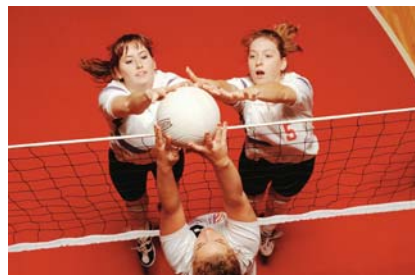


# Athletic Handbook



St. Elizabeth Ann Seton School  
2011-2012



# Mission Statement

The mission of the Athletic Department at St. Elizabeth Ann Seton School is to develop skills and an appreciation for athletic activities, while having fun at the same time. This will serve to establish school spirit and self-pride in a Christian manner. Our Athletic program has high visibility and much responsibility. How we act, look, and perform not only reflects upon our athletes and coaches, but our school and parish community as well.

# Philosophy Statement

Participation is the key element in our athletic programs. It is recommended that each student participate in some sport. Through participation, the student will benefit physically, socially, and emotionally. Being an athlete enhances the process of growing. Through participation, any sound extra-curricular program should be fun. Having fun does not mean a person cannot be taught or coached to learn the responsibility of discipline and the benefits of hard work.

# Team Selection

We want all student-athletes to develop their skills and gain team experience. Team size must be reasonably limited to be workable for practice and games. The selection of players for the various teams will be based on ability, attitude, and commitment level. This selection process shall be at the discretion of the coaches. After selection of "A" level teams, every effort shall be made to place the remaining athletes on the appropriate level team so as to maximize their potential to develop athletic and social skills.



# Playing Time

Because our role is to expose all student-athletes to the experience of competition and team membership, playing time shall be distributed as equitable as possible. Again this is at the discretion of the coaches. The athlete must understand that game time is directly related to practice experiences, and that performance in practice will be rewarded by game playing time. Each coach should communicate to all athletes what each player's individual abilities are, so as to adequately address measures to improve. Any coach must reserve the right to use key players in key situations.

The level of the team also determines playing time. Typically the "A" team concentrates on winning along with skill development. The "B" and "C" teams will concentrate on skill development and have more equitable playing times.

If a student-athlete is not performing to his/her ability, either academically or behaviorally, playing time may be affected.

# Athletic Probation

Students who fall into the F range for any class will be placed on academic probation. Parents and coach will be notified and the following procedure will be followed. While on Athletic Probation the student/athlete will continue to practice with the team but will NOT play any matches or games. The Athletic Director will communicate with teacher(s) to determine the status for the next game and this information will be forwarded to student, parent, and coach.

# Parental Expectations

St. Elizabeth Ann Seton School expects parents of athletics to set the example when it comes to sportsmanship and Christian behavior. Playing time for your son/daughter could be affected if there is inappropriate yelling or remarks made to players, officials, and/or coaches.

The Booster Club takes care of running the concession stand during home volleyball and basketball games. The proceeds go towards updating equipment and uniforms for ALL Patriot Sports. **EVERYONE WHO HAS A CHILD INVOLVED IN THE ATHLETIC PROGRAM IS CONSIDERED A VOLUNTEER FOR THE BOOSTERS.** Anyone who does not volunteer will be assessed a **\$25.00 fee/per sport your child was involved in during the school year.**

Parents provide transportation to away games. Parents often carpool but this should be arranged well in advance so there is enough room and no one is left behind. SEAS does not provide bussing for any sporting events.

# Traveling Teams

In general, when playing on a Patriot Team, we discourage the student from playing traveling ball too. Our program offers great facilities, maximum practice time, and competitive competition appropriate for this age level. If a student and their family decide to play traveling ball in addition to SEAS Patriot ball, the school team should be the priority when conflicts arise. Playing time will be affected when players miss practice time and/or games because of this conflict. We also believe one team in a given season allows for more family time.

*“Students are taught that athletic competition is a privilege they exercise, not a right they earn. Participation is a privilege based on good behavior and respectable academic performance. All athletes are expected to be successful in the classroom.”*

From: Athletics and the Gospel Mission of the Catholic School

# Student/Athlete Code of Conduct

*“They are in school to be students first and athletes second. Student-athletes realize that they are committed Christians who function everyday in the school community. They realize that religion needs to be alive in them inside and outside of athletic competition.”*

From: Athletics and the Gospel Mission of the Catholic School

The success of our athletic programs is not measured just by the final score, but rather by the efforts of all individuals striving to achieve team goals. The sense of purpose, commitment, and self-discipline has much more lasting value than the outcome of any competition.

Accordingly, any participant in the St. Elizabeth Ann Seton program whose conduct is in any way unsportsmanlike on or off the field of play, is subject to probation or suspension after meeting with the coach and athletic director.

Use of alcohol, tobacco, or any other illegal substance, will result in the automatic suspension of the offending player. In addition, regular school policy will be enforced. The coach, the athletic director, and the principal will determine the length of the suspension.

*“Catholic school athletes are not expected to be like everybody else; they are expected to be like Christ.”*

From: Athletics and the Gospel Mission of the Catholic School



# Job Descriptions

## Athletic Director &/or Assistant

- Is responsible for all athletic coaches, teams, facilities, and programs
- May delegate some responsibilities but remains in overall charge of and responsible for all programs.
- Works in cooperation with the academic programs, the Principal's Office, and the maintenance staff to make arrangements and improvements in the overall athletic programs.
- Is knowledgeable of and helps with the annual budget for Athletics
- Approves all financial charges to the athletic department and keeps track of budgetary expenses.
- Actively assists in filling available coaching positions.
- Studies athletic equipment needs each year and orders equipment and uniforms.
- Works closely with the Catholic Athletic Association (CAA) league and attends league meetings.
- Sets up and make arrangements for all home events (includes securing officials).
- Is active in marketing the school.
- Arrange team photos.
- Is an active participant with the Athletic Advisory Team.
- Is an active participant with community relations (HYAA, public school sports, etc.)
- Keeps the principal informed about developments in the athletic department and the total program.

## Coach

*"Coaches should ask themselves whether or not anyone would identify them with Jesus Christ because of the way they coach."* From: Athletics and the Gospel Mission of the Catholic School

- Keep athletic director informed of any problems that arise.
- Submit a copy of individual coach's rules to the athletic director prior to the start of each season.
- Review the Handbook and your individual team rules with the student-athletes and parents during a meeting at the beginning of the season. Athletic handbooks are given out at back to school nights and the signed forms must be returned to the athletic director to be kept on file.
- Be present at all practices and games unless a responsible adult substitute is appointed. Inform the athletic director in advance.
- Supervise students in the practice areas and until parents pick them up.
- Make sure all athletes are out of the building and have left for home at the end of practice or games. Be sure all equipment is properly put away and secure the building.
- Plan for practices – have it written out. Ask for help with drills and lead-up games if needed.
- Say the "Athlete's Prayer" before each contest with your team.
- Inform participants of the potential for injury while engaged in each particular sport. Take precautions to minimize that potential. Fill out proper injury form and inform the Athletic Director of any injuries while at practice or a game.
- Communicate with school office when events need to be cancelled.
- Give all athletes a chance to participate.
- Attend coaches meetings as necessary.

*"Ideally, the coach keeps athletics in perspective. Regardless of personal religious orientation, the coach keeps in mind the religious mission of the school and its academic purpose while coaching. Emotional, psychological,*

*and moral maturity are prerequisites for good coaching.”* From: Athletics and the Gospel Mission of the Catholic School

# General Information

The following is a list of the co-curricular activities:

- Fall – (Typically begins right after Labor day & ends mid to late October)
  - Boy’s soccer – Grades 6-8
  - Girl’s volleyball – Grades 6-8
  - Girl’s and Boy’s Cross Country Event – First Saturday in October
- Winter – (Typically begins a couple weeks before Thanksgiving & ends early March)
  - Boy’s and Girl’s Basketball – Grades 6-8
  - Boy’s and Girl’s Archery – Grades 4-8
  - CAA Swimming Event – March 31-April 4
- Spring – (Typically begins after Spring Break to the end of May)
  - Girl’s Softball – Grades 6-8
  - Boy’s Baseball – Grades 6-8
  - Girls and Boys Track event – Grades – sometime in 2<sup>nd</sup> week of May

As a part of the shared time program with the public school, our middle school students may participate in co-curricular activities there, provided we do not offer the same activity. Usually this is for 7<sup>th</sup> and 8<sup>th</sup> graders. It is the desire of the athletic department to have our St. Elizabeth Ann Seton students participate as a Patriot first! \*In order to complete a “C” team, at times some sports may be opened to 5<sup>th</sup> graders.

- A participation fee is charged for each sport. Part of the fee goes to the Catholic Athletic Association and the other part keeps our athletic programs as self-supporting as possible. The fee ranges from \$70 - \$85 depending upon the length of the sport season. There is a \$25 discount for those students who compete in three (3) Patriot sports teams. **This payment must be paid in full in the Fall.**
- Students who are unable to pay this fee will not be excluded from participation. If you are able to sponsor an athlete in addition to your own child, please inform the Athletic Director or the Principal.
- All families are expected to take their turn in helping with the concession stand for home Volleyball and BB games and for the Patriot Basketball Tournament in February.
- If a student is not in school for at least ½ the class periods on the day of a game, or does not have a legitimate excuse, he/she will not be eligible to play later that day.
- In order to be eligible to participate a parent is required to attend a pre-season meeting with the coach(es), an up-to-date physical must be on record, and the participation fee needs to be paid.
- There is a Ms Patriot Award and a Mr. Patriot Award given at the end of the school year to an 8<sup>th</sup> grader. These awards are based on the following:
  1. Participation in at least 2 sports during an academic year over the course of the student-athlete’s enrollment at SEAS Middle School.
  2. At least a “C+” average academically.
  3. Leadership and sportsmanship both on and off the playing area.

## An Athlete's Prayer

Help us to play the game with the best that is in us.

Please clear our head of all distractions,  
and our hearts of any burdens.

Help us to cooperate with one another to challenge our  
opponents and to enjoy the game - win or lose.

Help us to be good sports in this game.  
Let us accept the calls of the officials - whether or not  
we agree with them.

Help us to meet victory or defeat with the knowledge  
that what we put into the game is far more important  
than the final score.

Always keep us humble, Lord, and remind us that our  
strengths and abilities all come from you.

We thank you and glorify you for being with us this day  
and always. Amen

# Athletic Handbook

## St. Elizabeth Ann Seton School Student/Parent Handbook

Agreement to be governed by handbook policies

*After reading the St. Elizabeth Ann Seton Athletic Handbook, please sign below and return this form to your coach or the Athletic Director within 3 days of receiving it. Student-athletes must have this copy on file in order to participate during the academic year.*

*We have received and read the SEAS Athletic Handbook and agree to be governed by the policies contained herein.*

\_\_\_\_\_ Date:\_\_\_\_\_

\_\_\_\_\_ Date:\_\_\_\_\_

\_\_\_\_\_ Date:\_\_\_\_\_

Student Signatures

\_\_\_\_\_ Date:\_\_\_\_\_

Parent/Guardian Signature

\_\_\_\_\_ Date:\_\_\_\_\_

Parent/Guardian Signature