

St. Mary's Catholic School
Athletic Handbook

2022-2023



St. Mary's Catholic School
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Mission

The Mission of the athletic program at St. Mary's School is to teach our children the joy of participating in sports. Student-athletes will be taught the fundamentals of each sport through practice, hard work, and discipline while properly respecting fellow team members, coaches, and officials. We will celebrate the joys of competition and reward hard work while promoting fair play, team work, and understanding of the sport. We will accept our talents with humility, our wins and losses with grace, and we will demonstrate our character by individual and team behavior rooted in the teachings centered in our Catholic Christian faith.

Vision

The Athletic Department at St. Mary's School will further the individual growth of our children by instilling Catholic Christian values through participation in team sports.

Athletic Program Philosophy

St. Mary's Catholic School's athletic program is dedicated to the teachings of Jesus Christ as revealed in His life and proclaimed by the Catholic Church. We base our program upon methods that provide student-athletes with opportunities to reach their highest potential with respect to good sportsmanship, Christian attitude, hard work, self-discipline, respect, and self-confidence.

Eligibility

Students in middle school grades 6-8 (4 through 8 for Cross Country and Archery) are eligible to participate in athletics at St. Mary's Catholic School provided they are in good standing academically and comply with the expectations outlined in this handbook.

- Teams will be selected by the head coach through open tryouts for middle school students in grades 6th through 8th. 5th grade students may be allowed to tryout if it is deemed necessary to fill out a roster (at the discretion of Coach in conjunction with A.D. and principal.)
- If / when an athlete is cut from open team tryouts, the head coach will discuss with the athlete and / or parents why the decision was made through a line of direct communication determined by the head coach. A middle school student will not be cut to make room for a student in a younger grade.
- Although a student may be “cut” from a team, the coach may allow those not making the official team roster to continue to practice with the team at his/her discretion. If that allowance is offered, it must be offered to all those students “cut”. A coach may have attendance requirements for these students.
- All playing time is made at the discretion of the coach only.

Students who wish to participate in a sport not offered at St. Mary's are allowed to find opportunities to do so at other schools in the community. St. Mary's will not be held responsible for the communication and/or policies of other schools.

The Athletic Department and Principal will have final say regarding athletic eligibility.

Physical Exam

Athletes must have an IHSAA Pre-Participation Physical Evaluation form completed, signed by a physician and on file with the Athletic Commission before participating in practices and games. This form must be completed on or after April 1 of the previous school year and before the first practice to be valid. Forms can be found on St. Mary's School's website.

Concussion Information

As of July 1, 2012, all athletes, parents, and coaches must be informed of the risks, assessment, and treatment of concussions. Each year, athletes and parents will receive a concussion fact sheet. They will also be required to sign the concussion Acknowledgment Form and submit before the first practice. Forms can be found on St. Mary's School's website.

Academics

Emphasis is placed on the *student* in student-athlete at St. Mary's Catholic School. Success in the classroom is more important than success on the field or court. Athletes are expected to do well in the classroom and maintain sufficient grades in order to participate in athletics. The following guidelines determine eligibility based on academic standing:

1. If an athlete has ONE failing grade, in any subject, at the end of the nine week grading period or on a midterm progress report, he/she will be ineligible to participate in any practice sessions or games for 2 weeks. At the end of the two-week time period, the principal will check all of the athlete's grades. At this time, the athlete must be passing ALL subjects to regain eligibility.
2. If an athlete receives TWO or MORE failing grades, in any subject, at the end of the nine-week grading period or on a midterm progress report, he/she will be ineligible to participate for the remainder of the season.
3. It is the athlete's responsibility to give a copy of his/her report card or midterm progress report to the coach.

Expectations

What students should expect from the program

To learn how to play a game. To learn the skills necessary to play the game fairly within the rules, the fundamentals to play the game to the best of their ability, and the discipline to work hard to achieve success. To learn respect for coaches, officials, fellow teammates, and opponents. To learn the grace to accept their failures and successes. To learn to contribute their

utmost effort for their teammates, coaches and school, learning that personal achievement is a benefit earned through the team effort.

What parents should expect of the coaches

Their child will be taught the basic fundamentals of the game(s) being played. Through practice and hard work, the child will improve at playing the game. As the child improves, he/she will learn to enjoy the fruits of their hard work. The coaches will be fair and will dedicate themselves to making each student a part of the team through practice, training, and knowledge of the game. Students will be taught respectful behavior toward coaches, teammates, officials and opposing teams. Disrespect will not be tolerated. Coaches will offer parents ideas on skills that can be worked on at home, updates as to the child's progress and notifications of issues, schedules, and requests for assistance involving their child and the team. Students that come to practice unprepared or unwilling to work will be disciplined in accordance with the coach's written discipline policy.

What coaches expect from the students

Show up for each practice and game on time. Show up for each practice and game completely prepared, ready to work, learn and have fun. This means when it is time for the practice/game to begin, the player will be properly attired (uniform on, shoes on and tied up, etc.) and mentally ready to work, learn, compete and have fun.

What coaches expect from the parents and fans

It is a game. Have fun. Enjoy your child's efforts. Allow coaches to coach. Do not coach from the sidelines unless you have volunteered to be an assistant coach and are seated with the team. Treat opponents and officials with respect. This will enhance and further support the behaviors being taught by the coaches. Celebrate your child's and team's successes and do not criticize their failures. The coaches will use failures as teachable moments. Criticism from the fans degrades the children and adds pressure that is unneeded.

Any behavior that reflects poorly on St. Mary's will not be tolerated and may result in a student athlete's dismissal from the team at the coach's discretion. While other schools and/or teams may promote a hyper competitive, win-at-all-costs atmosphere, St. Mary's will hold their staff, students, and fans to a level of sportsmanship beyond reproach.