



ATHLETIC HANDBOOK
2019-2020

ST. ROSE OF LIMA SCHOOL ATHLETICS HANDBOOK

Introduction

This St. Rose of Lima School **Athletic Handbook** is only the first step in organizing athletic programs in our school. This document is provided in order to draw policy and practices that are sound.

Secondly, it will offer consistency in the expectations and responsibilities of leagues, teams, coaches, administrators, and spectators.

The contents of this Handbook are subject to change based on decisions made by the Office of Catholic Education, the Pastor and Principal, and St. Rose Elementary Athletics Committee. Consider this Handbook a living document primarily nurturing children's physical, social, emotional, and academic growth and modeling Catholic values.

This handbook states the objectives, mission, philosophies, goals, rules, and responsibilities of all who are involved in the athletic program.

Objectives

The Athletic program of St. Rose of Lima School is established to further the Vision and Mission of our School and to provide a balance in our students' total educational experience. Our program is intended to instill in its participants the values of good sportsmanship, honesty, fair play, self-discipline, self-esteem, respect for themselves, their teammates and their opponents, school spirit, and above all, the exercise of Christian values in competitive life situations. In addition, the program will encourage the further development of physical fitness that is necessary to maintain a healthy life.

As a Catholic school, our responsibility is to develop the whole child—socially, emotionally, academically, and spiritually. As we look at children in elementary school, their growth is a continuum preparing them for the next stage of their development. This is true especially in the area of physical development and participation in organized sports programs. It is imperative that we have a full understanding of this when planning sports programs for elementary-age students.

“A healthy body contributes to healthy growth in every other area of development. Good motor coordination and appropriate body strength can support cognitive growth and provide children with positive feelings about themselves. Participation in games and sports can help children learn individual and group social skills. “Overall, physical activity can give children a sense of health and general well-being.”(Understanding Children by Judith A. Schickendanz, Karen Hansen, and Peggy D. Forsyth)

Our Mascot and Team Colors

St. Rose of Lima Catholic School will have its own athletic program from the academic year 2019-20. Formerly, St. Rose athletic teams were known as the Archers, it is a name we now wish to reclaim. The Archer will be our mascot. The 'Archers' is a very unique name because it has been our identity for decades, long before we began the Twins program. Archers will henceforth represent the name and heart of our student-athletes. These are just a few words and phrases: ***Honor, Pride, Loyalty*** that will serve as a rallying cry for St. Rose School spirit and our sports teams

St. Rose of Lima School Mascot: The Archers

Colors: Green & White

MISSION AND PHILOSOPHY STATEMENTS

Mission Statement

The St. Rose of Lima Athletic program provides a safe sports environment that serves as an extension of the school's academic and religious programming. All participants will learn the fundamentals of each sport and be given the opportunity to cultivate strong, healthy and disciplined minds and bodies, within an atmosphere of Catholic values. Participants will also develop a sense of good sportsmanship, fair play, and team spirit, as well as facilitate and enhance the moral and ethical development of all those involved.

Philosophy Statement

The St. Rose of Lima Catholic School is concerned with the development of the WHOLE person - the religious, moral, social and academic dimensions, as well as physical development. We believe that participation in athletics is an important component to a well-rounded educational experience. Through participation in the St. Rose of Lima athletic program, students will develop ethical and moral standards, life-long skills, and positive values. These values include leadership, healthy living habits, self-discipline, integrity, teamwork, respect for rules and regulations and the ability to participate with dignity and grace.

GOALS OF THE ATHLETIC PROGRAM

In describing a clear sense of purpose for the athletic program, it is important that we identify the goals of the program. These goals include the following:

1. developing sportsmanship and character
2. giving students the experience of being part of a team
3. fostering school spirit
4. promoting the development of strong, healthy and disciplined bodies and minds
5. helping students maintain good health through physical fitness
6. providing an enjoyable recreational activity that can be sustained into adulthood

7. encouraging values of self-discipline, self-confidence, fair play, and cooperation
8. teaching the proper attitude toward winning, losing and competing with dignity
9. further enhancing Catholic values and teachings

At the 7th & 8th Grade Level, additional goals include:

- To enhance Skills and Techniques
- To develop specific Positioning and Game Skills
- To learn the value of each role on a Team
- To prepare for High School sports - Skills, Positioning, & Discipline
- To develop a lifelong appreciation of athletics
- To instill a desire to Succeed in all endeavors, including Competitive Play.

St. Rose is committed to offering an athletic program that facilitates the spiritual, emotional, and physical growth of our young athletes. We will provide our athletes with the opportunity to:

- Utilize the talent and ability that God has given
- Develop good sportsmanship, teamwork, and individual responsibility
- Prepare a foundation for future development as an athlete, young woman or young man
- Demonstrate integrity and quality in all that they do

Athletic Association Budget

The cost of the budget is partially funded by an athletic fee of \$20 per player per sport. *Fees are subject to change each year based on the cost of the programs offered. This fee helps cover equipment and uniforms and other fees. The athletic fee needs to be given to the coaches at the beginning of each season. Checks should be made payable to St. Rose. We have tried to keep this fee affordable; we do not want to discourage participation due to the fee. If you are having financial difficulty, please contact the Athletic Director.

The funds raised from game receipts, concessions, and athletic fees are the only way that the program has to raise revenue. It is of prime importance that the parent of athletes support all athletic program projects. Please invite friends and neighbors to attend events. Public, private and anonymous donations are welcome any time. To make a donation call the athletic director. She will give you information needed to make the donation. All donations are deposited in the general fund for the benefit of our entire sports program.

ATHLETIC PROGRAMS AVAILABLE

Program	Season	Boy Teams	Girl Teams
Cheerleading	Fall		6 th , 7 th , 8 th
Volleyball	Fall		5 th , 6 th , 7 th , 8 th
Basketball	Winter	5 th , 6 th , 7 th , 8 th	5 th , 6 th , 7 th , 8 th
Softball (Fast Pitch)	Spring		6 th , 7 th , 8 th

The Athletic Director will compile the number of athletes that are interested in playing each sport and then determine how many teams there will be per sport. In the event that there are not enough athletes to fill a team, the Athletic Directors will decide if the sport will be offered to the next lower grade level. (i.e. basketball would be offered to the 4th graders).

- In the 5th and 6th grade levels, there will be a maximum of two teams per grade per sport, based on the number of athletes and coaches available.
- In the 7th and 8th grade levels, there will be a maximum of one team per sport.

Cheerleading - 6th/7th/8th Grade

During this time we are preparing our children for High School Cheerleading. They should learn specific roles and responsibilities that follow their sport. Remember, the focus of 7th/8th grade sports is to ready them for High School sports. Equal playing time and even playing time in general is not guaranteed at this level.

Volleyball - 5th/6th Grade

During this time it is important for all children to learn the fundamentals of volleyball. To create this learning environment we expect the coach to play every player. While equal playing time is **not** guaranteed, every player should play in every match. **During tournaments playing time is not guaranteed.**

Volleyball - 7th/8th Grade

During this time, we are preparing our children for High School Volleyball. They should be learning specific roles and responsibilities that follow their sport. 7th/8th grade sports are focused on being more competitive. Participation at this grade level may vary among players.

Remember, the focus of 7th/8th grade sports is to ready them for High School sports. Equal playing time and even playing time in general is not guaranteed at this level.

Basketball - 5th/6th Grade

During this time it is important for all children to learn the fundamentals of basketball. To create this learning environment we expect the coach to play every player. While equal playing time is **not** guaranteed, every player should play in every game. **During tournaments playing time is not guaranteed.**

Basketball - 7th/8th Grade

During this time we are preparing our children for High School Basketball. They should learn specific roles and responsibilities that follow their sport. Remember, the focus of 7th/8th grade sports is to ready them for High School sports. Equal playing time and even playing time in general is not guaranteed at this level.

Softball - 6th/7th/8th Grade

During this time we are preparing our children for High School Softball. They should learn specific roles and responsibilities that follow their sport. Remember, the focus of 7th/8th grade sports is to ready them for High School sports. Equal playing time and even playing time in general is not guaranteed at this level.

Games and Practices Cancellations

If school is cancelled due to weather, games and practices will be cancelled for that day. Exceptions may be made for various reasons such as tournament play etc. This will be the decision of the Athletic Director and Principal. If there is threatening weather predicted or evident, games and/or practices will be cancelled to ensure the safety of students, parents and coaches.

Coach's Code of Conduct

Coaches are first and foremost educators, and must work in coordination with the parents, who are the primary educators of children. At all times, coaches must be examples of Christ the Teacher who serve as role models for student-athletes to emulate. They must be messengers of the school mission and ensure that athletic programs embody to Catholic characteristics prevalent at St. Rose School. Coaches are called to be models and witnesses to their faith each day and as such, coaches are expected to uphold high standards of conduct in and out of season.

Goal Setting

When working with St. Rose athletes, a successful coach will work towards goals in the following three dimensions: team, personal, and school.

Team Goals

St. Rose coaches build a team by:

1. Advancing the athletes' understanding of their role as members of Christ's community.
2. Creating a positive and memorable experience that will be cherished by the student for the rest of his/her life.
3. Teaching the specific and unique skills of this sport to the very best of his/her abilities by using all means, methods and resources available.
4. Teaching the skills of healthy competition that will prepare athletes and the team to succeed.

Personal Goals

St. Rose coaches grow as individuals by:

1. Modeling character, sportsmanship, self-discipline.
2. Appreciating the moments of Grace throughout a season, at times of winning and losing.
3. Becoming a lifelong learner of their sport.
4. Maintaining perspective in and throughout all athletic endeavors, realizing teachable moments exist in all experiences.
5. Fostering positive relationships with all school community stakeholders.

School Goals

St. Rose coaches contribute to the school community by:

1. Infusing the school mission in all athletic activities.
2. Promoting academic excellence as an essential component in the development student- athletes.
3. Committing to effective communication with administrators, teachers, parents, and athletes.
4. Supporting the development of student-athletes as leaders and role models in the greater school community.
5. Creating a culture of school unity and spirit as exemplified through sportsmanship, positive fan participation, and respect for all.

Language

Language should be appropriate and constructive at all times. Coaches are expected to not only monitor their own language, but they should also set and enforce standards of appropriate language for their athletes. This includes, but is not limited to swearing, harassment, exclusionary language, sexual innuendo, personal attacks, and unsportsmanlike gestures.

Treatment of Opponents

Although opponents are not a part of our school community, they are members of the larger Body of Christ and should be treated as such. Coaches should model such respect for their athletes and should instruct players on how to welcome their opponents and all visitors in a way that conveys a sense of hospitality and community.

Conduct of Athletes

Student-athletes are responsible for developing the necessary self-discipline to attain and maintain the appropriate mental and physical condition required for peak performance.

School Citizenship, Leadership and Personal Sacrifice

Another major responsibility student-athletes assume is to our school; since more is expected of athletes than other students in matters of school citizenship, leadership, and personal sacrifice, athletes will be expected to make a sincere effort to achieve and maintain a satisfactory scholastic standing in the classroom. Additionally, student-athletes' conduct both on and off the field contribute to judgments made by students and the community about our school, and as such athletes are required to engage only in activities which bring credit to yourself, your family, and your school. It is also imperative for student-athletes to understand that they are role models for younger athletes, and it is natural that they imitate your attitudes and actions.

Attendance

1. Athletes are responsible for being present at all set meetings, practices, and games unless excused by a physician, or by having obtained prior consent from the coach. An unexcused absence could result in disciplinary action by the coach.
2. Student-athletes who are sent home from school for any health reasons, may not participate in any after school practices, games, or meetings on that day. For a student-athlete to be eligible for activities, they must be at school by the conclusion of the lunch period, unless school has been missed for other circumstances, i.e. funerals, dental exams.

Attitude

A student-athlete's appearance, language, and actions have a direct influence on people's opinion of the athlete personally, as well as their general opinion of our school. Once a student has become a member of a team, they should strive to do all that they are capable of, and all that is expected of them. **Coaches have the authority to bench a student-athlete should they exhibit negative behavior or poor attitude and will notify the Athletic Director of the situation. Athletic Director and/or Principal have the authority to bench or suspend a student athlete.**

CYO Policies

As a St. Rose student-athlete, you must adhere to all CYO policies that apply to your division. CYO policies are given to the Head Coach of each sport.

Dress and Appearance

Student-athletes are expected to take pride in their personal appearance. He/she should attempt to appear as good off the field as on. Whenever an athlete is before the public, their appearance is a reflection of our school and community.

1. All student-athletes' are to maintain a clean and neat outward appearance, and must conform to their sport, and to CYO and school rules.
2. The CYO and St. Rose Athletic Association do not allow jewelry of any kind (earrings, bracelets, necklaces, rings, watches, or body-piercing) at practice or sporting events.
3. Sports Bras are only to be worn under clothing at practices and games.
4. Your sport uniform should be worn only for sporting events and other pre-approved school events.

Good Study Habits

Education is the key to success in the future. Adequate study time is required to achieve good grades. The primary responsibility of all student-athletes is that of a student first, athlete second. Please refer to the St. Rose School Handbook for Guidelines on Eligibility. The Athletic Association fully supports the school's policy on eligibility.

Injuries

Any and all injuries should be given immediate attention. The coach should be notified of any injury or illness as soon as possible.

Substance Abuse

The use of alcohol, tobacco, and non-professionally prescribed drugs and/or medications will not be tolerated either during our out of season. No drinking of alcoholic beverages, use of tobacco, or possession and/or use of narcotics is strictly prohibited at all times. Substance abuse will result in disciplinary action administered by the Principal.

Expectations of Parents and Stakeholders

St. Rose School coaches and administrators respect the primacy of the parents as the first teachers of their student-athletes, and will partner with parents in the formation of student-athletes. Parents and other members of the community play a vital role in the holistic education of children including students' participation in school-sponsored athletics. Together, all stakeholders should actively work to ensure that the Catholic mission and identity of St. Rose School permeates the athletics program. Remember, our children look to us for guidance and example. Good sportsmanship and common sense should always guide our spectators, regardless of the behavior and actions of others.

Top Five Ways to Support your Student-Athlete:

1. ***Be Present*** - Show up to games, cheer, and support our teams!
2. ***Be Positive*** - Children learn from modeling. When talking about the game, season, performances, and decision-making, please share the gift of a positive outlook on life! Make sure that your child knows that, win or lose, he/she is loved and supported.
3. ***Encourage Independence*** - Encourage student-athletes to be responsible for the care of their athletic gear and to be prepared for athletic practices and games. In addition, all student-athletes should speak directly with their coach about any questions and/or concerns.
4. ***Observe the "24 Hour Cushion"*** - As do all good educators, St. Rose coaches will naturally and deliberately reflect on all game situations and decisions. Please allow coaches the time they need to process their decisions before approaching them with any questions. Coaches need not discuss playing time, coaching strategies and specific plays, or information pertaining to other athletes.
5. ***Model St. Rose's Behavior Expectations for Visiting Spectators*** - Take pride in our athletic program and model for visitors how we:
 - a. Cheer for our team rather than against our opponents.
 - b. Respect the integrity and authority of game officials.
 - c. Allow coaches to coach without criticism from the spectators.
 - d. Help clean up at the end of athletic events.

Transportation

Transportation to/from practices and games is the sole responsibility of the parents. Please ensure that your student-athlete is picked up promptly at the end of each practice/game.

Eligibility Rules

St. Rose School is concerned with helping all students reach their full potential, both spiritually and academically. Realizing that extracurricular activities encourage personal growth by challenging students to be the best they can be, we encourage students to participate in extracurricular activities over and above their regular curricular requirements.

However, participation in the extracurricular activities offered at St. Rose is a privilege for which reasonable standards are established and enforced for the educational and personal welfare of the subjects and demonstrate self-discipline while simultaneously undertaking the extra demands upon time and energy required by these activities, they should concentrate their time and effort on their academic studies. **Please refer to the St. Rose School Handbook for Guidelines on Eligibility. The Athletic Association fully supports the school's policy on eligibility.**

Physical Examinations

Physical Examinations are required prior to the first practice in the St. Rose athletic program. The physical form must be completed by a physician and submitted to the Athletic Director PRIOR to the first practice. Physicals must be dated after May 1st for the following school year (example: physicals must be dated after 5/1/2019 to participate during the 2019/2020 school year).

Insurance Coverage

The CYO requires insurance coverage for all athletes in its program. The Fort Wayne/South Bend Diocese provides student insurance for all students that cover athletic practices and games. This is secondary insurance, not primary coverage. If you carry no medical insurance, this insurance would be primary coverage, but only as described by the policy. The fee for this insurance is included in every student's book fees.

Fort Wayne Catholic Youth Organization (CYO) Policy

St. Rose is a member of the CYO, and thus follows all the rules and regulations set forth by the CYO Board. The CYO provides each Head Coach a copy of the policy booklet during each respective sports coach's meetings.

Athletic Directors Responsibilities

Athletic Director

The Athletic Director, in collaboration with the Pastor/Principal directs and coordinates all activities associated with the St. Rose Athletic program so that the athletic program is effectively implemented. The Athletic Director is dedicated to assisting with all responsibilities of the athletic program. These responsibilities include evaluation of the program, assisting with fund-raisers, and any other duties as designated.

The responsibilities of the Athletic Director include:

1. Directs the operation of the athletic program.
2. Establishes, governs and monitors the adherence to the policies of the athletic program.
3. Handles concerns brought to them of the athletic program, coaching staff or student athletes.
4. Annually updates the Athletic Handbook.
5. Reviews all coaching applications, and approves all head and assistant coaches. The head coach selects his or her assistants from the pool of approved applications. Approval of an application is dependent on Diocesan background check, and completion of all school requirements for volunteers.
6. Evaluates the athletic program.
7. Collects athletic fees, consents and physicals from the coaches.
8. Maintains list of coaches and rosters.
9. Compiles the number of athletes that are interested in playing each sport and then determine how many teams there will be per sport.

Public Relations

1. Serve as the spokesman and promoter of athletics at CYO schools
2. Coordinate and assist visiting teams and arrange for needed services
3. Schedule and plan for sports awards programs at season end of each school sport

Athletic Committee

The Saint Rose of Lima School Athletic Committee works in collaboration with the Pastor/Principal and the Athletic Director to further the following goals and objectives. Their responsibilities are:

1. To assist the Principal and the Athletic Director in planning and effectively managing the St. Rose School Athletic Program.

2. To ensure that the programs and policies of the St. Rose Athletic Program embrace the values and traditions of the Catholic Faith.
3. To ensure that programs have suitable coaches, volunteers, facilities and equipment necessary to help students reach their maximum potential as student athletes.
4. To make recommendations for updating the St. Rose of Lima School athletic handbook and guidelines as need arises.
5. To discuss policies of student participation in the Saint Rose of Lima School athletic program and to ensure that they are consistently being followed in all school games.
6. To set criteria for selecting, monitoring and evaluation of coaches.
7. To establish procedures to address any issues with players, parents or coaches that are presented to them and provide suitable remedial measures.

Any person desiring to serve on the Athletic Committee should contact the Principal. The Athletic Committee may also recommend names of potential candidate to the Principal.