

ST BRENDAN SCHOOL ATHLETIC HANDBOOK

Objective

The purpose of the Athletic Handbook is to give students and parents information on our athletic program. This handbook covers information applicable to all sports at St. Brendan School. It is our goal that athletics be a positive growth experience for our student athletes, parents, and coaches.

Mission Statement

Nourishing the human spirit – mind, body, and soul – through Jesus Christ.

Athletic Goals and Philosophy

Corinthians 9:24-25

“do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run so as to win. Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one.”

At St. Brendan School we recognize that the imperishable crown offered by Jesus Christ far exceeds any of the perishable crowns or trophies offered by this world. In our athletic endeavors, though we strive to win in the sense of having the best score, we recognize that the real winning has to do with how we play each game. The real value of Catholic school athletics is realized only if it fosters the discipline of Christian living.

Through athletics, we will strive to help our students accomplish the following goals in their quest of Christian living.

1. Give thanks and appreciation to God in all that they do.
2. Work to develop known talents and to discover the unknown talents, which God has bestowed upon each of us.
3. Prepare for a life of Christian service and Christian living through the unique lessons learned in school athletics.
4. Develop an exposure to and appreciation of physical activity and healthy lifestyle choices that will lead to lifetime involvement in maintenance of the physical being that God has provided.

Participation on a team at St. Brendan School is a privilege. With this privilege comes responsibility in the areas of preparation, attitude, sportsmanship, and academics. It is the firm opinion of St. Brendan School that these responsibilities exist both in and out of school, both in athletics and non-athletic settings. We recognize the need for God’s strength and guidance in meeting these responsibilities.

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Introduction

Participation in athletic events is a part of the educational process offered at St Brendan for its students. Our intention in offering athletics is to allow student participants to grow in skills and in dealing with many lessons that competition can teach. Winning, losing, teamwork, sacrifice, perseverance, fairness and competitiveness are among the lessons available within the program.

Participation in athletics is a privilege. The school staff works very hard to provide as much opportunity as possible for students to participate. This in turn increases the need for coaches, uniforms, equipment, etc. This booklet is prepared so that the student participant and the parents will better understand the guidelines and procedures of the athletic program and how to effectively communicate with the coaches and others involved. We desire that the programs are a positive experience for everyone involved. We also ask that you show your appreciation to the coaches, staff and volunteers that work diligently to make the athletic programs at St. Brendan School a success. Without this sometimes great effort, our ability to present an athletic program with the high level of participation and success that we have achieved might not be possible. Please keep our students, volunteers, and staff in your continued prayers.

Student/Parent Athlete Code

Role of the Parent:

- The role of the parent is to support the player and team. Parents must respect the authority of the coaches in making decisions regarding the team.
- Communication with coaches is welcome but must be done at the appropriate time and in the appropriate manner. See handling concerns, pg. 7.
- An important aspect of the parents' role is to model good sportsmanship. Parents and other family members should cheer or yell to support the team. They must not ridicule the officials, coaches, or players.
- Practice is open to parents. Parents attending practice will not interfere with the coaching of the team.
- Parents are responsible for transporting students to and from games.
- Students must be picked up from practice on time.
- Parents are required to volunteer with various duties such as concessions, clean up, etc.

Role of the Player:

- Players must respect and cooperate with coaches and other team members.
- Players must attend practice unless the coach has excused them.
- Students involved in the St. Brendan School sports program must be ambassadors of the Catholic school and conduct themselves accordingly. Students are to show good citizenship at school, home and in the community. Inappropriate language or gestures on the part of a St Brendan student representing the school will not be tolerated.
- Students involved in the St Brendan sports program will maintain passing grades at mid-term and quarterly reporting times. Any student receiving an F at either reporting time will be placed on 10 days probation and will be excluded from games and practice until all grades are at the passing level.
- Students must be in attendance at school for the full school day in order to participate. The principal and coach must approve excused absences for medical appointments or family emergency.
- Players must dress in the appropriate uniform for games. They may not wear jewelry during a game or practice.

Athletic Offerings

Currently at St. Brendan School the following sports are being offered:

- 5th and 6th grade basketball
- 7th and 8th grade cheerleading
- 7th and 8th grade basketball
- 7th and 8th grade football-boys only (Co-op through Mexico Middle School)
- 7th and 8th grade volleyball-girls only (Co-op through Mexico Middle School)
- 7th and 8th grade cross country (Co-op through Mexico Middle School)
- 7th and 8th grade track (Co-op through Mexico Middle School)

In addition to being under regular school supervision, all athletic functions with the exception of 5th and 6th grade basketball are carried out according to the rules of the Missouri State High School Activities Association (MSHSAA). A complete set of these rules is available for review in booklet form from the principal or athletic director for interested parties.

It is the desire of the school and athletic committee to continue to evaluate the sport programs being offered and consider opportunities to add additional programs when possible. However, like most activities at a private school it is contingent of parent support and involvement. If you feel that a new sport should be considered, please contact the athletic director to discuss your ideas.

Co-Op Program

If a student participates in a sport at the Mexico Middle School they must follow the guidelines set forth but their coach(es). It is the parent's responsibility to make arrangements for transportation to/from practices and appropriately notify St Brendan School of days they must leave early for games. A parent will need to sign their child out or send a note indicating if another adult is to be picking them up.

Athletic Eligibility

Academic Eligibility

Students involved in the St Brendan sports program will maintain passing grades at mid-term and quarterly reporting times. Any student receiving an F at either reporting time will be placed on 10 days probation and will be excluded from games and practice until all grades are at the passing level.

Seventh and eighth grade level athletics must follow M.S.H.S.A.A. rules and requirements with regards to athletic eligibility. This covers a wide range of areas including, but not limited to: age, academic credits accumulated, GPA, school transfer, and medical/physical requirements. Students should inquire of coaches or the Athletic Director if they have any eligibility questions, as violations can severely curtail one's eligibility and participation in future athletics. The school athletic director is responsible for overseeing the conformation and adherence to all rules.

Students who are ineligible may not attend practice, games, or meetings. Students may only attend events as a spectator.

Athletic Participation When Absent

Attendance – any student must be in attendance the entire school day to be eligible for activities, practice, or contests that day or evening unless otherwise determined by the Coach or Principal. Failure of the student to properly pre-arrange an absence may result in the student not being permitted to participate. Athletes should always check with school administration on questions of absence/participation.

At no time will it be a practice to sleep in on the day of a contest, nor will it be acceptable to miss the day or sleep in after a contest. It will be up to the coaches and attendance office to monitor these situations and to be certain that the school philosophy is being followed. Players who are ill should put their physical health first and not attempt participating. It is up to the discretion of the coaching staff to determine whether it is in the best interest of the student's health to participate in a contest or practice.

Physical Examinations and Student Health and Emergency Contact Forms

All participants of St. Brendan School athletic teams **MUST** have a physical examination on file at the school office **BEFORE** they are permitted to engage in practice or games. Physical examinations are valid if they were issued on or after February 1 of the previous school year (MSHSAA guidelines).

Coaches will request each student along with their parent to complete a Student Health and Emergency Contact Form for each sport prior to the first practice. This form allows the coach to be informed of any medical concerns and provide them with contact information in case of an emergency. The coach will make a copy of these forms for each assistant coach.

Students needing an inhaler or other emergency medication such as epi-pen, must bring the medication to practice and/or games before being allowed to participate.

School Issued Equipment/Uniforms

St. Brendan School is able to provide a wide variety of equipment for use by its athletes. The athlete is responsible for keeping the uniform in good order and having it clean before each game. Any equipment or uniform that is issued to an athlete must be returned clean and in good condition within two weeks following the last game or event. If not returned, the parent of the athlete will be billed in accordance with current replacement costs.

Playing Time

Playing time is, without a doubt, the most debated and, at times, most painful aspect of an athletic program. All playing time is subject to satisfactory academic & disciplinary standards. Please familiarize yourself with the following playing time guidelines.

- Amount of playing time will vary year to year depending upon the sport and the size of the squad.
- Every effort is made to allow all participants playing time during competition.
- Student attitude, during games or at practice, can at times have a bearing on playing time. Further, a student's unwillingness to cooperate, to follow direction, to hustle, etc. also might jeopardize their share of playing time.

Practices

Parents will keep in mind that much of the benefit derived from being in a team sport involves the practice setting where skills are taught and strategies learned. While playing time may not exactly measure up to one's expectations, you are encouraged to remember the entire team experience not only in game situations.

Students will keep in mind that practices are important in several respects:

- They offer opportunities to learn and develop new skills.
- The practice time provides time for a coach to teach specific skills and strategies to the team.
- The practice setting offers time to cultivate a team spirit and display a positive attitude toward the sport, your coach, and your teammates.
- Practices help ensure physical readiness for competition.

Guidelines for practice:

- A practice schedule will be provided, in print, at the beginning of each sporting season.
- Students participating in sports must have appropriate shoes, clothing, and equipment determined by the coach.
- Students must notify the coach if they are going to miss practice. The coach of each sport will determine and inform participants of their policy for reporting at the beginning of the season.

Dress on Game Days

Players and cheerleaders may have a non-uniform day the day of the event. Dress must be "dressy" meaning no jeans or slogan type t-shirts will be allowed. If the event is scheduled for Saturday, students will have a regular uniform day on Friday preceding the event.

Cancellation Policy

Any cancellation or postponements due to weather will be announced on KXEO radio station. The coach or the school will not call individual parents. Weather condition can be good in one place and very poor in another so it will be important to listen to KXEO if there is threat of bad weather in the area.

Transportation

Each parent is responsible to make arrangements for their child to be transported to/from practices, home and away games, and all other sports activities. As a consideration of the coaches it is important that children be picked up promptly and arrive when designated by the coach.

IMPORTANT POLICY: If a student-athlete is still waiting for a ride 1 hour after end of practice or a game and there are no other options available, the coach reserves the right to call a cab. The coach will then get into the cab with the student and ride home with him or her. The coach will then ride back to the school in the cab. The parents of the student-athlete will be billed for the cost of the cab ride. Under *NO* circumstance will a coach alone give an athlete a ride home or anywhere.

Sports Banquet

Each spring the student athletics will be honored in an all-sports banquet. It is the responsibility of the athletic committee to make the arrangements and order awards for the students. To be eligible for an award the athlete must have attended at least 90% of all pre-set practices and stayed academically eligible during 80% of the season (coaches and athletic director will use their own discretion in cases of injured players).

Process for Handling Concerns

Athletic involvement is highly emotional and very time consuming. Sometimes conflicts arise between students, coaches, and occasionally parents. However, the student's interest is best served when each participant understands the position of the other. This understanding can only be accomplished by open and honest communication. When conflicts or issues arise, it is important that they be addressed immediately and as directly as possible with the coach so that it can be resolved promptly. The Director of Athletics may be contacted as a second step if satisfactory resolution is not reached through direct contact with the coach. As a final step, the Principal may be contacted. In order for the contact to be as productive as possible, times that athletes or parents should avoid are:

- Either immediately prior to or immediately following a contest.
- During an active practice session. Before or after practice is acceptable if handled discretely.
- During a time when other student-athletes are present or when it would be readily apparent to others that the discussion is taking place.
- A time when it is clear that there is not sufficient time to allow for a complete discussion.

For the sake of clarification, let it be known that the "concerns" being referred to include situations such as playing time, coaching strategies, referee/umpire decisions, etc. Stopping by to let the coach know that their child is ill is obviously a necessary contact. Wishing the coach good luck, or that the coach is in their prayers before a game is obviously appreciated. Please understand that the type of communication makes a difference in the appropriateness of the contact.

In situations where parents disagree with or have concerns about a coach's manner of coaching a game, there is a required 24 hour cooling off period before parents should make phone contact with the coach.

STUDENT AND PARENT COMMITMENT FORM

I have read the Athletic Policies & Procedures booklet and agree to follow its directives and models to the best of my ability. I also agree to do my part to make athletic participation a positive experience for all (athletes, coaches, officials, fans), and to model my behavior consistent with Christian living. As a parent I will help in modeling Christian behavior by being respectful to officials, players, coaches, fans, and help to show not only my own children, but all involved in at St. Brendan School do make a difference!

(Student name)

(Student Participant's Signature) (Date)

(Parent or Guardian's Signature) (Date)

(Parent or Guardian's Signature) (Date)

Name _____
(last) (first)

STUDENT HEALTH/EMERGENCY CONTACT FORM

Parent/Guardian/Other Contact Numbers:

name _____ relationship _____
cell (____) _____ - _____
home (____) _____ - _____
work (____) _____ - _____

name _____ relationship _____
cell (____) _____ - _____
home (____) _____ - _____
work (____) _____ - _____

name _____ relationship _____
cell (____) _____ - _____
home (____) _____ - _____
work (____) _____ - _____

Please list any medical condition that the coaches need to know about (i.e. asthma, allergies, bronchitis):

If an inhaler is needed, please list instructions and type:

Any other information the coaches need to know (i.e. custody):

Students needing an inhaler or other emergency medication such as epi-pen, must bring the medication to practice and/or games before being allowed to participate.

Parent/Guardian signature _____

Date _____