



St. Mary's Catholic School
Athletic & Extra Curricular Handbook 2020-2021
224 7th Street NW
Albuquerque, NM 87102
505.242.6271

Dear Students, Parent & Guardians,

Welcome to St. Mary's Catholic School Athletics and Extracurricular Clubs! We are excited to continue the very rich tradition that is Cougar Athletics! It is an honor and a privilege for our students to participate in Athletics and Extracurricular Clubs, as we all aim to maintain the high standard that has been set by our alumni. Being a student athlete at St. Mary's encompasses more than being a great athlete. Our core values are such that our student athletes are expected to maintain the highest standards in education, Christ-like behavior and be stewards in the community. Only then can they achieve their goals in their respective athletic and extracurricular endeavors.

Personally, I am honored and humbled to serve our student athletes, parents and community. We have a culture at our school that is unmatched and we continually set the bar for success in the classroom, on the field and on the court.

GO COUGARS!!!!

Chris Brown
Athletic Director

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Introduction

This handbook has been compiled and published for parents, coaches and students under the authority of the administration of St. Mary's Catholic School. It has been written to answer frequently asked questions regarding the operation of athletics and extracurricular activities.

Rebecca Maestas Sanchez, Principal

Chris Brown, Athletic Director

As questions arise throughout the school year, please refer to your handbook. If additional information is needed, contact the school (505.242.6271).

Particular regulations may be modified if determined necessary by the Athletic Director, Principal or Pastor who is the final arbiter in all matters pertaining to the operation of Immaculate Conception Parish, School and Athletics.

For any difficulties or problems encountered with policies please see the section titled, Grievance Procedures.

Mission Statement

St. Mary's Catholic School embraces the Gospel message by enriching the world through Catholic teachings, academic excellence, Christian leadership and service.

Vision Statement

St Mary's is a prestigious, Catholic, multilingual school preparing children to serve their community with integrity and Christian morality.

Tryouts

Tryouts for athletic teams are held to determine which team level a student will participate. The various levels may be identified as such: C team usually made up of 5th and or 6th graders. B team usually made up of 6th, 7th and or 8th graders. And finally, the A team usually made up of 6th, 7th and or 8th graders.

There are no tryouts for extra curricular clubs such as Faith Challenge Bowl, Chess, Robotics, Lego League, Yearbook, etc. However the coach may hold an initial meeting to determine interest level.

Playtime/Participation

It is the belief that SMS students participate in school athletics and clubs to foster camaraderie among fellow students within our community as well as improve upon the sport or activity at hand. Therefore, all coaches will see to the following:

At the C team level **ALL** participants will have **EQUAL** play time. At the B and A levels all players will have playtime at the discretion of the coach but **ALL will play** in scheduled games or activities.

All students participating in SMS sponsored clubs will take part and be a contributing member to the best of their ability. Final competitions are at the discretion of the coach should not all students be allowed to participate.

Academic Eligibility

SMS may follow the APIAL guidelines for academic eligibility, which reads:

Any student receiving two D's or one F will be ineligible to participate in athletics and any other extracurricular activities until satisfactory improvement is made and maintained. All students should realize that religious and academic training are primary goals at St. Mary's School. It is the responsibility of the parents and students to maintain eligibility standards.

Any student in mid-school who receives three 1's in conduct or effort from three different teachers is cause for concern. That student will meet with the principal, counselor, Dean of Character or Athletic Director and a contract will be developed. It will be the responsibility of the student to get teacher signatures on a weekly basis. If a student does not meet the

requirements of the contract he/she will be ineligible for the rest of that season. If a student receives a 1 in conduct or effort he/she could be ineligible for the following nine weeks.

Transportation

It is the responsibility of the players/participants parents to transport their child(ren) to and from all practices, games or events. Coaches and teachers are not allowed to transport students to practices, games or events.

Because most clubs meet on the SMS campus, it is not generally necessary for students to be transported. However, in the case of an event or competition outside of the SMS campus, it is the parent's responsibility to transport their student. Coaches and teachers are not allowed to transport students to such events.

Physicals for Athletes

It is required for all student athletes to have an annual physical before they are allowed to participate (including practice) on all teams. A student may choose to have a sports physical through a private physician. All costs incurred are the responsibility of the student-athlete. A sports physical is in effect for one school year.

Important: A sports physical is not necessarily the same as a routine physical examination. If a student is examined by a private physician for participation in sports, it is essential that a school sports physical form be completed by the physician.

It is not necessary for students to complete a sports physical to participate in a club.

Financial

Participation in all athletic sports is \$60.00 per student, per sport, per season. Fees are non-refundable and payable through the APIAL. Fees to participate in SMS clubs are determined by the club coach.

Quitting a team

Should a student choose to quit the team or club they are affiliated with, notice must be given directly to the coach. All uniforms or equipment if issued need to be returned in the condition first issued within 24 hours of the notice given. All monies paid to participate in the sport will be forfeited.

Dress Code

Coaches and Student-Athletes are representatives of St. Mary's Catholic School and the Diocese of Santa Fe. They are expected to not only conduct themselves in such a manner, but also to dress appropriately. Dress codes are outlined below.

Students are expected to participate in appropriate shoes and athletic wear during all practices including proper use of all gear that may be required. Students are expected to wear the complete uniform issued for the particular sport on game days. It may be necessary for students to participate in their school uniform for clubs. Permission may be granted by the principal to wear athletic jerseys during school days preceding games or the next day.

For Athletic sports complete or partial uniforms may be issued. It is expected uniforms will be returned in proper condition at the end of the season promptly. If uniforms are not returned or returned damaged the student-athlete will incur the cost to replace the uniform or equipment. Charges will be made to the family's FACTS account.

Coaches

All coaches of athletics as well as clubs are on a volunteer basis. Interest in coaching a specific sport should be relayed to the Athletic Director and the Principal for clubs. All volunteer coaches including assistant coaches must complete the Abuse Awareness Training course offered by the Archdiocese of Santa Fe before they will be assigned a team or club. Coaches are free to choose an assistant coach to help them with coaching. They too will abide by the same expectations as an assigned coach.

Scheduling

The scheduling of all practices is made at the discretion of the coach. The Athletic Director schedules all athletic games at the beginning of each season. Communication to the necessary participants is the responsibility of the AD. Once the coach is made aware of the schedule for games, it is his/her responsibility to notify participating students.

Awards

SMS may offer an award banquet at the end of the school semester or year. Any awards given are at the discretion of the Athletic Director.

Sportsmanship

Christian like sportsmanship is the responsibility of all participants, players, coaches and spectators alike. It is expected all participants will:

Learn and understand the rules of the sport or club activity. Participate and play fairly within the rules.

Maintain self-control.

Respect opponents. Never taunt. Congratulate opponents at games/events. Acknowledge good play and participation.

Respect the integrity and judgment of officials or judges.

Be an example for your school, teammates, and opponents.

Conduct yourself with dignity and hold yourself to the highest standards of conduct, demeanor, civility and sportsmanship.

Treat each other and athletes/participants from other teams/clubs with respect and civility.

Attend all practices, games and events. Participants are part of a team, and the team depends on each player/participant. Once committed to a team, all players/participants are required to be at all practices, games and events.

Code of Conduct for Spectators

Spectators are an important part of the games and are expected to conform to accepted standards of good sportsmanship and behavior.

Spectators should at all times respect officials, visiting coaches, players and guests in the community and extend all courtesies to them.

Appropriate cheering is encouraged.

Booing and disrespectful remarks shall be avoided.

There will be no ringing of bells, sounding of horns or other noisemakers at indoor contests during play.

The throwing of debris, confetti, or other objects from the stands is prohibited.

During free throws in basketball, all courtesies should be extended.

Spectators should encourage each other to observe courteous behavior. Improper behavior should be reported to the school authorities.

Spectators will observe the rules of the local school concerning smoking and drinking consumption, littering, and parking procedures.

Spectators will respect and obey all school officials and supervisors at athletic and event contests.

Spectators shall not intimidate, harass or discriminate against any person on the basis of actual or perceived race, color, creed, national origin, religion or religious practices, age, gender, gender identity or expression, sexual orientation or disability on school grounds or at school athletic events.

Should you need to discuss an unfavorable situation with a coach it is required you refrain from such discussion before, during or immediately following a game or event. It is required you wait 24 hours before initiating such discussion.

Code of Conduct for Coaches

Coaches are an integral part of any athletic and extracurricular programs. We expect our coaches and leaders to uphold the values and ideals of the Catholic faith, as well as be examples of appropriate behavior for student-athletes and participants. Our coaches represent St. Mary's Catholic School, our catholic community, and the sport or event. Coaches are expected to do the following:

Be a positive role model for the players, participants and parents and exert a positive influence, in the education of the players and participants.

Remember we are a Catholic school. Prayer should be embedded in the practice, pregame prep, post game or event at the discretion of the coach.

Arrive on time, prepared for all practices, games and events. If practice needs to be canceled, the coach must contact the Athletic

Director AND the school office, so athletes can make arrangements.

Communicate with the Athletic Director, parents, and athletes all dates/times for practices. Others, including programs with affiliations other than SMS, may request use of the athletic facilities. Please communicate your desired use of facilities so they are available when needed for practices.

Coaches are expected to ensure all athletes go home with appropriate rides. Athletes who remain after practice longer than 15 minutes will be escorted to SMS after care, at the parent's expense.

Strive to instill in every child a sense of self-esteem, responsibility, confidence, dignity and self-discipline, through an emphasis on fair competition, teamwork, leadership, scholarship, respect and the rules of SMS, the sport and or event.

Never place the value of winning or personal satisfaction above the value of instilling the highest desirable ideals of character and Christianity, which is consistent with a Catholic school education.

Devote time, thought, planning and study to the rules of the game.

Prepare a practice and a game plan.

Attend league provided training and meetings.

Be responsible for players, team, staff and spectators. The head coach is responsible for instructing everyone on the expectations for game field behaviors.

Take an active role in the prevention of drug, alcohol and tobacco use, and under no circumstances partake or allow these activities to occur during practices, games or events.

Before and after the game, the coaches will establish a Christian tone by exchanging friendly greetings with officials, coaches and players.

Teach and model to the students that both teammates and opponents are entitled to be treated with respect and dignity.

Focus on improving the team's performance and not on what the other team's coach or official did or said.

Conduct that falls short of this code may cause a coach to be escorted off school property, and may be grounds for suspension from games and/or the team.

Code of Conduct for Players and Participants

SMS athletes and participants in team sports or clubs are representatives of the school and Christ. Their behavior and actions must be above question.

It is expected that all SMS students participating in a sport or club will practice the sportsmanship requirements outlined in this handbook.

Behavior that is considered unacceptable by the coach, Athletic Director or Principal may result in suspension from practice, games, and events and may include removal from the team. Misbehavior may include occurrences during the school day.

Coaches have sole authority during practices and games. Participants and team members must follow instructions and directives that are given to them. Infraction may result in consequences ranging from a warning, to removal from the team.

Grievance Procedures

It is expected when a player, participant, coach or parent is unhappy with a particular situation or individual that they will begin the process of discussing it with the person involved before seeking assistance from a higher authority. Below are the suggested procedures:

Try to identify the problem clearly before taking any action. If there is more than one problem, list them to ensure the extent of the problem is clear.

Decide whether the problem is a concern, inquiry or complaint. This will help in finding a solution.

In the interests of resolving matters quickly and effectively, you are encouraged to informally discuss your concern/complaint with the person concerned.

If informal strategies do not resolve the issue, make your complaint formally and in writing to the Athletic Director. Where the Athletic

Director advises, mediation may be arranged between the parties concerned on their mutual agreement.

If you still do not feel the matter has been resolved, you may submit your complaint in writing to the Principal.

If after meeting with the Principal you feel the problem has not been resolved you may submit your complaint in writing to the governing Pastor.

If matters still remain unresolved you have the right to seek arbitration through the courts, or legal representation. These will entail financial cost to you.

COVID-19 ADDENDUM

For the 2021-2022 and possibly 2022-2023 athletic season,

Student athletes, coaches, referees, score keepers will all wear masks during practices and games.

While waiting to play athletes will be spaced 6' apart when feasible.

Parents are required to be in close vicinity of SMS so their students can be picked up immediately following games/practices.

St. Mary's Catholic School Athletic & Extra-Curricular Handbook signature page

By signing this form, I agree I have received the athletic extracurricular handbook for St. Mary's Catholic School, and I understand, and am aware of the information contained within the handbook.

Student Name _____ Grade _____ Date _____

Student Signature _____

Student Name _____ Grade _____ Date _____

Student Signature _____

Student Name _____ Grade _____ Date _____

Student Signature _____

Student Name _____ Grade _____ Date _____

Student Signature _____

Parent/Guardian Name _____ Date _____

Parent/Guardian Signature _____

Parent/Guardian Name _____ Date _____

Parent/Guardian Signature _____

One Handbook per family will be issued. All students within the family if participating in any sport and or extra curricular activity is expected to have their signature on file.

Please return the SIGNED signature page to the SMS office . Please KEEP all UNSIGNED pages for reference.

