



ST. MICHAEL
Catholic School • Grand Ledge

ATHLETICS HANDBOOK



Mission Statement

Our mission at St. Michael Parish School is to shape each individual to be in union with Jesus Christ by creating a learning community built upon a foundation of Catholic faith.

VISION STATEMENT

St. Michael Parish Athletics seeks to complement the home, church, and school in the development of the "whole child". Activities of the programs are for the benefit of the children, suited to their age and stage in development. We value sports as an opportunity to learn skills while having fun with one's classmates as part of a team experience. The goals of the St. Michael Athletic Program are:

- To encourage maximum participation of students in all sports.
- To provide fun, enjoyable athletic activities, which develop Christian attitudes of sportsmanship and fair play that can be sustained into adulthood.
- To instill the habits of healthful living through physical fitness.
- To encourage participants to learn the values of responsibility, dedication, loyalty, teamwork, desire, humility, confidence, and other desirable traits of good character.

As valuable as extra-curricular and co-curricular activities are to students, academic instruction and faith formation are even more important and must be the top priorities.

Athletic leaders, directors, coaches, adult advisors, and interested parents must see themselves as being encouraged in a ministry to children and youth. They are engaged in an educational effort that can contribute to strong character formation. Athletics and athletic competition can contribute to the development of the total child by being the proving grounds for the formal teaching, which takes place in the church, classroom, and home.

ADMINISTRATION

The pastor of St. Michael Parish has the final authority over all athletic programs operated under the parish auspices.

The principal of St. Michael School is designated as the primary authority over athletic programs operated under the parish auspices and refers to the parish Education Commission for recommendations. These recommendations are submitted to the Pastor for approval.

The principal delegates to the athletic director the responsibility for coordinating sports programs and supervising coaches. The athletic director is responsible for monitoring teaching techniques, relationships between coaches and the team, safety procedures, and overall conduct. The athletic director is directly responsible to the principal of the school and ultimately responsible to the pastor of the parish.

AFFILIATION

St. Michael is a member of the Lansing area Catholic Youth League and abides by the rules and regulations of this league as amended from the time to time and as augmented by the policies contained in this handbook. The principal and athletic director shall resolve discrepancies between the league rules and this handbook in a timely manner.

ELIGIBILITY

Eligibility to participate in the sports program at St. Michael is as follows:

A no-cut policy, other than for disciplinary reasons, shall be the norm observed in all athletic programs. Any St. Michael Parish School student who shows interest in an athletic program has the right to participate and shall be placed on the team.

Complete registration, physical form, and payment must be turned into the school office before a player's registration can be eligible.

Registration will be open to St. Michael School students. After numbers have been counted the AD and Principal will determine how many positions, if any, are available at each grade level for inclusion of our religious education students or other Catholic school students.

St. Michael Parish Children who are not St. Michael Parish School students are eligible to participate if there are open spots, provided they are currently registered in our religious education program, and in good attendance at time of registration. Once open spots have been determined, the Religious Education Department will forward an email to those students currently participating in our religious education. Religious Education students register on a first come, first serve basis. A registration form along with the player fee and signed back page of this handbook must be turned in at registration or to the school office in order to be accepted. Any registration brought in after the date will be placed on a waiting list and parents contacted accordingly. A medical form is required prior to the start of the first practice. **Weekly RE class attendance is required to play in games. The**

student must attend class prior to that week's game to be eligible unless the absence has been excused.

All St. Michael Parish School and Religious Education students in seventh (7th) and eighth (8th) grade who participate in the same sport in an organized program which is not affiliated with St. Michael are not eligible to participate in the same sport at St. Michael concurrently.

All St. Michael Parish School and Religious Education students in fifth (5th), and sixth (6th) grade who play on another team concurrently must commit and make priority the participation in St. Michael Parish School practices and games. Diocesan Policy prohibits students from participating in more than one (1) athletic contest per day.

St. Michael Parish School considers a boys' or girls' basketball team full at 10 players. Girls' volleyball is considered full after 12 players have registered. A team can be comprised of only St. Michael Parish School students or if more players are needed, a combination of St. Michael Parish School students, St. Michael Religious Education students, and other participating Catholic School students in the surrounding area. Only in the event of a newly transferred St. Michael School student shall the coach or A.D. be required to make room for additional players.

If more than 10 or 12 St. Michael School students register by the deadline, an additional team may be created. The method of dividing the teams is: talent level assessment by coaches and equally spread over both teams as required by CYAC league rules.

If a team at any grade level cannot be created, the A.D. will attempt to transfer St. Michael School students to another Catholic school in the CYL

program to play the sport. Religious Education students are not eligible for transfer to another Catholic school per the CYL rules.

All players must meet the **academic requirements** set by St. Michael Parish School in order to play in any given game. Ineligibility occurs when a student is receiving a D or lower prior to the game.

Coaches may not play an individual whose eligibility is in question unless that coach receives notice of eligibility from the athletic director or school principal. Students declared academically ineligible may not practice with their team until declared eligible. Students who are declared academically ineligible may not dress for any game per league rules until declared eligible.

Unexcused Absences from school (Religious Ed), practice, or game results in the player missing the next game.

Excused Absences include illness, family emergencies, special family trips or occasions, and other school sponsored activities such as band, choir, drama, or special school programs. Other absences are unexcused. ***Advanced notice to coach, school, or RE department is required to excuse an absence.*** If a player is absent from school due to illness the player is not eligible to participate in practice or the game on that day. If a player is suspended from school, he/she may not practice or play in a game until he/she returns to school. This absence is considered unexcused and the player will automatically be suspended from the next game no matter what day of the week their suspension is on. If a student is not well enough to participate in physical education class, they will not be allowed to participate in any St. Michael sporting event that day.

COACHES

The athletic director appoints coaches. A team should have a coach and an assistant coach to ensure that two adults (age 18 older) are present with the students at all times. It shall be within the authority of the athletic director to make exceptions to this. The coach bears the greatest burden of responsibility for sportsmanship. His/her influence upon the attitudes and behavior of the players and spectators is critical. For good sportsmanship to become a reality, it is essential that the coach subscribes to the values of good sportsmanship and that the coach teaches those values in word and deed. Behavior that violates the spirit and intent of the diocesan guidelines, league rules, and/or this handbook may subject the coach to dismissal or other disciplinary action.

COACHING DUTIES

In addition to the duties assigned by the athletic director, the coach:

- Must set a good example for others to follow, exhibiting Christian manner in speech and action.
- Must teach the value of an honest effort in conforming to the spirit and the letter of the rules.
- Must instruct the players in their responsibilities for displaying good sportsmanship.
- Must discipline those students who display unsportsmanlike behavior, including forfeiture of the privilege of representing the school and parish.
- Must respect the official's judgment and interpretation of the rules and must refrain from public protests which may lead to similar behavior from players and spectators.
- Must publicly shake hands with the officials and the opposing coach before and after the contest.
- Coaches may begin practice no earlier than two

weeks prior to the first game according to the CYAC calendar.

The parish expects coaches to:

- Contribute to the educational and physical development of each member of the team.
- Work toward a better understanding of the principles of instructing youth and work to improve his/her teaching as well as coaching skills.
- Insist upon a high level of scholarship and enforcement of all rules of eligibility.
- Be fair and unprejudiced in his/her relationships with parents and student athletes.
- Schedule gym time through the AD. St. Michael School requests that coaches limit practice time to 2 days per week. Additional time may be granted by request submitted to AD.
- If a coach is requesting open gym time that is not a mandatory player practice, it must be made available to the whole team.

PARENT GUIDELINES

- Parents are expected to provide positive encouragement and support for the child, the team and the coaches.
- Parents are expected to provide positive encouragement during the games.
- Parents must not attempt to coach children from the sideline or criticize the playing efforts of any child or team.
- Parents must not criticize or taunt opposing teams, players, coaches, fans of officials and are expected to assist in controlling others in attendance in this regard.
- Attendees who violate the above shall, at the discretion of the athletic director or delegate, be escorted from the playing area. Parents asked to

leave a game by the home or away team are not authorized to attend any CYAC competition for the remainder of the school year.

- Parents shall help the coaches by ensuring that their child is on time for practices and games and is picked up immediately afterwards.
- Parents shall arrange for transportation for games and scrimmages to arrive at least 30 minutes in advance.
- Parents shall support the athletic philosophy and eligibility standards for participation.
- Parents shall pay a fee at the time of registration. ***In case of financial difficulty, contact the principal for scholarship opportunities.***
- Parents shall acknowledge the policy regarding students participating in concurrent sports.
- Parents shall assume responsibility for the care and return of all uniforms provided by the athletic program. Further, parents agree to reimburse the athletic program for replacement cost of any uniform intentionally damaged or not returned.
- Parents who disagree with the actions of coaches during the game or practice shall not confront the coach during or immediately following the game. Concerns may be brought to the coach the next day. If the concern is not resolved, please contact the athletic director.

ATHLETE RESPONSIBILITIES

Participation in St. Michael Athletics is a privilege. Athletes, therefore, must adhere to the following responsibilities:

PRACTICES: Students are required to attend all practices each week. Each practice shall be no longer than two (2) hours in duration. Conduct yourself in a

Sportsman-Like Manner: Negative comments or language will not be tolerated. Arguing with other students, coaches, or officials is not allowed. Tantrums or acting out behavior at practices or games will not be tolerated. Athletes are expected to encourage and to be supportive of team members. Disrespectful behavior toward coaches or team members will not be tolerated. Failure to act in a sportsman-like manner will result in sanction as determined by the athletic director in consultation with the principal.

PLAY HARD: Try your best in all drills and exercises during practice. Players who do not actively try to improve themselves affect the entire team and may be sanctioned by the coach. If it is determined that a player is not cooperating, the coach will send a written warning to the player and the player's parent/guardian. The player's parent/guardian will be required to sign the warning letter and provide a signed copy to the principal. If it is determined that the situation has not improved, the athletic director will observe the player during practice and make a determination regarding possible further action which may include a sanction.

HAVE FUN: Hard play and responsible behavior does not mean that you must lose your sense of humor.

BOYS AND GIRLS BASKETBALL/VOLLEYBALL

Playing Time: Refer to CYAC website, lansingcyac.org.

POMPON TEAM

St. Michael Athletics will offer an opportunity for a pompon team for the fifth (5th) and (6th) grade students provided there is an interested coach. There shall be a minimum of five (5) students on the squad.

Fourth (4th) grade students will be accepted in the event that there is low interest and additional students are needed to complete the squad.



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PARENT AND STUDENT AGREEMENT

I have read, understand, and will comply with all the Athletic Responsibilities as stated in the St. Michael Athletic Policy Handbook.

Name/Grade of student (please print)

Athlete's Signature

Father/Guardian's signature

Mother/Guardian's signature

Date: _____

