

HOLY FAMILY CATHOLIC SCHOOL

ATHLETIC HANDBOOK



2011-2012

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Introduction

Holy Family Catholic School began league sports in the winter of 2002 with two basketball teams. This year we expect to field the following teams: six volleyball, tackle football, flag football, eight basketball, three soccer, plus a track, tennis and golf team. As we grow in number, our athletic department has changed but our goal has remained the same: To provide our student athletes with an opportunity to develop physically, intellectually, emotionally, spiritually and socially. Team work, sportsmanship and fair play are all values the program teaches and helping student athletes understand that playing in a Christian league is in itself a wonderful opportunity. The coaches help the students strive to become the best that they can be sharing the special gifts God has given each one.

Our goal is to give these student athletes an opportunity to learn about sportsmanship and team unity. We may not always win, but giving your best, working hard and playing for God will always bring positive results. At the same time, we expect our student athletes to practice hard and acquire skills needed to become a successful individual. Student athletes are encouraged to strive for excellence by focusing on the process of mastering skills, learning how to compete and developing the ability to collaborate with teammates.

Contact Information

It is our hope that this handbook will assist student athletes and their parents with information about our program, along with policies, procedures and rules associated with league play. Please feel free to contact the following staff personnel with any questions or additional information you may need.

Julie Keegan
Athletic Director
246-4455 ext 1404
jkeegan@holyfamilycs.org

Juan Molina
Athletic Staff
246-4455 ext 1405
jmolina@holyfamilycs.org

If immediate information or assistance is needed and the above faculty members are not available, please call the office.

Team information and schedules can be found at the Holy Family Athletics website:

<http://www.holyfamilycs.org/studentlife/index.cfm>

League Information

Holy Family currently competes in the Austin Inter-Parochial League. The stated purpose of AIPL is to organize, encourage and promote athletic competition between member schools. The league consists of 17 private schools in the Austin metro area.

Austin Waldorf School
Hyde Park Baptist School
Paragon Prep Middle School
Redeemer Lutheran School
Regents School of Austin
St. Andres Episcopal School
St. Austin's Catholic School
St. Francis School
St. Gabriel's Catholic School

St. Ignatius Catholic School
St. Louis Catholic School
St. Mary's Catholic School
St. Paul's Lutheran School
St. Stephens Episcopal School
St. Theresa's Catholic School
Trinity Episcopal School
Texas School for the Deaf

Information for the following can be found on the AIPL website: <http://www.aiplsports.org>
Member Schools-schools website and map
Teams by Sport (conference standings/current schedule and results of games played)
Games by location
Games by Sport

Play Like A Champion Today Workshop

In order for a student to participate in athletics at Holy Family, a parent must attend the Play Like A Champion Today, Sports as Ministry workshop. This is the fourth year for this exciting program that will help us stay true to our philosophy of nurturing the whole child physically, intellectually, emotionally, spiritually and socially. Our goal is to have our coaches and parents working hand in hand to ensure the best sports experience for our student athletes. Therefore, it will be mandatory that this workshop be attended by at least one parent, prior to any practice or games. If a parent has already attended the PLACT training last year, they will not need to attend again. All coaches will attend the PLACT coaches training prior to being selected as head coach or assistant coach of a team.

Policies, Procedures and Regulations

Players are representatives of Christ, their school, and the AIPL. All athletes have the responsibility to give their best, play fair and exhibit good conduct at all times so as to be a credit to their school and the league. A Christian athlete's goal is to have complete self-control at all times on and off the playing field!

Any behavior contrary to this is a direct reflection on the team, coaches, school and will not be tolerated. Violations of a minor nature will be handled at the discretion of the coach. Those of a more serious nature may result in suspension or possible expulsion from the team, and will be handled by the Athletic Director and the principal together.

During competition, a Holy Family athlete:

1. Learns that both winning and losing are part of the game and learns to accept both. Be modest in victory; be gracious in defeat and always congratulate the opponent, on a well-played game.
2. Does not use illegal tactics in an attempt to defeat the opponent or to beat the rules of the game.
3. Has complete control of himself/herself at all times. Horse play, displays of temper, use of profanity, disrespect for coaches or officials will result in loss of privileges for the athlete and in disciplinary action from the coach.
4. Will respect the decisions of officials. The breaks of the game may go against you, but the officiating is not to blame. Officials are human beings who are doing their best to see that a contest is being run smoothly and honestly and in accordance with the established rules.

In the classroom, a Holy Family athlete:

1. Must realize that he/she is a student first, an athlete second. The student-athlete must give time and energy to classroom studies to insure good and acceptable grades.
2. Must maintain good behavior, giving respectful attention to classroom activities and by treating teachers, administrators and other students with respect.

When traveling to an away game, a Holy Family athlete:

1. Arrives at the away school at least 30 minutes before game time in your uniform ready to play.
2. Conducts himself/herself properly and is respectful of the away school's property and facilities.

Participation

Students in grades 5th -8th are eligible to participate in League sports. All students who sign up to participate must be aware of the commitment they are making as a member of a team sport. The league is divided into an elementary (5-6th grade) and middle school (7th-8th grade) division.

Our team colors are Navy and White. Our mascot is the “**Blue Angels**”. The girls’ teams are known as the “**Lady Angels**”.

The following are the league sports available this year:

<u>SPORT</u>	<u>AVAILABLE TO</u>	<u>TIME OF YEAR</u>
Tackle Football	Boys 7-8 th	August-October
Volleyball	Girls 5-8th	August - October
Flag Football	Boys 5-6th	August - October
Basketball	Boys 5-8 th /Girls5-8th	October - February
Soccer	Coed 5-8th	March - May
Track & Field	All Students 5-8th	March - May
Golf	All Students 5-8th	April - May
Tennis	All Students 5-8th	April - May

Team Selection: Holy Family has a no cut policy. Skill assessment will be held in each sport to determine appropriate team placement. All decisions regarding team placement are made by the Athletic Director and coaching staff in each sport. Any student who wishes to participate on a team after the season has begun must gain the approval of the Athletic Director. A student is expected to finish a season that he/she starts with a team. If a student decides to quit a team before the completion of the season, he/she will not be permitted to participate on a team during the ensuing season. Each student who comes out for a sport will be guaranteed a spot on a team.

Playing Time: Playing time will vary depending on the sport and the make-up of the team. Every student who maintains good standing with his/her team will be given the opportunity to compete in each game. The amount of playing time is not guaranteed and will be determined by the coach based on attitude, ability level, and what is best for the team.

Removal from a Team: A student athlete will be dismissed from a team if he/she:

1. Incurs more than three unexcused absences.
2. Displays poor sportsmanship on a consistent basis.
3. Exhibits behavior that is detrimental to the team on a consistent basis. (If a student athlete is playing around, talking back to a coach or not contributing positively to a team during practice or in a game)

Reinstatement to a Team: If a student is dismissed from a team and wishes to participate on a team during the next season, the student must attend a meeting with his/her parents and the Athletic Director. After this meeting, the Athletic Director will determine the student's status for the next season.

Supervision

All league sports have a staff sponsor who supervises **all** practices and games (including away games). This volunteer staff person is responsible for making sure that all school policies and rules are followed. He/She is the person who handles any type of emergency or situation not found in a regular practice/game. Along with this staff person, there are staff coaches, parent coaches, assistant coaches and parent volunteers helping maintain safe and effective practices/games. All individuals in these roles must be EIM (Ethics and Integrity in Ministry) certified and wearing their badge while in this position. If you would like to volunteer to help out, please contact Mrs. Keegan or the school office.

Practice and Game Days

League sports days are Monday, Tuesday, Wednesday, Thursday and Friday (If needed, an occasional Saturday.) Attendance at practice and games is **mandatory**.

- Practice:** Practice times may vary depending on the number of teams in a sport. If more than one team needs to use the gym, a STUDY HALL will be set up and the times will be as follows: First or early practice 3:30-4:45, second practice 4:45-6:00 and the third and last practice 6:00-7:15. If there is only one team or a sport that does not require sharing gym space, as with football, practice times will be from 3:30-5:00. A practice schedule will be issued showing when and where students are to be for each day along with the study hall room number. (Tackle football is the exception to the regular practice schedule holding practice from 5:30-7:30 pm Monday-Thursday)
- Students are to wear comfortable, modest shorts and t-shirts to practice (Please remove all jewelry before practice or games.) Students may bring a **light, healthy snack** that can be eaten prior to practice.
 - Parents must pick up students promptly at the end of practice. A written note must be given to the coach if a student will be riding home with another student after practice. The coach will use a checklist to verify where each student is to go after practice.
 - Parents need to be considerate of the coach's time. Please be on time!! There is NO after school care available.
 - All walkers / bicycle riders **must** have a form filled out in the office before they may leave practice on their own.
 - As stated above, attendance at practice and games is **mandatory**. Therefore, notification must be given at least a day in advance if an

absence is unavoidable. Please send a note or call the coach. Plan ahead. "I have a project due tomorrow" or "I have a test tomorrow" is not a satisfactory reason to miss practice. **Excused absences** include sickness, injury (with a physician's note), and family emergency or academic obligation. In the case of an academic excuse, a note from the teacher is required preferably 24 hours in advance. After 2 unexcused absences, a student will not be permitted to play in the team's next games. After 3 unexcused absences, a student will be dismissed from the team. A student who is absent from school for more than half a day may not participate in a practice or game on that day. A student is expected to finish a season that he/she starts with a team.

- f. Notification of any changes to the schedule will be passed on as soon as we are informed. Please check the Holy Family website for the most up-to-date information as it becomes available.

Games: A game uniform will be issued and students are responsible for the care and return of these uniforms at the end of the season. Parents will be charged for lost or damaged items. Uniforms can only be worn during Holy Family games or tournaments.

We will be hosting games here in our gym and seating may become an issue. "**Gym Rules**" do apply and as host it is our responsibility to set an example for our visitors. .

- g. Students are not permitted to play outside without adult supervision.
- h. **No food or drink** allowed in the gym, including water bottles, baby bottles or snacks of any type.
- i. Only sneakers or rubber soled shoes allowed on the wood floor.
- j. To comply with what the diocese has told us regarding Ethics & Integrity enforcement, the **gym restrooms are for students only**. To access the restroom/water fountains, please exit the main door and follow the sidewalk around to the school entrance (Please do not run across the gym floor, including timeouts.)
- k. Officials' and coaches' decisions during a game are to be respected by all in attendance.
- l. Playing on the court during timeouts or between games is **not allowed**.
- m. Only eligible team players and coaches may sit on the team bench.
- n. Students who wish to remain for a later game or watch another game on campus must have written permission from his/her parent to do so. The coach will use a checklist to verify where every student will go after practice or a game.

Away Games: Parents are responsible for getting their child to and from games. A map and directions will be provided by the coach and can be found on the Holy Family Website.

AIPL League game/tournament procedures: The AIPL is divided into the following groups: 5A, 4A, 3A, 2A and a recreational A division. Due to our enrollment we are considered a 5A school and will be competing against other large competitive 5A schools. The average number of games in a season is 10. There is an end of the season tournament for most sports.

Parents' Role

As stated previously, our goal is to have our coaches and parents working hand in hand to ensure the best sports experience for the student athlete. With both coaches and parents attending the Play Like a Champion workshops it is important for parents to understand their role in our program. Parent involvement is crucial to the success of Holy Family athletics. In addition to the numerous volunteer efforts that enable us to provide well-run events, parents can contribute in the following ways:

1. Support your child's commitment to the sport and be on time for all practices and games.
2. Try to avoid scheduling events that will conflict with practices or games. If this is unavoidable, please notify the coach as soon as possible.
3. Encourage your child to make a positive contribution to the team and support teammates, always giving 100% effort!
4. Demonstrate to your child unconditional support of the coach. If you feel you need to meet with the coach, please schedule a meeting during a time the coach can be available to meet.
5. Reinforce to your child the importance of fulfilling his/her role on the team as defined by the coach
6. Exhibit respect for opponents, opponents' fans and coaches, and officials during all athletic contest.
7. On game days maintain distance from players and coaches beginning with pre-game preparations and extending until the head coach dismisses the players after the post-game team meeting.
8. Refrain from discussing your child's playing time, team strategy or teammate issues with other parents.
9. Attend as many games and tournaments as possible!

Student Athletic Fee

Each student who signs up and participates in league sports will need to pay a nonrefundable \$50.00 athletic fee per sport for the 2010-2011 year. (Does not apply to tackle football).

Ineligibility

If a player's grades (Progress Reports and/or Report Card) fall below a 70 or he/she receives an "U" in conduct in any subject including specials, the student will not be allowed to attend practice nor sit on the bench during league games for a period of **three** weeks. On the date the student becomes eligible again, he/she may resume his/her position as a team player.

A middle-school student who is absent from school for illness or who leaves during the school day for illness may not attend an athletic or social activity after school or in the evening.

Athletic Physicals and Forms

Each student who signs up to participate in league sports **must** turn in a current medical physical, medical history, participation and release forms. It is critical that this be taken care of at the beginning of the season because no student will be allowed to **practice** until proof has been provided to the school. The physician's form must state that the student athlete is cleared for athletics with **no restrictions**.

The following forms can be found on the website under the **parent documents tab**:

Consent to Participate, Emergency Medical Information and Release

Emergency Contact and Insurance Information

Medical History

Physical Examination

As stated in the Family Handbook, students may not carry medication-prescription or over-the-counter medications, including creams, ointments or inhalers, on their person or in their belongings. Arrangements will be made for those students who may need medication (e.g. inhaler) prior to practice or game.

Schedules

At the start of each season, a practice and game schedule will be issued. At the time these are handed out, they are as up to date as possible. There will be times that changes will need to be made and you will be notified as soon as we know. The schedules can also be found on the Holy Family website at: <http://www.holyfamilycs.org/studentlife/index.cfm>

PLEASE RETURN THE HANDBOOK ACKNOWLEDGEMENT FORM TO THE OFFICE

HOLY FAMILY CATHOLIC SCHOOL

HANDBOOK ACKNOWLEDGEMENT

This form must be signed by both the student and the parent/guardian and turned in to the athletic department in order to participate in League Sports.

Student's name _____ Date _____

Grade _____ Date of Birth _____ Age (As of September 1, 2011) _____

I hereby give my consent for the above student to compete in Holy Family Catholic School Athletics. As in all athletic activities, the possibility of an accident/injury can occur. Holy Family Catholic School does not assume any responsibility in case an accident occurs.

My son/daughter and I have reviewed the Athletic Handbook and understand the rules and guidelines. I will support these rules and guidelines in spirit, attitude and action. My son/daughter will abide by all of the Holy Family Catholic School Athletic rules and guidelines in word, action and deed.

The undersigned agrees to be responsible for the care and safe return of all athletic equipment issued by the school to the above named student. I agree to replace any item that is damaged or lost while in the possession of above named student.

If, in the judgment of any representative of the school, the above student needs immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given to said student by a medical professional, hospital or school representative and release them from any claim by any person whomsoever on account of such care and treatment of said student.

Print student name

Parent/Guardian Signature

Signature (of above student)

Date