

# **St. Mary School**

## **AFTER-SCHOOL SPORTS POLICY**

### **ST. MARY SCHOOL AFTER-SCHOOL SPORTS MISSION STATEMENT**

St. Mary School (SMS) is committed to developing students not only mentally and spiritually, but also physically. In addition to regular physical education classes that are part of SMS curriculum, the North County Parochial League (NCPL) after-school sports program provides a complimentary avenue for SMS students to develop critical life skills such as sportsmanship, teamwork, accepting victory graciously and exemplifying dignity when defeated. SMS junior varsity goals of the program are the development of new and/or existing skills and leadership, belonging to and participating on a school sports team, and developing friendships outside of the classroom environment. SMS varsity level goals are to refine their skills physically, continue exemplifying leadership skills, to play competitively as a team, practice good sportsmanship, and foster school spirit.

Engaging in after-school sports has many positive aspects at St. Mary School. It is a privilege and not a right to play in a team sport. St. Mary School will strive to accommodate every student who wants to participate in our after-school sports program.

### **PHILOSOPHY OF THE NORTH COUNTY PAROCHIAL LEAGUE**

“Sports, well understood and practiced... contribute to the development of the whole person because it demands generous effort, careful self-control, mastery of self and respect for others, complete commitment and team spirit. These values contribute to the building up of tomorrow’s well-ordered society which we have characterized as the ‘civilization of love’.” - Pope Paul VI

The NCPL after-school sports program is not “win at all costs”. The purpose of the NCPL after-school sports program is to teach and exemplify the basic human and Christian values of sportsmanship, cooperation, and teamwork. Its goal is to help foster friendships, provide leadership opportunities, and help the students develop a positive attitude toward sports and athletic competition.

### **ST. MARY SCHOOL POLICY OF AFTER-SCHOOL SPORTS (P.A.S.S.)**

#### **1. NUMBER OF TEAMS**

As long as the NCPL permits us to do so, we will divide large same-grade junior varsity teams into two equal ability teams. 7<sup>th</sup> grade varsity teams may also be divided, if the number of athletes cannot be accommodated on one team, and if there are enough coaches, 8<sup>th</sup> grade teams will not be split.

#### **2. TEAM FORMATION**

When there are a sufficient number of students in any given grade wishing to play a sport, and if enough coaches volunteer, the team will be formed by grade level. Each athlete must have a signed permission slip on file with the Athletic Director.

When participating in tournaments outside of the league (i.e. Saint Augustine Basketball tournament), our school will field competitive teams. Junior varsity tournament teams will be comprised of players from both 5<sup>th</sup> and 6<sup>th</sup> grades. Varsity tournament teams will be comprised of players from 8<sup>th</sup> grade as well as a few 7<sup>th</sup> graders who will be chosen by the Athletic Director with input from the varsity coaches. If there is only one varsity team comprised of 7<sup>th</sup> and 8<sup>th</sup> graders, the entire varsity team will participate. Each team’s mission besides playing in after-school sports is to participate in a community service project as a whole. The service project will be determined by the team coach and Athletic Director.

### 3. STUDENT BEHAVIOR STANDARDS

Student Athletes must respect, obey, cooperate and exemplify good sportsmanship toward coaches, team parents, teammates, officials, and opponents during games and practices. Athletes must also stay committed to the team until the end of the season. He/She will attend all practices and games unless previous arrangements were made with the coach. Athletes must follow St. Mary School P.A.S.S. and all that it entails. Failure to do so could lead to suspension from games and practices for a set period of time, or even dismissal from the team. Determination would be made after consultation with the pertinent parties involved (e.g. Coach, Athletic Director, parents, teachers, administration). The length of the suspension will be determined by the principal and enforced by the coach.

#### Consequences for Unexpected Student Athlete Behavior

- 1<sup>st</sup> Offense: Warning
- 2<sup>nd</sup> Offense: Suspended for 1 week (practice and play)
- 3<sup>rd</sup> Offense: Expulsion from the team

### 4. RESPONSIBLE BEHAVIOR GRADE

Students must maintain a Responsible Behavior grade of at least a C- with no more than two detentions. Upon receiving a third detention during an academic quarter, an athlete will be suspended from playing their very next game. After a fourth detention an athlete will be removed from his or her team for the rest of the season. A student athlete may not receive a grade of "D" or "F" in any class from the most recent report card.

### 5. ACADEMIC ELIGIBILITY

In order to be eligible to participate in after-school sports at St. Mary School, students must meet the academic and behavior standards as stated in the St. Mary School Handbook. Students must maintain no "D" or "F" grades at the time report cards are issued. Thereafter, eligibility will be evaluated when report cards are issued. If a student is already playing on an after-school sport team and becomes a student on academic probation, they will be suspended from his or her team until the next reporting period i.e., report card. Students must be academically eligible at the time teams are formed in order to participate during a season.

*Note:* Eligibility is determined when report cards are issued. Students who have not met eligibility requirements at the end of the Fourth Quarter will not be allowed to play sports for the fall season. The student must have the approval of the Principal before the formation of team rosters for any given reason.

### 6. NUMBER OF ATHLETES

The established number of players per team is as follows:

- Varsity Volleyball—12 players or at the discretion of the A.D. and head coach
- Varsity Basketball—10 players or at the discretion of the A.D. and head coach

Teams must have the following minimum number of players (two more players than the minimum required on the field or court):

- Flag Football – 10
- Volleyball – 8
- Basketball – 7
- Soccer – 13

### 7. TRY-OUTS

Junior varsity and 7<sup>th</sup> grade varsity sports will not have try-outs nor will there be try-outs for varsity flag football and soccer. In the event that the number of students wishing to play exceeds the team numbers established by St. Mary School for 8<sup>th</sup> grade varsity basketball and 8<sup>th</sup> grade varsity volleyball teams and should there be a wide disparity in ability levels among the athletes, try-outs will be held.

## 7. TRY-OUTS (cont.)

The Athletic Director, in consultation with the head coach, will determine whether or not tryouts are necessary. The Athletic Director will devise relevant try-out criteria for the respective sport which will be used by those evaluating the student-athletes to determine suitability for selection to the team. Try-outs will take place as early as possible prior to the beginning of the season and will take place under the direction of the Athletic Director. The head coach for the team will participate in the tryout and have input in the selection of the team, but it will be the Athletic Director who will have the ultimate responsibility of making the selection of athletes to the team. A student must be present for the try-out to be considered for the team. If a student is unable to be present for the scheduled try-out, then it is the responsibility of the student to meet with the Athletic Director and make other arrangements before the try-out has occurred. A student must be academically eligible at the time try-outs are scheduled in order to try-out for a sport.

## 8. PLAYING-TIME STANDARDS

It is the expectation that every student-athlete in good standing play in every game. Coaches have the discretion to allot playing time based on the following factors:

- Attendance at practice
- Following directions
- Good sportsmanship
- Effort
- Positive attitude

Athletes who do not meet the above standards will not be guaranteed playing time. While every varsity athlete in good standing will play in every game, playing time will be determined by coaches with the success of the team in mind. The league does not require that athletes get an equal amount of playing time. The expectation at St. Mary School is that our junior varsity athletes will play a fairly equal amount of time in each game. Depending on the game, even some junior varsity players will play a little more than others. An athlete who has not attended school on a game day will not be allowed to participate in the game.

## 9. COACHES

Coaches are volunteers and will be recommended by the Athletic Director from those individuals who have expressed a desire to coach. Recommendations are subject to the approval of the principal in consultation with the pastor. A meeting will be held with the Athletic Director and Principal to discuss St. Mary School after school sports program, policies and philosophy. The head coach's child will automatically be selected to the team. An assistant coach, if any, may be chosen by the head coach and the Athletic Director from those parents whose children play on the team. Football and soccer teams, because of the number of players, must have at least two coaches present at all games and practices. Junior varsity basketball and volleyball teams with over 12 players should have two coaches (head and assistant) present at games and practices.

- All coaches will familiarize, acknowledgement and sign that they have read and understood the St. Mary School sports policy and be committed to implementing it.
- Coaches will exemplify Christian-like behavior, stress the concepts of teamwork and good sportsmanship by both instruction and example.
- Coaches will have their team participate in a community service project.
- Coaches will not criticize the opposing coach, players, or referee in front of their players
- At the beginning of each season, the coach will advise the players and parents of his/her rules and expectations.
- The coach or team parent will communicate with the team to schedule practices and coordinate drivers for away games and may hold a parent meeting before the season.
- The Diocese requires that all coaches be Live-scan and fingerprinted.

## 10. PARENT RESPONSIBILITIES

- Be supportive of the program and coaches (remember that coaches are volunteers).
- Do not criticize the coach, referees, program, or athletes in front of the children.
- Refrain from un-sportsmanship language,
- Follow the conflict resolution steps in the Sports Policy.
- Parents are not allowed on the field or court before, during, or after games.
- Reinforce the positive and encourage your child with positive words and your presence.
- Be supportive of the athletes and their commitment by being on time to practice and games and by attending as many games as time permits.
- Do not coach your child before, during, or after the game.
- Be responsible for seeing that your children are supervised before and after practices.
- Pick up children promptly after practices and games. All student athletes not picked up will be taken to the Extension center, by their coach and signed in by the adult in charge. A fee will be assessed for time spent in Extension.
- Payment for fees are expected to be paid on time. Once forms are signed and fees are paid, there are NO REFUNDS if the student athlete is dropped for academic or disciplinary reasons. However, as mentioned above, our intention is to enable every eligible student the opportunity to participate in our program. If fees present to be a financial hardship, please speak to the Athletic Director or Principal as soon as possible; this information will be kept in complete confidence.
- Do not permit siblings on the field during practice. There will be no supervision for siblings. They must go to Extension unless you are there to take care of them.

## 11. COMMUNICATION AND CONFLICT RESOLUTION

It is important in a successful program to keep the lines of communication open. Appropriate steps to take in the event of a problem:

- The athlete should speak directly to the coach.
- The athlete and parent (or parent only) should speak to the coach.
- If the problem continues, the parent or coach may go to the Athletic Director.
- The Athletic Director will bring the issue to the league, specific school, or principal as necessary.

Parents should refrain from speaking to coaches immediately before, during, or after games, unless it's a quick compliment. It is recommended that concerns be brought up in person, not via email. Depending on the nature of the problem, a 24 hour cooling-off period may be appropriate before taking any of the above steps.

## 12. PRACTICES

Our Athletic Department will offer a minimum of one practice a week (preseason excluded; 2-3 practices a week may be required before the season begins or under the recommendation of the coach during the season more than one practice) along with one game competition a week. Depending on the sport you choose, games will occur on the same day each week (see registration form for fall sports game days). Once team rosters are set, each coach will choose a day(s) to practice each week. During a sports season, half the games are on our home field or court and the other requires travel to other schools or venues in our league (YMCA). As a future note, during our basketball season, games may not always be on the same day of the week (more to follow as the season approaches).

SMS strongly encourages that all sports practices take place on days other than Sunday. At no time should practices be held during St. Mary Church Mass times (on or off campus). When all other alternative opportunities have been exhausted, there may be a circumstance where a practice may be scheduled on a Sunday. No team member will be penalized if his/her parents do not wish their child to attend.

13. EXTRA-CURRICULAR CONFLICTS. Students wishing to participate on a St. Mary School team must resolve any conflicts with respect to other commitments to the extent possible in favor of the St. Mary School after-school sports program. All players are responsible for their own home work, making up class work or tests missed due to practice and/or games. Students must sign the attached acknowledgment, committing to attend practices and games. Repeated absences from practices, unsatisfactory behavior, could lead to suspension from games and practices for a set period of time or even dismissal from the team.

#### 14. UNIFORMS

Each player will be issued a uniform. The uniform is the property of St. Mary School (unless personally purchased) and each player is responsible for caring for his/her uniform. All uniforms must be returned to the athletic department within five days of the last game played during that particular season. The player/parent is responsible for replacing any unreturned, lost, or damaged uniform or be assessed a \$25 fee. Uniforms should be washed in COLD water and line dried. Do not put uniforms in the dryer as this damages the screen printed numbers and lettering. Only clean WHITE socks are to be worn for basketball. An optional white or navy blue T-shirt may be worn under a basketball player's uniform. The color of the T-shirt and jersey must be the same. Players should wear a T-shirt and gym shorts to basketball practice. Players may not practice in game uniforms or street clothes. Athletes may change into game uniforms during lunch. Game uniforms can only be worn during school on game days after lunch. Girls with long hair will need to pull their hair back in a ponytail and wear no jewelry, barrettes, clips, etc.

#### 15. SPORTS LUNCH AND AWARDS

A sports lunch and awards program will be given twice a school year for after-school sports athletes (grades 5-8). One lunch/awards program will be given for the fall sports teams and the second lunch/awards program will be given for the winter and spring sports teams. Parents, teachers and peers will be invited to attend the sports award program. The coach from each team will recognize three exceptional athletes for: Most Valuable Player, Sportsmanship and Coaches award. At the end of the year, the Athletic Director will recognize those athletes (Iron Man and Iron Woman) from each grade that have participated in all sports and have maintained their grades (no D's or F's anywhere on their report card) throughout the year. Also, at the end of the school year, the Athletic Director will recognize one 8<sup>th</sup> grade boy and one 8<sup>th</sup> grade girl as Athlete of the Year. Athletes of the Year are chosen based on their overall contributions to the sports program; i.e. athleticism, grades, participation, leadership, sportsmanship, and coaches recommendation. The Athlete of the Year must have played every sport offered during the year as well as maintain their grades (no D's or F's in any class).

#### 16. EARLY DISMISSAL

NCPL games begin at 3:30 p.m. Early dismissal for athletes playing away games will be at 2:25 p.m. Siblings in grades K-4 may be signed out at the office.

#### 17. DRIVING TO AWAY GAMES

Parents wishing to drive children other than their own to away games must have a driver information form on file with the Athletic Director. A copy will be given to SMS office. All drivers must be Live-scan fingerprinted through the Diocese of San Diego. Parent drivers will meet the athletes at the picnic tables in the back of the school and will leave St. Mary School from the church parking lot area. It is recommended that before departing all drivers share cell phone numbers. A list of team members, parent/guardian contact and phone numbers, along with the permission/emergency form and map to away games will be provided in a folder for each driver. The coach, or the coach's designee such as the Team Parent, will supply the school office with a carpool list for that day's game. Directions to away games are also available on the league website <http://ncpl.pbworks.com>

# St. Mary School

## AFTER-SCHOOL SPORTS POLICY

ACKNOWLEDGEMENT. Since participation in the program is a privilege and not a right, it is required that both the student and his/her parent(s) must agree to support and abide by the policies and procedures set forth above. A statement to that effect must be signed by both the student and parent(s) prior to the formation of the teams at the beginning of each season.

We, the undersigned, agree to abide by the policies and procedures set forth in the St. Mary School Policy of After-School Sports (P.A.S.S.). In addition, as a student athlete, I have a responsibility to my school and to my teammates and I agree to maintain my academic standards and my behavior standards. If I do not do this, then I am choosing to leave the team by choosing not to maintain the academic and behavior standards. **In order to participate in the after-school sports program, this form must be signed and returned to Mrs. Freitas, no later than 9/7/10.**

This policy will remain in effect as written for the 2010-2011 school year. The P.A.S.S., as well as general issues related to after-school sports, will be reviewed throughout the year by the administration and the Athletic Director. Minor changes may need to be made as necessary; major policy changes, if any, will not take effect until the following school year. Policy concerns may be directed to the Athletic Director.

Student Name (print) \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_