

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 the Annunciation Catholic School (ACS) Interscholastic Athletic Program. The goal of our Athletic Department is to meet the needs of our 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 provides a framework defined and supported by the ACS Athletic Department.

Please read this handbook carefully. It contains information regarding the general operation and regulations of the ACS Athletic Department. After reading this handbook, please complete all forms in the Athletic Forms Packet linked on the ACS Athletics website and return them to the ACS office.

Sincerely,

Athletic Director
Annunciation Catholic School

Mission

The mission of the Annunciation Catholic School Athletic Program is to provide a positive and supportive learning environment that offers 5th, 6th, 7th and 8th 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, an 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 can be 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.

ACS 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

Teams are formed based on grade levels. Some teams are made up of a combination of

grades based on the number of students participating. Participation in the 7th and 8th grade level is primarily competition. Formation of teams will be by grade levels. The Athletic Director may promote a 5th, 6th or 7th grader to the 8th grade team with approval. An 8th grader may only participate in the 8th grade level. If there is insufficient number of athletes trying out in a specific grade level to make a team, 5th, 6th, 7th and 8th 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.

Athletic Seasons

The sports listed below are subject to change depending on student participation.

<u>Fall</u> Boys - Flag Football Girls - Volleyball
<u>Winter</u> Boys - Basketball
<u>Spring</u> Boys - Baseball Girls - Basketball Co-Ed -Track & Field

Athletic Fee

- Athlete fee per student is \$250.00 per sport.
- 2nd athlete in same family, during the same season \$150.00.
- Additional athletes in family during the same season \$100.00 each.

All fees will be billed to your Blackbaud Tuition Management 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 \$150.00 per item will be charged to replace it. Fees will be used for officials, field/gymnasium rental fees, uniforms, equipment, C.Y.A.A. membership fee and tournament fees. Students will be able to wear their uniform jersey to school on game day. Regular school uniform bottoms required.

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 all subjects.

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 2nd 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 themselves with respect and consideration for others. Student athletes 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 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 themselves 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 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. Always exhibit sportsmanship.
8. Always maintain self-control.
9. Accept the guidance of teachers and coaches.
10. Always respect their teacher and coach and their decisions.
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 is tardy (arriving after 10:30am) or absent on the day of a competition, they will not be allowed to participate
15. Follow the Athlete’s Code of Conduct

Athlete Code of Conduct

Since athletes are representing Annunciation Catholic School, they must always follow a 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 times 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 athletes must have a medical authorization dated after June 1 of the current school year to participate.
- Student athletes enrolling from another school may participate at any time, once they are enrolled.
- Student athletes must attend a full day of school on the day of the game to participate.
- Student athletes must show self-control during the school day.
- Student athletes must maintain a grade of C in all 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 tournaments 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. Athletes 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.
7. Coaches are the primary point of contact for games and practice schedules and adjustments to that schedule.

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 detentions
4. Excessive tardiness from a practice or game
5. Unexcused absences from a practice or game
6. Misconduct during practices or games
7. 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
6. Fighting as define by the school handbook
7. Excessive inappropriate behavior towards teacher, coaches, teammates, officials, or the opposing team
8. Excessive violation of the Athlete's Code of Conduct

INELIGIBLE FOR THE SCHOOL YEAR

1. Recommendation of ineligibility by the Principal/Dean of Students.
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 form must be completed and turned in)

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 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 Athletic Director responsibilities include scheduling contests, setting budgets, registering teams for tournaments, communicating with coaches and other AD's, securing facilities for athletic events, verifying student eligibility, etc.

Departures and Early Dismissals

Your team manager will facilitate early dismissals with the office (siblings included). Please communicate with the team manager if you need special arrangements.

All early dismissals are approved and communicated through the Athletic Department. Do not contact the school office or teachers for early dismissals.

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 and logical manner.

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

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.

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 value 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.

Parent / Guardian Code of Conduct

As a parent or guardian of a student-athlete in our Catholic school, I understand that athletics are an extension of our mission to form young people in mind, body, and spirit. I pledge to support my child, their team and our school community by upholding the following expectations.

- I will encourage my child to live out their Catholic faith through teamwork, integrity and respect for others.
- I will treat all coaches, officials, players and other spectators with dignity, recognizing the presence of Christ in every person.
- I will address concerns privately and respectfully, never during practices or games.
- I will help my child handle both victory and defeat with grace, humility and gratitude.

I understand that my words and actions set an example for my child and others. By allowing my child to participate in ACS athletics, I pledge to uphold Catholic values, to respect all participants in athletics and to contribute to a positive, faith-filled sports event.

Communications

TeamSnap will be our main form of communication to team parents/guardians.

- Please download the TeamSnap app. The app is free and no subscription is needed.
- The team manager will add each player to the roster and you will receive notification.
- TeamSnap will be used to inform parents/guardians of PRACTICE and GAME schedules which will be added or altered by the team Manager as soon as the information is available.
- We ask that all parents utilize the player eligibility feature to RSVP for both practices and games. This significantly helps the coach(es) to plan practices and game lineups.
- Group chats outside of TeamSnap will not be permitted.