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SAINT ANNE  
CATHOLIC SCHOOL  
CRUSADERS

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STUDENT-  
ATHLETE  
HANDBOOK  
2019-2020

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# STUDENT-ATHLETE HANDBOOK

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## Table of Contents

Mission Statement.....	3
Philosophy .....	3
Athletic Goals and Objectives.....	3
To the Parent .....	3
To the Athlete: .....	3
Governance .....	4
Greater Houston Catholic Athletic Association (GHCAA) .....	4
General Policies .....	5
Requirements for Participation.....	5
Crusader Academic Eligibility .....	6
Statement of Caution .....	6
Attendance the Day Before and After a School Contest .....	7
Attendance at Practices and Team Meetings .....	7
Financial Obligations and Equipment .....	7
Parent/Staff Communication Policy.....	7
Conduct of Athletes.....	8
Good Sportsmanship for Students and Others .....	9
Letters, Awards, etc.....	9
Dismissal Procedures .....	10

## Mission Statement

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The mission of Saint Anne Catholic School calls young people to holiness and prepares them to proclaim and live the Gospel message of Jesus Christ by educating and forming the whole person; emphasizing spiritual, moral, intellectual, social, cultural and physical development of every student.

## Philosophy

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One of the goals of our athletic program is to help our student-athletes develop into productive citizens through learned acts of sportsmanship. Saint Anne Catholic School Athletic programs successfully integrates the Gospel message that produce individuals who are faith-filled, have respect for others, value human life, and are willing to sacrifice for those in need.

Our Athletic Department strives to offer our students the opportunity to participate and succeed in a wide range of individual and team activities. Interscholastic sports should offer the skilled performer an opportunity to compete at the highest level locally. Saint Anne believes in a comprehensive physical activity and sports program, and strives to provide quality coaching and facilities. Budget and facilities will set practical limits on these but we strive to continually update our equipment and our coaches are constantly challenged to grow and improve.

There should be no inherent conflict between athletics and academics. One of our fundamental responsibilities is to encourage each player to achieve academic success, not just to earn acceptable grades, but to secure a sound and solid education and to graduate from Saint Anne with the best record possible. We encourage them to participate in other school activities, to be student leaders and instill an attitude to never accept and be satisfied with mediocrity.

Saint Anne student-athletes are not expected to be like everybody else; they are expected to be like Christ. Saint Anne student-athletes realize that they are committed Christians who function everyday in the school community. They realize that religion needs to be alive in them inside and outside of athletic competition.

## Athletic Goals and Objectives

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Our Goal - The student-athlete shall become a more effective citizen in our society.

Our Specific Objectives - The student-athlete shall learn:

- a) To promote religious education – Our society should begin and end in the person and teachings of Jesus Christ. His life, His work, and His teachings provide in-depth instruction on the relationship of human beings with the God who created them as well as the relationships with each other.
- b) To work with others - In our society a person must develop self discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.
- c) To be successful - Our society is very competitive. We do not always win, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. Develop a desire to excel.
- d) To develop sportsmanship - To accept any defeat like a true sportsman, knowing we have done our best, we must learn to treat others as we would have others treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation and dependability.
- e) To improve - Continual improvement is an essential component of good citizenship. As an athlete, you must establish a goal and you must constantly try to achieve that goal.

# STUDENT-ATHLETE HANDBOOK ACKNOWLEDGEMENT

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Try to improve in the skills and knowledge required and those personal traits that enhance the success of a team.

- f) To enjoy athletics - It is necessary for athletes to enjoy participation, to acknowledge all of the personal rewards to be derived from athletics, and to give sufficiently of themselves in order to improve the program.
- g) To develop desirable personal health habits - To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits, and to develop the desire to maintain this level of physical fitness after formal competition has been completed.

## To the Parent:

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This material is presented to you because your son or daughter has indicated a desire to participate in athletics and you have expressed your willingness to permit him/her to compete. Your family interest in this important component of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences which assist students in personal adjustments.

We are concerned with the educational development of boys and girls through athletics and feel that a properly controlled, well-organized sports program can meet student needs for self-expression, social, mental and physical growth. It is our intent to conduct a program that is educationally sound in purpose and will enhance each student's personal growth.

A student who elects to participate in athletics is voluntarily making a choice of self-discipline and self-denial. These are the reasons we place such stress on good training habits. Failure to comply with the rules of training and conduct, means exclusion from the squad. This concept of self-discipline and self-denial is tempered by our responsibility to recognize the rights of the individual within the objectives of the team. There is no place in athletics for students who will not discipline their minds and bodies for rigorous competition. We are striving for excellence and do not want our athletes to compromise with mediocrity.

Likewise, we feel that you have committed yourselves to certain responsibilities and obligations. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized program of athletics.

It is the role of the department of athletics to make rules that govern the spirit of competition for the school. These rules need a broad basis of community support, which is achieved only through communication to the parent. It is our hope to accomplish this objective through this athletic publication for students and parents.

## To the Athlete:

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Being a member of a Crusader athletic team is a fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of Saint Anne Catholic School, you have inherited a wonderful tradition which you are challenged to uphold.

Our tradition is to win with honor. We desire to win, but only with honor to God, our athletes, our schools and our community. Such a tradition is worthy of the best efforts of all concerned. Over many years our squads have achieved league and tournament championships. Many individuals have set records and achieved honors.

# STUDENT-ATHLETE HANDBOOK ACKNOWLEDGEMENT

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It will not be easy to contribute to such a great athletic tradition. When you wear the colors of our school, we assume that you not only understand our traditions, but are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to you and your family.

- h) **Responsibility to Yourself:** The most important of these responsibilities is to broaden and develop strength of character. You owe it to yourself to derive the greatest benefit from your high school experiences. Your academic studies, your participation in other extracurricular activities as well as in sports, prepare you for your life as an adult.
- i) **Responsibility to your School:** Another responsibility you assume as a squad member is to your school. Saint Anne Catholic School cannot maintain its position as having an outstanding school unless you do your best in the activity in which you engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school. You assume a leadership role when you are on the athletic squad. The student body and citizens of the community know you. You are on stage with the spotlight on you. The student body, the community and other communities judge our school by your conduct and attitude, both on and off the field. Because of this leadership role, you can contribute significantly to school spirit and community pride. Make Saint Anne Catholic School proud of you, and your community proud of your school, by your consistent demonstration of these ideals.
- j) **Responsibilities to Others:** As a squad member you also bear a heavy responsibility to your home. If you never give your parents anything to be ashamed of, you will have measured up to the ideal. When you know in your heart that you have lived up to all of the training rules, that you have practiced to the best of your ability everyday and that you have played the game "all out," you can keep your self-respect and your family can be justly proud of you.

The younger students are watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them.

## Governance

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### Greater Houston Catholic Athletic Association (GHCAA)

All schools are voluntary members of the Greater Houston Catholic Athletic Association and compete only with member schools. As a member school district, Saint Anne Catholic School agrees to abide by and enforce all rules and regulations promulgated by this association.

The primary role of the metro association is to maintain rules and regulations that ensure equity in competition for the student-athletes and a balance with other educational programs. The association solicits input and is responsive to requests for rule modification from member schools, appointed committees, and coaches' associations. The association attempts to enforce such rules that assure the greatest good for the greatest number and to ensure that competition is conducted in an appropriate manner.

# STUDENT-ATHLETE HANDBOOK ACKNOWLEDGEMENT

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## General Policies

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- a) Crusader coaches will follow and abide by all rules of the GHCAA and Saint Anne Catholic School.
- b) Crusader coaches should encourage students to participate in various sports in the Saint Anne program. A coach should never put students in a position of having to choose one sport over another by any form of subtle pressure or influence with regard to an athlete's future in a sport; any coach exercising such pressure is liable for removal of his/her coaching position.
- c) Athletic seasons are defined. Preseason, spring, and fall training shall only be with athletes not involved in other sports in during that season.
- d) Coaches are expected to hand out all available information on their teams to the Athletic Director, parents and athletes at the beginning of the season (i.e. coaching philosophy, scheduled practices and games, team rules, team policies, etc).
- e) All fund raising efforts must be approved by the Athletic Director and the Principal.
- f) All correspondence with the media must be approved by the Athletic Director and the Principal. Exception: Calling in Scores and Stats
- g) Coaches should monitor their athletes at all times-before, during, and after practice, games, and/or team events.
- h) Use of profane or obscene language is not allowed at any time by coaches or athletes.
- i) Athletes and coaches must dress appropriately for athletics and school functions.
- j) **ATHLETIC COMMITMENT:** Athletes who are uncertain about making a commitment to a sports program are encouraged to discuss the program with their parents and Athletic Director before they make a commitment.
- k) Athletes must comply with all items in the Saint Anne school and athletic handbook.

## Requirements for Participation

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All forms are available on the Saint Anne Catholic School website. Go to the Athletic page under the "Athletic Forms" tab.

- a) Physical Examination (use the Archdiocese of Galveston-Houston form)
- b) Sports Transportation
- c) Statement of Caution
- d) Athlete's Responsibilities
- e) Athletic Fee of \$150 per sport must be paid before the 1<sup>st</sup> competition.

# STUDENT-ATHLETE HANDBOOK ACKNOWLEDGEMENT

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## Crusader Academic Eligibility

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At Saint Anne Catholic School, the student-athlete must perform on and off the court. At Saint Anne, academics are a key part to the success of our student-athletes. The Crusader Athletic Department eligibility requirements in accordance with Saint Anne Catholic School is as follows:

1. The Athletic Director will begin checking grades at the 2 week period. Any student starting to struggle in a class will be strongly urged to begin tutoring in that class.
2. **ACADEMIC MONITORING—**
  - 2.1. **Minimum standard for participation** – in order to participate in good standing, a student must maintain a minimum of 69 and S (Satisfactory) in both academic classes and conduct
  - 2.2. **Minimum standard for participation** – in order to participate in good standing, a student must maintain minimum grades of 69 and S (Satisfactory) in both academic classes and conduct.
  - 2.3. **Eligibility warning** – when progress reports are issued, any student failing to meet the minimum standard above, will have one (1) week to resolve the grade/conduct issue to remain eligible.
  - 2.4. **Ineligibility** – if the failure issues are not resolved following the warning period, a student will become ineligible to participate for a two (2) week probationary period. During the two-weeks, an ineligible student is not allowed to participate in any practices, games, meets, or other school sponsored extracurricular activities.
  - 2.5. **Follow-up grade check** – at the end of probationary period, if the failure issue(s) has not been resolved, the student will remain ineligible until the end of the trimester period. If the failure issue(s) is resolved, then the student may return to full participation.
  - 2.6. **Trimester** – regardless of previous eligibility or ineligibility, failure to meet the minimum standard indicated above on the trimester grade report, will render a student ineligible to participate for a two-week probationary period.
  - 2.7. **Follow-up grade check** – at the end of this probationary period, if the failure issue(s) has not been resolved, the student will remain ineligible until progress reports are issued. If the failure issue(s) is resolved, then the student may return to full participation.
  - 2.8. **Warnings** – students who earn at least one grade of 69 – 76, inclusive, likely need extra time and attention in those subject areas. While not considered ineligible, these students will be *encouraged* to attend the subject-specific tutorials that may be offered until the next reporting period.
  - 2.9. **Absence** – any student absent from school for half-day or more, on the day of a scheduled extra-curricular event/game, may not participate in the event. A half-day is defined as missing all classes before lunch or all class after lunch.

**Note: Grades will be checked every two weeks.**

## Statement of Caution

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All athletes and parents must realize the risk of serious injury which may be a result of athletic participation. Saint Anne Catholic School will use the following safeguards to make every effort to eliminate injury.

- a) Conduct a mandatory parent/athlete meeting prior to the start of the season to fully explain the athletic policies and to advise, caution and warn parents/athletes of the potential for injury.

# STUDENT-ATHLETE HANDBOOK ACKNOWLEDGEMENT

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- b) Maintain a continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their sport.
- c) Instruct all athletes about the dangers of participation in the particular sport.

## Attendance the Day Before and After a School Contest

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A student is expected to attend all classes on his schedule on the day of a game/tournament/meet and the next school day following. Habitual absences before and after a contest may result in suspension from the team. To be eligible to participate in the contest of the day, the athlete must be present at least half a day on that day.

## Attendance at Practices and Team Meetings

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Team members are expected to be present at all practices, team meetings, competitions, and special occasions unless excused by the head coach. If you are going to miss for any reason, it is the player's responsibility to contact the coach (email, phone, etc.) 24 hours in advance.

## Financial Obligations and Equipment

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- a) Each sport season, when squads are selected, athletes may be assessed an athletic fee of \$150 per sport to help maintain the high quality of the athletic program.
- b) Additional fundraising per team may be required to help purchase player warm-ups, team t-shirts, socks, or anything the player/coach is allowed to keep at the end of the season.
- c) Equipment/Uniform - All athletes are responsible for the proper care and security of equipment/uniforms issued to them. School furnished equipment/uniform is to be worn only for contests and practice. All equipment not returned in good condition at the end of the season will be subject to a financial penalty.

## Parent/Staff Communication Policy

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Positive involvement in sports requires commitment from students, parents, coaches, and advisors. To be successful, all involved must work to ensure effective communication. The following guidelines are intended to aid parents and staff in their interactions.

Communication parents can expect from coaches:

- a) Location and time of practices and contests.
- b) Description of coach's philosophy.
- c) Coach's expectations for all the players on the squad as well as the individual role for each student-athlete.
- d) Team requirements, i.e. - fees, special equipment, off-season conditioning.
- e) Notification when a student-athlete is injured during participation.
- f) Notification of disciplinary action resulting in removal of student-athlete from participation.
- g) Request for support towards the commitment of the program. For example, coaches may ask a parent's help in ensuring that a student-athlete is at practice on time or imposing a reasonable curfew.

# STUDENT-ATHLETE HANDBOOK ACKNOWLEDGEMENT

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What are appropriate concerns for parents to discuss with coaches?

- a) Skill improvement and development.
- b) Concerns about their child's behavior, attitude and commitment.
- c) Guidance for an athlete interested in the next level of play after junior high.

What things are not appropriate for parents to discuss with coaches?

- a) Playing time
- b) Team strategy
- c) Play calling
- d) Other student-athletes

If a parent has a concern to discuss with a coach, what procedure should be followed?

- a) The player will make the first initial contact; making an appointment with the coach to discuss his/her concerns.
- b) If the conflict is not resolved, the parent can call the coach to set up an appointment.
- c) If the coach cannot be reached, call the Athletic Director to set up a meeting with the coach, parent, and player.
- d) Please do not attempt to confront a coach before, during, or after a contest or practice. These are emotional times for both the parent and the coach. This time does not promote objective analysis of the situation.

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

- a) Call and set up an appointment with the Athletic Director to discuss the situation further.
- b) At this meeting, the coach, parents, and player will attend.

We are continually attempting to improve communication with the student-athletes and parents. For our program to be truly successful, it is necessary that everyone involved understand the direction the program is headed and to avoid unnecessary miscommunications. Positive and effective communication can only strengthen our program.

## Conduct of Athletes

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A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student is our major consideration and transcends any other consideration.

All athletes shall abide by a code of ethics (describe in Student Handbook) which will earn them the honor and respect that participation and competition in the program affords. Any conduct that results in dishonor to the athlete, the team or the school will not be tolerated. Acts of unacceptable conduct, such as, but not limited to theft, vandalism, disrespect, immorality or violations of law, tarnish the reputation of everyone associated with the athletic program and will not be tolerated.

# STUDENT-ATHLETE HANDBOOK ACKNOWLEDGEMENT

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## Good Sportsmanship for Students and Others

“Sportsmanship is that quality of honor that desires always to be courteous, fair and respectful and if is interpreted in the conduct of players, spectators, coaches, and school authorities,”  
Fielding H. Yost

“I hope, above all, that you approach this competition with that disciplined and focused attitude which helps to form every person and which can teach order, loyalty and respect for people and laws as well as being a training ground for building strength and dignified behavior” *Pope John Paul II*

To accomplish the above, students must do the following:

- 1) Keep in mind that a student spectator represents his school just as does the athlete.
- 2) Realize that the good name of the school is more valuable than any game won by unfair play.
- 3) Lead other spectators to respect officials by setting them a good example, by accepting decisions of officials without question.
- 4) Respond to the calls of the cheer leaders especially when the team is losing.
- 5) Be courteous to the visiting team both on and off the field of play.
- 6) Impress upon the community its responsibility for self-control and fair play at all athletic contests.
- 7) Suggest that any spectator who continually practices poor sportsmanship be requested not to attend future games.
- 8) Commend and applaud good sportsmanship by the visiting team.
- 9) Express disapproval of abusive remarks from the sidelines.
- 10) Be familiar with the athletic rules. Support and enforce them.
- 11) Encourage the discussion of fair play, sportsmanship, and school spirit through class work, assembly programs, and club programs.

## Letters, Awards, etc.

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Letters and awards will be given as specified by the school award program and at the appropriate recognition activity as determined by the coaches and school administration. All participants are expected at these programs, just the same as they would be expected at a practice or team meeting.

# STUDENT-ATHLETE HANDBOOK ACKNOWLEDGEMENT

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## Dismissal procedure for away games

- Early release will be called in the building at 2:35PM.
- Players will be dismissed from their 7<sup>th</sup> period class. They will proceed to the gym to prepare for pick up
- All early release cars must ***enter through the exit gate***. Cars will stay to their right, circle around and stop at the top of the RED line. Basically, making a big 'U' in and out of the area. Players will load up quickly. All cars will exit the normal route.
- All early release vehicles must be out of the school lot by the time gates are opened for the afternoon carline.
- For those student athletes who do not play the first game but are traveling with a student athletes' family they will need to have transportation forms fill out and also submit a note or email to the teacher and office informing them of their early dismissal if necessary.
- If a parent has siblings that will leave with the team, please email the teacher and [receptionist@stanneschool-tomball.org](mailto:receptionist@stanneschool-tomball.org). You must sign them out in person at the front office no later than 2:35PM. Park in the early release queue and walk over to the office to retrieve siblings and escort them to your car.
- First game will begin at 4:30 for C-team volleyball, JV Soccer, C-team basketball boys and JV girls Basketball
- When we travel to away game, we all need to be respectful and at our best behavior
- All students will be responsible for the uniform that they are provided with for away games and home games. Please make sure the uniforms are washed regularly and are stain free before they are turn in at the end of the season.