

# Annunciation Catholic School Athletics Handbook



# **Annunciation Catholic School Athletics Program**

Dear Parents/Guardians and Athletes:

We would like to take this opportunity to welcome you to Annunciation Interscholastic Athletic Program. It is the hope of School and the Athletic Department that we can meet the needs of the students and promote their optimum physical, mental, social, and moral development.

Becoming a member of an athletic team provides an individual with many positive experiences and opportunities. It gives an individual the opportunity to gain knowledge, to learn the importance of teamwork and fair play, to develop a sense of loyalty, to promote school community spirit and develop a sense of self-accomplishment.

As in all aspects of life, rules and regulations are necessary to provide a fair and orderly opportunity for all participants. This handbook attempts to provide you with the basic rules and regulations set by the Annunciation Catholic School Athletic Department.

Please read this handbook carefully. It contains information regarding the general operation and regulations of the Annunciation School Athletic Department. After reading the information, the Permission Form and the Parent/Student Agreement Form that are included must be signed and returned to the Athletic Director office.

Sincerely,

Annunciation Catholic School Athletic Director

## **MISSION**

The mission of the Annunciation Catholic School Athletic Program is to provide a positive and supportive learning environment that offers 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade students the opportunity to enjoy the experiences of athletic competition, and to develop the skills necessary to participate in competitive sports while enriching the educational and personal experience of our athletes.

## **PHILOSOPHY**

Annunciation Catholic School believes that athletics are an essential component to the school's academic program. The athletic program offers unique opportunities outside of the classroom to promote self-discipline, improved self-image, and encourage a healthy sense of competition. The development of these principles leads to athletic and academic success, and promotes character development that supports personal, social, and career success later in life. The ultimate objective of the program is for the athletes to improve their skills while learning sportsmanship and having fun.

## **THE PURPOSE of ATHLETICS**

Athletics are an essential part of a complete education, and the Athletic Program serves these educational purposes.

1. Instructs students in the rules, fundamentals and skills of individual and team sports and provides physical training and physical outlets for adolescents' energies.
2. It provides healthy competition and cooperation within and between schools and inculcates in students the principles of good sportsmanship and teamwork.
3. Helps to develop sportsmanship and ethical behavior in other aspects of a student's education.

## **ANNUNCIATION CATHOLIC SCHOOL ATHLETIC POLICY**

Participation in interscholastic athletics at Annunciation Catholic School is a privilege that commands responsibility. The athletic policy has been established to promote the principles of fair play, mutual respect, and ethical conduct. Athletes are role models for other students both younger and older and therefore have a responsibility to model behavior that display leadership, sportsmanship, cooperation, and academic excellence. Therefore, the following training rules are expected of all athletes within Annunciation Catholic School.

### **Participation**

Athletes will be required to have a completed physical form, insurance coverage and a signed permission slip on file before they are permitted to participate.

## **Formation of Teams**

Participation in the 7<sup>th</sup> and 8<sup>th</sup> grade level is primarily competition. Formation of teams will be by grade levels. The Athletic Director may promote a 5<sup>th</sup>, 6<sup>th</sup> or 7<sup>th</sup> grader to the 8<sup>th</sup> grade team with approval. An 8<sup>th</sup> grader may only participate in the 8<sup>th</sup> grade level. If there is insufficient number of athletes trying out in a specific grade level to make a team, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> graders may be combined. Teams will be determined after an evaluation based on an assessment process. All athletes must attend 2 of the 3 evaluations to be considered for a team unless prior notice is given. The coaches will evaluate athletes. After the evaluations, athletes with the highest scores based on the assessment will be selected and placed on the grade level team. If during the season any additional players are needed, only students who were at the tryouts are eligible or students of required grade level that may have enrolled at Annunciation after the start of the season are .

## **Athletic Seasons**

<p style="text-align: center;"><b><u>Fall</u></b> Boys - Flag Football Girls – Volleyball</p>
<p style="text-align: center;"><b><u>Winter</u></b> Boys – Basketball Girls - Cheerleading</p>
<p style="text-align: center;"><b><u>Spring</u></b> Boys – Baseball Girls – Basketball</p>

## **Athletic Fee**

Student-athletes will be assessed a fee of \$150.00 per sport. This fee will be billed to your Smart Tuition account. If you pay in check or cash your account will be credited. This fee is non-refundable to those who drop out of the program, are suspended or ineligible due to grades or conduct. The athletes are responsible for the uniforms and maintaining the condition in which they were given. Uniforms must be cleaned before they are returned. If a uniform is lost or damaged, an additional fee of \$75.00 per item will be charged to replace it. Fees will be used for officials, gym rental, uniforms, equipment, C.Y.A.A. membership fee and tournament fees. Students will be able to wear their uniform jersey on game day if they would like to. Regular school uniform bottoms please.

## **Academic Eligibility**

Being a student athlete takes great responsibility to maintain good academic status. Athletes are encouraged to check on their progress on a weekly basis. Students must maintain a “C” or better grade in the core subjects (Religion, Language Arts, Science, Social Studies, and Math).

If an athlete has been deemed ineligible, his/her playing status will be reevaluated after 2 weeks of the last eligibility report. If the athlete is still ineligible, he/she will have an additional 2 weeks. If the athlete is still not passing after the 2<sup>nd</sup> evaluation, he/she will be removed from the team.

During their academic ineligibility athletes may practice, but may not participate in any athletic contest during the two weeks of their academic suspension.

If the athlete becomes ineligible two times in one season, the athlete will be ruled ineligible for the rest of the season.

### **Athlete General Responsibilities**

As an athlete, the student is considered a leader and role model for the fellow students of your school. The athlete must conduct him/herself with respect and consideration of others. He/She must abide by the behavior guidelines of your school. Students who choose to participate in after-school activities must make a commitment to their team. Any player who chooses to play on a team must also make a commitment to his/her coach and teammates as well as himself/herself to remain on the team until the conclusion of the season. A player who does not make a full commitment until the conclusion of the season may not be allowed to participate in any further sporting events for the remaining school year.

1. Give fully of him/her during practices and games.
2. Make a commitment to the team over other activities.
3. Make a commitment to the team until the conclusion of the season.
4. Be accepting of his/her honest mistakes.
5. Strive to achieve without placing undue pressure on self or teammates.
6. Recognize and respect the strengths and weaknesses of their teammates.
7. Exhibit sportsmanship at all times.
8. Maintain self control at all times.
9. Accept the guidance of teachers and coaches.
10. Respect their teacher and coach and their decisions at all times.
11. Respect the decision of officials.
12. Never criticize coaches, officials, teacher, or fellow teammates.
13. Refrain from offensive or abusive language and actions.
14. Maintain a passing standard in all courses.
15. If the Athlete has an unexcused tardy or is absent on the day of a competition, he/she will not be allowed to participate
16. Follow the Athlete's Code of Conduct

### **Athlete Code of Conduct**

Since athletes are representing Annunciation Catholic School, they must follow a code of conduct at all times.

The following is the Code of Conduct.

1. Accept seriously the responsibility and privilege of representing the school and community.
2. Make a commitment to the team over other activities.
3. Maintain a passing grade in all courses.
4. Follow the guidelines stated in the athlete general responsibilities
5. Cooperate with the coach and fellow athletes in trying to promote sportsmanship.
6. Never criticize or disrespect the coach.
7. Respect the judgment and strategy of the coach.
8. Treat opponents with the respect that is due them as guests and fellow competitors.
9. Exercise self-control at all time including while in the classroom.
10. Follow the rules and procedures in the school handbook.
11. Respect the judgment of the officials and their interpretations of the rules.
12. Never argue or make gestures indicating dislike with an official's decision.
13. Never be boastful or bitter, accept both victory and defeat with pride and compassion.
14. Congratulate the opponents in a sincere manner following either a victory or defeat.
15. Never taunt an opponent or celebrate an accomplishment in such a manner to "show up" an opponent, demonstrate a lack of respect or provoke another team or its spectators.

### **Eligibility**

Student must have a medical authorization dated after June 1 of the current school year to participate.

Student enrolling from another school may participate at any time, once they are enrolled.

Student must attend a full day of school on the day of the game to participate.

Student must show self-control during the school day.

Student must maintain a grade of C in all core subjects.

### **Playing Time**

The athlete's effort, attendance, participation in practice, teamwork, attitude, as well as the number of students on the team are some of the factors that are considered by the coach when determining playing time. Every effort shall be made to maximize each participant's playing time.

Our goal is to strive for consistency and fairness within each sport. We want all athletes to have a chance to play in game situations and tournament throughout the year. Every effort will be made as the league does not have a mandatory playing rule.

### **Practice Time**

Practices are held 2-3 times per week during the week. Times and days will vary based on coach, field/gym and holiday schedules. Athletes are required to be at each practice and to be on time.

## **Supervision**

1. Athlete should report to the coach or designated area when they are dismissed from their class.
2. Athlete should not leave a site or designated area without permission.
3. Athlete must remain with their coaches at all times.
4. Coaches will be responsible for the supervision of their players.
5. Coaches will remain with their players until all have been picked up.
6. Coaches must be aware of possible weather conditions that may affect them.

## **Suspension and Removal from the Team or the School Year**

Players must follow certain guidelines while participating for their school. An athlete, who violates the rules listed below, could be suspended or removed from their team.

### *ONE GAME SUSPENSION*

1. Receiving three lunch detention
2. Excessive tardiness from a practice or game
3. Unexcused absences from a practice or game
4. Misconduct during practices or games
5. Violation of the Athlete's Code of Conduct

### *REMOVAL FROM THE TEAM*

1. Athlete becomes ineligible for a second time during the season
2. Athlete is suspended from the team three times
3. Athlete receives three unexcused absents from practices or games
4. Athlete receives an in-school suspension notification if applicable
5. Fighting as define by the school handbook
6. Excessive inappropriate behavior towards teacher, coaches, teammates, officials, or the opposing team
7. Excessive violation of the Athlete's Code of Conduct

### *INELIGIBLE FOR THE SCHOOL YEAR*

1. Receiving a third school suspension
2. Become ineligible in two previous sports during the school year
3. Receiving a third in-school suspension notification if applicable
4. Leaving the team during the season except for academic reasons

## **Transportation**

Transportation needs to be provided by the parents of Annunciation Catholic School. All athletes and their parents must communicate with their coach about securing transportation to and from practice and games. All athletes must have appropriate transportation forms on file with the school.

Parents need to pick up their student no later than 15 minutes after the conclusion of practice or games. Coaches will wait for all students to be picked up but parents please try to be on time.

## **Athletic Coaches**

Coaches need to set an example for their players by being good role models. Each coach acts as an ambassador for Annunciation Catholic School. A coach's conduct on the sideline and dealing with parents, officials, and other school's coaches, fans, and personnel helps build a very positive image for Annunciation Catholic School. The coaches are expected to model good behavior for all participants and fans.

All coaches are asked to be professional, sensitive, and openly supportive of those sports that run simultaneously with theirs. Positive comments about other coaches' players and the nature of the other sport will help build healthy respectful relationships among "neighbor sports." Attendance at games, even for a few moments, not only demonstrates caring but serves as a model of school spirit for the entire community. This helps promote student support for other teams and helps eliminate internal competition.

## **Athletic Director**

Annunciation Catholic School Athletic Director oversees the athletic program with the goal of maximizing each student's enjoyment of and benefits from the athletic experience.

The prime role of the Athletic Director is that of facilitator. By easing coaches' load of administrative detail, the Athletic Director allows each coach to focus his or her time and energy on guiding and motivating the athletes and teams to achieve their potential. The Athletic Director also provides positive direction to the coaching staff and sets the tone and image of the school's athletic program.

The management tasks of the Athletic Director are incredibly varied and include scheduling contests, and practices, setting budgets, supervising and evaluating personnel, coordinating transportation, and controlling facilities.



## **PARENT INVOLVEMENT / CONDUCT CODE**

### **The Parent-Coach Relationship**

Should you have any concern, do not approach the coach immediately at the conclusion of a contest or practice. At this time, coaches have other responsibilities, and it may be an emotional time. Call the Athletic Director to voice your concern. The Athletic Director, if necessary, will make an appointment for a later time and approach this meeting in a calm, courteous logical matter.

*Confronting a coach/official can possibly lead to your removal from the site and from attending any future sporting events that school year.*

- A. Typical concerns of parents that are appropriate to discuss with a coach are:
  - Any unhealthy mental or physical strain you detect in your child at home.
  - How you can contribute to your child's skill improvement and development.
  - Any dramatic change you detect in your child's behavior.
  
- B. Typical concerns of parents that are inappropriate to discuss with a coach:
  - Playing time.
  - Team strategy or play calling.
  - Other student athletes.

Cooperation, communication, and support among coaches, athletes, parents and school personnel are essential if students are to realize the values of athletic participation. Like coaches and athletes, parents must make commitments to assure the success of the athletic program and to ensure that the athlete has a positive and enriching athletic experience.

As parent of an Annunciation Athlete, I promise to:

Accompany my child to as many orientation and information meeting, athletic contests and special events as my schedule will permit.

Try my best to assure my child will attend all schedule practices, games, special athletic events and team meetings.

Promptly having my child pick up at the conclusion of practices and returning from sporting events.

Refrain from using negative statements about the coach or other team members in front of my child, and give the coach the opportunity to help resolve any concerns.

Help my child handle adversity with dignity, be gracious in defeat, humble in victory and always treat others with respect and consideration.

Encourage my child to set and work towards achieving individual and team goals.

Be an exemplary role model by displaying good sportsmanship at all times and respecting fans, coaches, officials, directors and participants.

Remember that my involvement and support is vital to my child's overall academic, athletic and personal success.

Be responsible for the care and conduct of any additional family members during a sporting contest.

## ***PARENT/STUDENT AGREEMENT FORM***

### ***ANNUNCIATION CATHOLIC SCHOOL***

#### ***Athletic Handbook***

2022 - 2023

*School Year*

I/We have read the philosophy, role of the athlete, regulations, and Athlete's Code of Conduct regarding Annunciation Catholic School's policies and procedures.

I/We agree to abide by these and all policies.

\_\_\_\_\_  
Student Signature

Date \_\_\_\_\_

\_\_\_\_\_  
Parent Signature

Date \_\_\_\_\_