents in the formation of student-athletes. Parents and other members of the community play a vital role in the holistic education of children including students’ participation in school-sponsored athletics. Together, all stakeholders should actively work to ensure that the Catholic mission and identity of Saint Therese School permeates the athletics program.

***Top Five Ways to Support your Student-Athlete:***

1. ***Be Present*** – Show up to games, cheer, and support our teams!

2. ***Be Positive*** – Children learn from modeling. When talking about the game, season,

performances, and decision-making, please share the gift of a positive outlook on life!

Make sure that your child knows that, win or lose, he/she is loved and supported.

3. ***Encourage Independence*** – Encourage student-athletes to be responsible for the care of

their athletic gear and to be prepared for athletic practices and games. In addition, all

student-athletes should speak directly with their coach about any questions and/or

concerns.

4. ***Observe the “24 Hour Cushion”*** – As do all good educators, Saint Therese

School coaches will naturally and deliberately reflect on all game situations and

decisions. Please allow coaches the time they need to process their decisions before

approaching them with any questions. Coaches need not discuss playing time, coaching

strategies and specific plays, or information pertaining to other athletes.

5. ***Model St. Therese School’s Behavior Expectations for Visiting Spectators*** –

Take pride in our athletic program and model for visitors how we:

a. Cheer for our team rather than against our opponents.

b. Respect the integrity and authority of game officials.

c. Allow coaches to coach without criticism from the spectators.

d. Help clean up at the end of athletic events.

***Transportation***

Transportation to/from practices and games is the sole responsibility of the parents. **Please**

**ensure that your student-athlete is picked up promptly at the end of each practice/game**.

***Removal from Team – Parent Decision***

The principal, athletic director and coaches will respect and support the decision of a parent to

remove his or her child from a team for any reason. However, once the child is removed, he or

she may not return to that team for the remainder of the sport season.

***The principal has the authority to remove a student or cancel a season if student-athletes or parents are not adhering to Saint Therese School standards.***

***Eligibility Rules*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Saint Therese School is concerned with helping all students reach their full potential, both spiritually and academically. Realizing that extracurricular activities encourage personal growth by challenging students to be the best they can be, we encourage students to participate in extracurricular activities over and above their regular curricular requirements. However, participation in the extracurricular activities offered at Saint Therese School is a privilege for which reasonable standards are established and enforced for the educational and personal welfare of the subjects and demonstrate self-discipline while simultaneously undertaking the extra demands upon time and energy required by these activities, they should concentrate their time and effort on their academic studies. Saint Therese School sets forth minimum academic standards and conduct requirements.

**Please refer to the Saint Therese School Handbook for Guidelines on Eligibility.**

**The Athletic Department fully supports the school’s policy on eligibility.**

***Physical Examinations***

Physical Examinations are required prior to the first practice in the Saint Therese School athletic program. The physical form must be completed by a physician and submitted to the Athletic Director PRIOR to the first practice. Physicals must be dated after April 1st for the following school year (example: physicals must be dated after 4/1/2018 to participate during

the 2018/2019 school year).

***Other Forms:***

* Saint Therese Medical Consent Form
* CYO Consent Form
* Concussion Form

***Insurance Coverage***

The CYO requires insurance coverage for all athletes in its program. The Fort Wayne/South

Bend Diocese provides student insurance for all students that cover athletic practices and

games. This is secondary insurance, not primary coverage. If you carry no medical insurance,

this insurance would be primary coverage, but only as described by the policy. The fee for this

insurance is included in every student’s book fees.

***Fort Wayne Catholic Youth Organization (CYO) Policy***

Saint Therese School is a member of the CYO, and thus follows all the rules and

regulations set forth by the CYO Board. The CYO provides each Head Coach a copy of the policy

booklet during each respective sports coach’s meetings.

***General Athletic Information***

***School Cancellations***- if school is canceled due to weather or other local emergency, all afterschool activities scheduled for that will be canceled.

***Fees:***

Every sport pays a $30 fee

7th & 8th grade level sports pay a $20 CYO fee

***Uniforms***

Every player will be expected to pay a $30 deposit for their uniform

* If the uniform is returned by due date stated at the end of the sport season the deposit will be refunded
* If the uniform is not returned by due date stated, the deposit WILL NOT be refunded
* If the uniform is returned in significantly worse condition, then what was handed out the deposit **WILL NOT** be refunded.

***Fundraisers***

Every player must participate in the fundraising efforts

* If the player fails to participate a $100 fee will be placed for the play to participate on the team
* Failure to participate or pay fee will be lose of eligibility of playing in the sport

***Athletic Handbook Acknowledgement Form***

This is your copy of the Saint Therese Athletic Handbook containing the rules and regulations for our 2019-2020 school year. In order that you might better understand the philosophy and expectations of Saint Therese Athletics. It is important that you thoroughly read this booklet. Please make sure you discuss the necessary content with your child. Your signature below indicates that you have read and accepted the rules and regulations of our athletic program. Your cooperation enables all of us to work together in the best interest of the athletes.

By signing below, we acknowledge that we have received a copy of the Saint Therese Athletic Handbook. We understand that the handbook contains important information about athletics, and the school policies during sports.

We agree to follow all the rules and guidelines imposed in the athletic department and school administration. If we have any questions about the content in the handbook, we understand that it is our obligation to ask questions for clarification. This acknowledgement is to be returned to the school after being signed and dated. However, failure to read the handbook or to sign or return this acknowledgement shall not relieve us of the obligation to follow all the rules and guidelines that the athletic department and school administration have established or in any way impeded or prevent the athletic department/school from operating from within the stated rules and guidelines.

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Student Signature

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Student Signature

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Student Signature

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Parent/Guardian Signature

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Parent/Guardian Signature

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Date