

HANDBOOK  
FOR  
ATHLETES  
AND  
PARENTS

POLICY FOR ORGANIZED SPORTS  
AT  
ST. MARY SCHOOL

The St. Mary School Athletic Committee, a Committee of the St. Mary School Board, is the governing body of the athletic program and as such is entrusted with the athletic welfare of the students. At all times the Committee stresses training in the fundamentals of sports, the meaning of sportsmanship and fair play, respect for officials and those in positions of authority as well as for other players. The attitude of “winning above all else” is minimized.

The purpose of organized sports and interscholastic athletics at St. Mary School is to provide the boys and girls with an opportunity for wholesome competition. Athletics is secondary to academics and should in no case supplant that fact that academic preparation is the primary objective of the school.

Teams from St. Mary School participate in competitive leagues for middle school age students. Depending on the level of interest for a particular sport, tryouts may be required. The athletes are encouraged to develop to their full athletic potential and to appreciate and respect the athletic talents of others. The coach determines playing time in games.

All eligible students are encouraged to participate in *intramural* basketball. The goals of the intramural program are to provide players with an opportunity to learn about, and to participate in, the game of basketball in a fun, pressure-free learning environment. The importance of teamwork, fair play, and respect are stressed above winning.

St. Mary School will field teams in the following sports when participation is sufficient: soccer, cross country, track, basketball for boys and girls, girls softball, and boys baseball. The Athletic Committee reserves the right to field teams in additional sports.

## **ELIGIBILITY REQUIREMENTS**

**ACADEMICS:** In order to be eligible to participate in the athletic program a student must maintain an average of 65 or an S- in all subject areas. Removal from a sport because of failing academics will be effective on the date the Progress Report/Report Card is issued.

Notification of ineligibility for academic or disciplinary reasons will be handled through the principal’s office by written notice to parents and to the chairperson of the Athletic Committee. The notification must be signed by the parents and returned to the principal immediately.

Any student removed from the team for academic reasons is eligible for reinstatement at the issuance of the next Progress Report/Report Card if she/he has successfully passed all subjects. The principal will notify the parents and the chairperson of the Athletic Committee of eligibility to resume participation in sports.

Athletes receiving an *in-school suspension* will not be eligible to practice or play on the day it is served.

*Out of school suspensions* will be dealt with on an individual basis and will be the decision of the principal.

*Scheduled detentions* will not be changed or cancelled to accommodate participation in practice or game.

## **PHYSICAL EXAM AND CONSENT FORMS**

No student will be permitted to participate in any extra-curricular sports unless she/he has the following:

1. An approved physical examination by the family physician or the school physician, that will not expire prior to the end of their sports season. **Note:** A physical exam is good for one full calendar year.
2. A SPORTS REQUEST form signed by the parent allowing the students to participate in the sport.
3. A signed AUTHORIZATION FOR EMERGENCY TREATMENT form in the case of an injury when a parent is unavailable.
4. The signed SIGNATURE SHEET from the Athletic Policy Handbook.

Parents will receive all necessary forms from the school. **All forms MUST be returned to the Athletic Committee chair before the first practice for students to participate in the sports program. It is then the responsibility of the Athletic Committee to follow-up on the students who have not returned the required forms. Students will not be allowed to practice or to play in a game until all paperwork is completed and returned.**

## **RULES OF CONDUCT**

Please see PARENT/STUDENT HANDBOOK of St. Mary School.

## **DRESS CODE**

The student athlete is representing St. Mary School both on and off the court or playing field. Therefore, before and after games, the student athletes will follow the dress code appropriate to each sport as defined by the coach at the beginning of the season.

## **APPEAL RELATING TO ATHLETICS**

Any parent who has cause to believe that his/her child has been unfairly treated or has concerns pertaining to the operation of the athletic programs may appeal in the following manner:

1. The parents should first attempt to resolve the issue with the party involved.
2. If concerns are not adequately resolved, the parent must submit those concerns in writing to the chair of the Athletic Committee.
3. The chair will then inform the athlete's parents of the resolution in writing within 30 days of the written complaint.

In all instances, the principal will be informed of the problem and the resolution, and may be asked to participate in these proceedings.

## **RELATIONSHIPS IN TEAM PROGRAMS**

In order for athletic programs to function successfully, various relationships must be fostered and maintained. Any disruptions in these relationships can affect the performance of the individual athlete as well as that of the team. Parents should recognize the potential impact they can have on these relationships.

### **Player/Coach Relationship**

1. This is the most important relationship.
2. Parents can negatively affect this relationship by criticizing the coach to their son or daughter.
3. Parental coaching at home must be in line with the philosophy and instructions of the coach so as to improve progress and not impede it.

### **Parent/Coach Relationship**

1. Allow the coach to instruct and guide the team without interference.
2. Do not question or confront the coach before, during, or immediately following a game.
3. Concerns should be addressed and discussed at an appointment with the coach away from the playing arena and the players. Courtesy and respect must reign on both sides.

### **Parent/Player Relationship**

1. Respect your child's abilities and shortcomings. He/she is not you, but a unique person.

2. Be positive and supportive without adding undue pressure and unrealistic expectations.
3. Allow mistakes to occur, as they are expected at this level of play and they are excellent teachers.
4. Provide transportation for your student athlete to practices and home games at the scheduled times, stressing the importance of being punctual.

### Fan/Officials Relationship

1. Any problems or concerns should be reported to the Athletic Committee chair as they arise.

### Parent/Teacher Relationship

Athletic practices and games are not the proper forum for “parent-teacher conferences”. Teachers who attend games are there as spectators to cheer for their student athletes. It is not appropriate for parents to attempt to engage teachers in discussions of school or classroom issues at athletic events.

## SPORTSMANSHIP

Parents have to demonstrate good sportsmanship and serve as good role models. Specific obligations of both athletes and parents are:

1. No vulgar or inappropriate language.
2. No taunting and/or trash throwing at any time.
3. No outside intrusion on the field or court during a contest.
4. No interference with the opponents’ cheerleaders or fans.
5. No yelling, clapping, or waving anything whenever an opponent takes a foul shot.

## RESPONSIBILITIES OF THE ATHLETES

1. Put the team’s goals, welfare, and success before your own.
2. Attend *all* practice sessions.
3. Be receptive to coaching.
4. Be responsible for all uniforms and equipment.
5. Follow team rules at all times as established by coaches.
6. Report all injuries *immediately* to the coach.
7. Fulfill academic responsibilities to minimize disruption for the team.
8. Maintain proper dress and behavior as befitting representatives of St. Mary School. This includes the removal of hats in public buildings.

9. Respect the property and facilities used for practice and games, including vehicles used for transportation.

## **ATHLETIC RULES**

### **Rule 1.**

Use and/or possession of drugs, alcohol, or tobacco by an athlete will result in automatic dismissal from the team for the rest of the season. School procedures/policy will be followed.

### **Rule 2.**

Poor and/or uncooperative attitude or behavior, including use of inappropriate language or gestures, will result in immediate removal from the game in progress and a minimum of a one game suspension to a maximum of dismissal from the team for the rest of the season. This will be at the discretion of the coach in conjunction with the Athletic Committee.

### **Rule 3.**

Tampering with, stealing, or the destruction of property of any kind will result in a minimum two game suspension to a maximum of dismissal from the team for the rest of the season. Athletes must pay for all damages and must remain suspended until restitution is made in full. In addition, a letter of apology to the offended party must be written prior to returning to the team.

### **Rule 4.**

Tardiness and absenteeism from practice and/or games without informing the coach in a timely manner, may result in a suspension from one or more games and/or diminished play time.

### **Rule 5.**

Rowdy or inappropriate behavior at any time is unbecoming to a St. Mary athlete. Fighting at a practice and/or game, in locker rooms, etc., will result in immediate removal from the game and a minimum of a one game suspension to a maximum of dismissal from the team for the rest of the season. This will be at the coach's discretion in conjunction with the Athletic Committee.

### **Rule 6.**

Threatening and/or intimidating a coach, game official, or anyone else, will result in immediate dismissal from the team for the rest of the season.

### **Rule 7.**

All St. Mary athletes must adhere to the school rules, league rules, and any other team rules that the coach and the administration believe to be in the best interest of the athletes. If said rules are not adhered to, this will result in a minimum of a one game suspension to a maximum dismissal from the team for the rest of the season.

**Rule 8.**

In order to be eligible as an ALL STAR player, athletes must meet the following criteria:

A player must be academically eligible to complete the entire season.

A player must have demonstrated regular and satisfactory attendance at practices and games.

A player must have demonstrated positive compliance with training rules and regulations.

A player must have demonstrated positive conduct and citizenship both on and off the court/field.

A player must not have violated ANY of the athletic rules.

**The school and the Athletic Committee reserve the right to amend this handbook. Parents and athletes will be notified in writing of any such changes.**

# HANDBOOK FOR ATHLETES AND THEIR PARENTS

**We have read the HANDBOOK and clearly understand the rights and obligations that are ours as we choose to participate in the Athletic program at St. Mary School for the 2008-2009 school year.**

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Parent Signature

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Date

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Athlete's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date