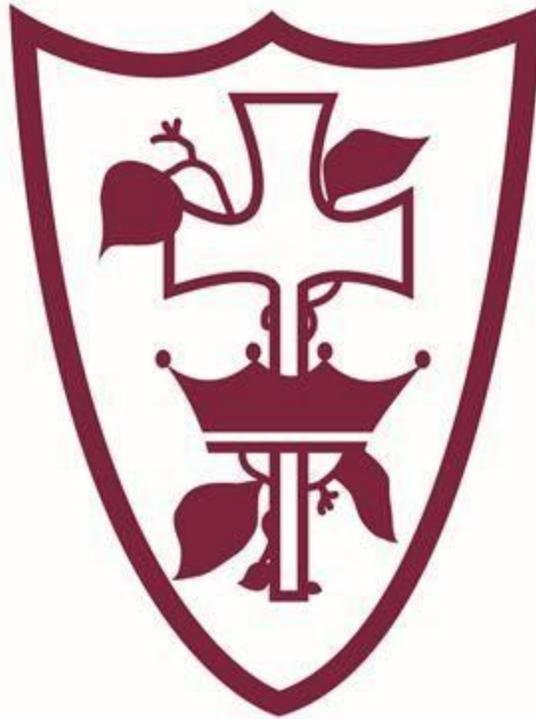


**St. Martha**  
**Catholic School**



**ST. MARTHA CATHOLIC SCHOOL**

**MIDDLE SCHOOL**

**ATHLETIC HANDBOOK**

**2020-2021**

*St. Martha Catholic School provides an excellent Catholic education by developing mind, heart, and spirit as we share in community to form witnesses who transform the world.*

*Please note that the global pandemic may affect the following policies and/or procedures for the 2020-2021 school year. Please refer to the COVID-19 updates that can be found on the front page of our school website for the most up-to-date information. You may contact the school office with any questions or concerns.*

## **TABLE OF CONTENTS**

<b>PHILOSOPHY OF THE MIDDLE SCHOOL ATHLETIC PROGRAM</b>	<b>2</b>
<b>INTRODUCTION</b>	<b>2</b>
Parent Communication	2
Expectations	3
<b>STUDENT ELIGIBILITY REQUIREMENTS</b>	<b>3</b>
Enrollment	3
Grade Level/Age Requirements	3
Physical Examinations	3
Financial Obligations	3
Attendance	3
Academic and Behavior Eligibility	3
Ineligibility Following Progress and Report Cards	4
Team Try-Outs	4
Sportsmanship	4
<b>ATHLETIC CODE</b>	<b>5</b>
The Coach's Code	5
The Student-Athlete Code	5
The Spectators Code	5
Team Selection	6
Team Meeting	6
Practices/Games	6
Booster Club	6
Transportation	6
Injuries	6
Uniforms and Equipment	6
<b>PARENT ACKNOWLEDGEMENT FORM INFORMATION</b>	<b>7</b>



## **PHILOSOPHY OF THE MIDDLE SCHOOL ATHLETIC PROGRAM**

The philosophy of the Middle School Athletic Program at St. Martha Catholic School (SMCS) is in accordance with the school's overall mission statement. It is the primary goal of St. Martha Catholic School that the education of students is centered on the development and formation of the whole Christian person.

St. Martha Catholic School recognizes that an important component of a student's well-being is that of physical development. In addition, it is important for students to develop socially as they learn to work in a team situation and to practice good sportsmanship. The goal of the athletic program is to produce young men and women of strong character, develop and cultivate school spirit, gain athletic ability, and strive to be successful in the competitive society in which we live.

## **INTRODUCTION**

St. Martha Catholic School offers competitive sports for both boys and girls in middle school, including: cross country, co-ed soccer, boys and girls basketball, girls volleyball, boys baseball, girls softball, and track. The athletic program falls under the jurisdiction of the school, and is administered by the Principal and the athletic director (AD). The St. Martha Catholic School athletic program is governed under the Galveston-Houston Catholic Athletic Association (GHCAA) and adheres to their guidelines. A \$100 fee is charged per student, per sport, to assist in covering the costs of the athletic programs.

Participating in the St. Martha Catholic School athletic program is a privilege, not a right. Students earn the privilege of participating through hard work, dedication, desire, and self-discipline. The school, in cooperation with the students and parents, will make a reasonable effort to hold participating students to personal, academic, and discipline standards. Students, athletes, spectators, coaches, and instructors represent the school, and they are expected to be worthy representatives. Students may not try out for a sport if they are on academic or behavioral probation or suspension. In addition, participation requires a commitment by the student to attend all practices and games with the exception of an excused absence (funeral, illness, etc.). Parents must call/email the athletic director, and/or the coach, in the event a student is ill and will miss a practice.

### **Parent Communication**

**All communication from parents must go through the athletic director.** Parents are to bring all questions or comments to the SMCS athletic director as our coaches are volunteers. Office personnel are told to forward calls, texts and emails that are not related to an absence to the AD. The coaches donation of time and talent is for the student players only. Parents are not to approach the coaches during a game or practice and never to complain. Please remember they are volunteers for which we are truly grateful. The AD will handle all concerns.

## **Expectations**

Students are expected to follow the guidelines set by the coach. These include: proper behavior, enthusiasm, promptness, grooming, dress, attendance at practice and warm-ups. Students are expected to attend all practices, games, and meetings called by the coach. If a student is to miss a game or a practice, the coach or AD must be notified in advance. Students who miss practices and/or games may lose playing time in future games. Parents, please refer to the last paragraph of pg. 1 Introduction.

## **STUDENT ELIGIBILITY REQUIREMENTS**

### **Enrollment**

Students must be enrolled and attend St. Martha Catholic School.

### **Grade Level/Age Requirements**

Students who reach the age of fifteen (15) before September 1, may not play on the varsity team. Students who reach the age of thirteen (13) before September 1, may not play on the junior varsity team. Traditionally, middle school sports are reserved for students in grades 6-8, but if the need is identified by the AD and Principal, 5th grade students may be invited to participate in tryouts.

### **Physical Examinations**

All students must have a physical examination to participate in the athletic program. The Archdiocesan Physical Form plus the two (2) page Medical History Forms must be completed, signed by a physician and be on file with the athletic director prior to practicing for the sport. The physical examination must be dated June 1 or later of the current school year.

### **Financial Obligations**

Families must be current with all school fees and tuition in order for students to be able to participate in athletics. Parents must pay an athletic fee of \$100 for each sport in which a student participates by a specified date. Athletic fees are non-refundable.

### **Attendance**

Students who leave school during the school day or are absent due to illness may not participate in the day's athletic practice or game.

### **Academic and Behavior Eligibility**

Students will be placed on probation for academic grades below the passing standard and behavior grades of N on their Progress Report Cards and/or Report Cards. When on probation, students are expected to attend tutoring before or after school. Students on academic probation will be allowed to continue participating in the practices, however, tutoring will always take precedence when the times conflict. Students will not be allowed to play in games for two (2) weeks after the distribution of the progress/report cards (or if this is a non-game period, they will not be allowed to play in the first game). If the student's grades have improved to passing when the probation

period is completed, they will be reassessed. Students that fail to turn in homework assignments or are falling behind on major projects will not be allowed to participate in athletic practices which will jeopardize their playing time. Students with a U in conduct and/or a suspension will be immediately benched for the remainder of that sport, at the discretion of administration.

### **Ineligibility Following Progress and Report Cards**

- Begins the immediately following the distribution of progress/report cards.
- Continues for two (2) weeks of ineligibility until the grade improves to 70 or better.
- Weekly monitoring until the next grading period.
- Ineligible students are not allowed to participate in games or tournaments, but may attend practices as long as tutoring is attended.

### **Team Try-Outs**

Athletic teams will have open try-outs for each sport and cuts will be made at the discretion of the AD and Principal in conjunction with the school coach(es). St. Martha Catholic School will attempt to field a varsity and junior varsity team for all sports when participation demands and practice time and space allow. Quality/Fair playing time will be monitored for all participants. This principle should be applied over the course of a season given that situations vary from game to game.

### **Sportsmanship**

Any student athlete whose conduct, dress, public or private remarks, or any other display of behavior of unsportsmanlike conduct that might discredit the school, may cause the student athlete to be declared ineligible for athletic competition or participation. Any parent volunteer in a coaching position is also held responsible to the same standards.

Athletes, spectators (including parents and invited guests) and coaches are expected to conduct themselves with behavior consistent with Christian principles. Rude, abusive language, and conduct, may result in expulsion from the sports arena as well as other disciplinary action that is deemed appropriate.

Any decisions of ineligibility will be in consultation with the AD and Principal and will be final.

## **ATHLETIC CODE**

### **The Coach's Code**

- Treat athletes based on what is best for the education, general welfare and health of the student.
- Willingness to motivate, help and improve student skills through constructive criticism fair to the philosophy of the athletic program.
- Adhere to in-season and out of season GHCAA practice regulations.
- Assign a team parent to arrange phone trees, email lists, etc.
- Will not tolerate the use of performance enhancing drugs by athletes and will inform the school administration upon knowledge of such drug use.

### **The Student-Athlete Code**

- Accept and understand the seriousness of responsibility, and the privilege of representing the school and the community.
- True and fair to philosophy of the athletic program.
- Live up to the standards of sportsmanship established by the school administration and the coaching staff.
- Learn the rules of the game thoroughly.
- Treat opponents the way you would like to be treated.
- Wish opponents good luck before the game and congratulate them in a courteous manner following either victory or defeat.
- Respect the integrity and judgment of game officials. The officials are doing their best to help promote you and your sport.
- It is the student's responsibility to maintain grades and conduct. Dedicate oneself to strong effort for improvement of skills, team spirit, and sportsmanship.
- Christian behavior and attitude should be exemplified at all times and no profanity should be utilized at any time.

### **The Spectators Code**

- Spectators are at the athletic event to support the team and to enjoy the skill and competition; not to intimidate or ridicule the other team or its fans.
- Remember that school athletics is a learning experience for students and that mistakes are sometimes made.
- Praise student-athletes for their attempt in order to help them improve.
- Learn the rules of the game.
- Show respect for the opposing players, coaches, and spectators.
- Respect the integrity and judgment of game officials.
- Recognize and show appreciation for an outstanding play by either team.
- Use only cheers that support and uplift the teams involved.
- Be a positive role model at events through your own actions.
- Respect the buildings and property of the facilities that are used by picking up trash and following rules as displayed.
- Ensure the safety of children who are spectators by supervising inside and outside of the facilities.

### **Team Selection**

The AD in conjunction with the school coach is responsible for the team selection process for the individual sport. Expectations for participation will be explained to students prior to tryouts being conducted.

### **Team Meeting**

Coaches will hold a preseason parent meeting. When a meeting is called, attendance of at least one parent is mandatory. This requirement must be met prior to the student being allowed to participate in competition as sports season guidelines and expectations are discussed. Students will be provided with an electronic copy of the Athletic Handbook, fee requirements, practice schedules, game schedules, and game directions by the athletic director.

### **Practices/Games**

Students are expected to attend all practices, games, and meetings called by the coach. A student will be excused only for illness, funerals or prior approval of the coach. Students who miss practices, games, or meetings may lose playing time in future games. Students are not guaranteed playing time in every game. In order to have a successful team, play time and position played will be at the coach's discretion.

### **Booster Club**

The parents of each registered athlete are required to volunteer for one shift in booster sales of concessions at home games, during the sport season.

### **Transportation**

Parents are responsible for the transportation of their child to and from athletic practices/games. In the event of weekend competitions/tournaments, parents are responsible for arranging transportation. Students must be picked up immediately at the practice/game conclusion with definite plans prearranged.

### **Injuries**

The AD coach and school nurse must be notified in the event of any injury.

### **Uniforms and Equipment**

School issued uniforms and equipment will be issued for all St. Martha Catholic School games, competitions and special activities. The wearing of team uniforms for PE classes and personal social activities is not permitted. Care must be taken to keep uniforms and equipment in good condition and they must not be worn except for school games. At the end of the season, all uniforms and equipment must be returned to the school in a labeled bag with the player's name to avoid the non-return fee as stated in the uniform agreement contract.

A student's report card may be withheld at Progress/Report Card distribution if uniforms have not been returned. Students who leave a team before the end of a season must

return uniforms and equipment immediately. Students are responsible for furnishing their own shoes, knee pads, and shin guards.

## **PARENT ACKNOWLEDGEMENT FORM INFORMATION**

### **Athletic Handbook 2020 – 2021**

**The Parent Acknowledgement Form for the Athletic Handbook can be found on Family Portal under Web Forms. This form only needs to be turned in ONCE per family regardless of the number of sport teams joined per year.**

**Please complete the electronic form before your athlete begins his/her first sport.**

Your signature on the Family Portal indicates that you have read the handbook. It also means that you have discussed with your child(children) the appropriate items from the handbook and that you and your child(children) agree to abide by the school procedures, regulations and policies discussed in this handbook.

St. Martha Catholic School and/or the Principal retain the right to amend the handbook for just cause. Parents will be given prompt notification if any changes are made.