Holy Family Catholic School

Athletic Handbook



2026-2027

ATHLETIC PROGRAM PROFILE

MASCOT - ANGELS

COLORS- Navy, White, Gray

(Merchandise or any other branded materials must be approved by the Athletic Director and the Director of Communications)

LEAGUE - Capital Area Private and Parochial Schools (CAPPS League)

www.cappsathletics.org

SPORTS - The following sports are offered at Holy Family Catholic School:

SPORT	AVAILABLE TO	TIME OF YEAR
Volleyball	Girls 5th-8th grade	August to October
Flag Football	Coed 5th-8th grade	August to October
Tackle Football (6 man)	Boys 7th-8th grade	August to October
Cross Country	Coed 5th-8th grade	August to October
Cheerleading	Girls 5th-8th grade	August to February
Basketball	Boys and Girls 5th-8th grade	October to February
Soccer	Coed 5th-8th grade	February to May
Track & Field	Coed 5th-8th grade	February to May
Tennis	Coed 5th-8th grade	CAPPS Tourney Only
Golf	Coed 5th-8th grade	CAPPS Tourney Only

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.

Director of Athletics
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ATHLETIC PROGRAM

Purpose and Philosophy

Holy Family athletics exists to help fulfill the mission of the school.

Holy Family Catholic School works with parents to nurture the growth of the whole child — spiritually, intellectually, socially, emotionally, and physically. Our school is Catholic — promoting the teachings of the Church and inclusive of diverse cultures and socioeconomic backgrounds.

Goals

Based on our philosophy, our athletic department and team goals are:

- Excellence - programs supported by out Catholic teachings, that honor God and are will managed and well executed.
- Success - given the talent-level we have, reaching maximum potential both individually and as a team.

It is our desire that our athletic community, coaches, players and parents - participate in such a way that honors God and conveys a positive witness to those around us. We will be modest in victory and gracious in defeat.

Team Level Philosophy

We recognize the normal stages of a child's development and provide appropriate opportunities in athletics:

5/6th Grade - encourage participation and experimentation, working together to try to create a love for the game. The fundamentals of the game will be strongly emphasized. Assessments are for the purpose of team placement based on skill and ability. These athletes will work to develop skills and technique and well as emphasizing "team work". This level is the first opportunity to wear a Holy Family Angels uniform.

7/8 Grade - strive to further the love of the game, continue to develop fundamental skills and help athletes begin to understand and execute more advanced level strategies. Assessments are for the purpose of team placement based on skill and ability.

Creation and size of teams is determined by many factors including, but not limited to the number of participants registered, facility availability and coaching resources. Decisions may be made on a season-by-season, team-by-team basis.

Multiple Sports and Activities

We encourage athletes to be well rounded, participating in different activities both athletically and otherwise. Different sports challenge athletes in different ways, and the skills developed through the training methods used in one sport will often help the athlete in another sport.

Multiple sport participation - student-athletes may not participate in multiple team sports at the same time. Student-athletes may, however, participate in a lifetime sport (cross country, golf, tennis, cheer and track) and a team sport. Good, open communication between the student-athlete, his/her parents, and the two coaches involved is important. A priority will be declared in case of scheduling conflicts and agreed upon by the coaches. Pre-season is the best time to begin this dialogue.

Multiple activity participation - student-athletes may participate in a non-athletic department (i.e. fine arts) program and on an athletic team at the same time if leadership from both activities gives permission to do so. Leadership from both activities will work closely together to minimize conflict, however, reserve the right to require, on rare occasion, sole commitment to their activity. Where there is dual commitment and schedule conflict, there must be a declared priority and agreements made between student, parents and team or department leadership before the seasons begin as to how the student will divide his/her time between the activities. The decision to participate in multiple sports or multiple activities should ultimately be decided by the parents and student.

GENERAL POLICIES

Sportsmanship and Conduct

During home events, we serve as hosts to the visiting team, its students and spectators. They are our guests and should be treated accordingly. At away events, we are expected to act as invited guests. We will treat the host school's personnel and facilities with care and respect.

As participants and spectators, we want to cheer for our team, not against the opponent, being modest in victory and gracious in defeat. Additionally, we will regard the rules of the game as an agreement, the spirit and letter of which we should not break. Players play the game, coaches coach the game…no official has ever "lost" a game for a team. Much like we do not readily credit an official for a win, we will not blame an official for a loss. Officials will be treated with respect and we will accept absolutely and without quarrel the final decision of any official.

Conduct Policy

Players, Coaches and Parents are representatives of Christ, their school, and the CAPPS League. All athletes have the responsibility to give their best, play fair and exhibit good conduct at all times. A Christian athlete's goal is to have complete self-control at all times on and off the playing field!

Holy Family Catholic School encourages the fans and supporters of middle school athletics to attend games and support and encourage their teams. However, inappropriate language, verbal abuse of officials or coaches or any conduct not exemplifying the ideals of sportsmanship outlined in PLACT 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 School principal.

DISCIPLINARY POLICY FOR PLAYERS and COACHES

WARNINGS

The Athletic Director or Administrator on duty may give a warning to any player, coach or spectator that is not exhibiting proper behavior at any time. This includes a conversation that could occur based on input from the administration of another AIPL school. All instances will be investigated to get the best information possible prior to disciplinary action.

Two(2) warnings in the same game will result in expulsion from the next scheduled game. (including practices leading up to that game).

Three(3) warnings in a season will result in expulsion for the season.

EXPULSIONS

If a player, coach or parent/spectator is ejected from a game, they will not be allowed to attend the next scheduled game.

If a player, coach or parent/spectator is ejected more than once during a season they are expelled for the remainder of the season.

If a player is expelled from school, they may not be on campus for practices, games or any other events during the expulsion period,

Return to Participate - It expelled for the remainder of the season, it will be up to the discretion of the AD's and the School Principal to determine when that individual may return to athletic events.

Scheduling

The athletic department does its best to schedule games and practices well in advance of the season. Because we cannot control league changes or changes made by an opponent when we travel to their home court/field, changes to schedules will inevitably occur. In the CAPPS league (5th-8th grade sports), schedules are generally not created until the season starts.

Transportation and Travel

Parents are responsible for the transportation of their athletes to and from practices and games. There may be days that an “early release” is needed for your team, in this case students are released for pick up at the school office at 3pm. (For 4:30 away game), they will be changed and ready to be released to their parents. If your child is riding with another family or if siblings are being released as well, please coordinate with the school office.

Severe and Inclement Weather

Any changes to published schedules due to bad weather will be communicated as soon as an affirmative decision can be made. If lightning strikes within 10 miles of any outdoor event, all parties must be moved to the designated safe location. The event can only be resumed if 30 minutes have passed since the last evidence of lightning within 10 miles. For outdoor practices, heat and humidity are closely monitored. Practices will not be held outside in a heat index of 110 or above.

Athletic Fees

Holy Family charges a nonrefundable athletic fee per child per sport for that school year. Fees will be applied at the time of assessments, this is the time that you are committed to a team. Please check the FamilyID Registration for this year’s rates.

LOST and FOUND
Coaches require athletes to be good stewards of all personal articles, equipment and facilities. Should an item be lost or misplaced, it may turn up in one of the lost and found areas.

Athletics Newsletter

The Athletics newsletter may be found in the "Athletics" section of the Thursday school newsletter. The newsletter each way may also be found on the Holy Family website Home Page.

REQUISITES FOR PARTICIPATION

Registration

Anyone wanting to participate in Holy Family athletics must register on-line through Arbiter Sports (Formerly FamilyID). Registration links can be found in the Athletic Newsletter. Registrations will open during the following timeframes, check newsletter and FamilyId for exact deadlines.

- Fall Sports - Opens May - Deadline Mid July
- Winter Sports - Opens Mid Sept - Deadline Mid Oct
- Spring Sports - Opens Mid Jan - Deadline Mid Feb

Documentation

Each Holy Family student-athlete desiring to participate in Angels athletics must have the following completed documents reviewed and acknowledged (signed) through our online system, Arbiter Sports (Formerly FamilyID) by the first day of practice.

- Consent to participate/Release - Arbiter Sports
- Acknowledgement of Athletic Handbook - Arbiter Sports
- Uniform and Equipment Requirements - Arbiter Sports

Forms on HF Website must be uploaded to Arbiter Sports
- Physical Examination (by Dr) - Current during season of play
- Medical History (filled out by parent) - Forms on HF Web

In addition to the above required documentation, a student-athlete must not have any outstanding athletic fee payments or unreturned uniform/equipment items.

IMPORTANT – No student-athlete will be allowed to move on to their next sport if fees are unpaid or uniforms have not been turned in.

STUDENT ATHLETES

Code of Conduct

Being a Holy Family athlete is a student's choice and thereby a privilege. Student-athletes shall conduct themselves in a way that brings positive recognition to God, Holy Family Catholic School, their team, their sport and themselves. A Holy Family student-athlete reflects the mission and identity of the school, no matter where he/she is. Student-athletes are expected to behave at all times with consideration for others in thought, word, and deed, and student-athletes must abide by the school's stated rules and any others stipulated by athletic department staff members.

Time Commitment

All Divisions - 3 day per week commitment with two practices and one game or two games and one practice. The average practice length for all sports is 1 hour 30 minutes. No team-related events will be held on Sundays. Practices and/or games may be held on Saturdays depending on league scheduling. No teams will have mandatory practices over school holidays. "Optional" practices may be offered with the approval of the Athletic Director.

Academic Requirements

If a player's grades (Report Card) fall below a 70 or he/she receives a "U" in conduct in any subject including specials, the student will not be allowed to participate in games or scheduled events until the next progress reports shows a passing grade in the class that they were failing at report card. They may participate in practice.

Participation

Participating in athletics is a privilege and is contingent on the following:

1) *Clearance from Previous Sport* – Student-athletes must be cleared from their prior sport before they can begin competing in a new sport. This includes, but is not limited to, being current on athletic fees, with prior sports uniform and/or equipment returned by specified deadline and in good condition.

2) *In good academic and moral standing* - Student-athletes may not participate in practices or games if they have failed to achieve the minimum academic/behavoral requirement or are suspended from school.

3) *Practice and Game attendance* – As a general rule, students must be in school in order to attend a practice or a game on the same day**. At minimum, students must be in school by their 11:30am class and complete the school day in order to participate later that day. If a game requires an early departure, students must be at school by 8:15am.

Assessments / Team Selection

Assessments allow coaches to place like-skilled players together which aids in each player's development. Tryouts can be one to three days, depending on the sport and grade level. If a student misses tryouts, he/she will be placed on the lower level team. All decisions regarding team placement are made by the Athletic Director and coaching staff in each sport.

A student-athlete that attends one day of tryouts has started the season, and the no-quit policy is in effect. If a student-athlete wants to attend a day of tryouts to evaluate whether or not he/she wants to play, he/she must communicate in advance to the head coach responsible for tryouts.

Important – a roster spot on any one team in a previous year does not guarantee the same spot on the same team in the current year. For example, if you are on the A team this year that doesn't guarantee that you will be on the A team again the following year.

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 effort, attitude, ability level, and what is best for the team. Holy Family strives to apply the "Play Like a Champion Today" Playing Time guidelines:

Playing time guidelines (regular games):
5/6th grade teams – min of ½ of game
7/8th grade teams – min of ¼ of game
Playing time guidelines (Playoffs and Tournaments):
Discretion of the Coach

Attendance

Attendance at practice and games is mandatory. Therefore, notification must be given at least a day in advance if an absence is unavoidable. Please email or call the coach and cc the AD.

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.

Unexcused absences – three (3) unexcused absences will result in a written notice to the parents, and the student will not be able to play in the next scheduled game. If the absences continue, the student shall be removed from the team.

Missing school - A student who is absent from school for more than half a day may not participate in a practice or game on that day.

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

Departure from a Team

There are three types of departure from a team:

a) Leaving a team – season-ending injury, poor health status, family emergency or academic performance all may lead to permissible departure from the team only after being discussed between parents, the head coach and/or Director of Athletics.
b) Quitting a team – regardless of reason, any player quitting a team after the season begins (as defined by attending the first day of assessments) will not be eligible to participate in the next sport of his choice. Athletic participation fees will not be refunded.
c) Dismissal from a team – regardless of reason, any player who is dismissed from a team for conduct, rules infractions or disciplinary reasons will not be eligible to play in the following season sport. Athletic fees will not be refunded.

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 and the Principal will determine the student's status for the next season.

A student athlete will be dismissed from a team for the remainder of the season if he/she:

1. Incurs more than three unexcused absences. (It is essential that you communicate with your coach.)
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.)

Injuries

If injury occurs during a practice or game, please notify the coach/AD immediately. An accident report will be filled out and turned into the medical office. If a Dr visit is necessary please relay all medical information to the school nurse.

Injured athletes are still required to attend practice or games with their team. Other arrangements must be approved by the Coach and the AD.

All "return to play" protocols will be communicated through the school nurse. A concussion "return to play" protocol must be coordinated through the Athletic Trainer at St Dominic Savio HS.

Athletic Uniforms and Equipment

Student-athletes are issued team uniforms and are expected to take great care of the uniforms. If a uniform is lost and cannot be found, another uniform will be issued (if available) once the lost uniform has been paid for in full. Damaged uniform pieces will need to be replaced at the expense of the student-athlete. The replacement cost of

each uniform piece (top, or bottom) is determined by the athletic department. (Uniform pieces may cost up to $75 an item).

There may be additional uniform or equipment pieces that will need to be purchased by the family. These are typically personal items like VB shorts, socks, mouth guards etc. These requirements are outlined at the time of registration.

All student-athletes are expected to be good stewards of all equipment, facilities and uniforms entrusted to them.

AWARDS & TRADITIONS

Athletic Award Nights

There are three Athletic Awards nights scheduled for the year – one at the end each season. Cheer is recognized at the Winter Award night. During the ceremony, the teams and individuals will be recognized for their contributions to their teams.

Most Valuable Player - 1 Award given per team or per division for individual sports
Most Improved Player - 1 Award given per team or per division for individual sports

Faith in Action Award - given to a girl and a boy in 5/6th and 7/8th grade.

"The Faith in Action award is chosen by the AD, with input from our coaches, based on a "student-athlete" who brings his or her best self to practice, games and student-life. The student-athlete has developed and demonstrated courage, determination, persistence, good decision making and strong leadership. They are respectful to all and are a tremendous team player, both on and off the field."

Recognitions

- Team Banner - Undefeated in Conference Play
- Conference Banner Update - (1st place in Conference, 1st place in tournament)
- Track Leaderboard - All school records in XC and Track and Field events
- Perpetual Plaque - Faith in Action Awardees (end of year)

Traditions

8th Grade Recognition - coordinated by the 7th grade parents. Typically the last home game of the season of team sports. Individual sports recognized them during a team party or at the end of year award night. This is a modest event with a small token of appreciation for their dedication to Holy Family athletics.

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TEAM PHOTOS

Team and individual pictures will be scheduled by the Athletic Director once during each season. The team pictures are included in the school yearbook so please make sure that your child is present. Purchasing team or individuals photographs is optional.

PARENTS

Without a doubt, parents are the most influential models for young athletes. From a parent's conduct to the place sports plays in the family order of life priorities, parents make the biggest impact on a young person's athletic experience. Not only are parents influential, they are critical to the success of our athletic programs. The athletic department needs parents to come alongside all sports teams to serve in one or more of a variety of volunteer positions throughout the year (see Blue Crew section for volunteering opportunities). Becoming a "Servant Leader" int the athletic department also sets a good example for our student-athletes.

Perspective - Why Kids Play the Game

Most young people participate in sports for the following reasons: to have fun, to develop that natural desire to play, to make new friends or be with their friends, to be part of a team, and to compete. "To win" or "to be a champion" is often not at the top of the list. Athletes must hear from parents and coaches that it is the process of competing that counts. Too much emphasis on winning and losing puts the value of sports out of proper context.

Presence at Assessments, Practice and/or Games

The coach's classroom is the court or field, usually with undefined walls, making it easy for parents to naturally move close to the action. Parents should be interested, supportive observers from a distance. The coach needs room to be able to instruct, and the player to perform, without distraction from the stands. Distraction only yields poor results. Cheer them on, yes! Coach or yell at them, no!

Parent Required Training

- PLACT Training (See Below) - this is offered online through the University of Notre Dame and the link to register with be in the Friday Athletics News.
- EIM - Ethics and Integrity in Ministry (Diocese of Austin) - required for any volunteers and/or coaches that work with our youth.

Play Like a Champion Today Training (PLACT) - Parents

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 an exciting program that will help us stay true to our mission and create best sports experience for our student athletes.

It is MANDATORY that this workshop be attended by at least one parent. The student will not be able to attend any practices or games until this requirement is met. If a parent has already attended the PLACT training in the past, they will not need to attend again. This is a ONE-TIME per family training while at HFCS. Registration days and times will be communicated via the athletics newsletter. There is a $10 fee to attend the class.

COACHES

Each coach is prayerfully and thoughtfully considered, recruited, interviewed and hired and therefore has the authority over our children in each given sport. Parents and student-athletes must trust that coaches try to make the best decisions for the team as well as the individuals that make up the team. Coaches are with the team in practice and in competition, evaluating character and performance, and therefore will make judgment decisions based on what they feel is in the best interest of the team. Playing time, players' positions, and strategy should be left to the discretion of the coach. Parents should help their child understand that being a team member means accepting the coach's decisions even when he or she does not agree with them.

It is also important to remember that neither coaches nor parents are infallible evaluators of talent, nor are either perfect play-callers. A team does not function well with non-coaches trying to coach. Parents should not place a child in a tough spot of having to decide who they are going to listen to, their coach, or their parent.

Successful athletic programs start with quality coaches. We believe coaches are one of the most significant components to the athletic program and therefore seek to hire Christian role models who are committed to fulfilling the mission of the school, desire to disciple our student-athletes and serve their families, and who are knowledgeable in their sport.

Communications

Direct communication between the coach and players is very important, and is usually the best way for any questions to be answered or conflicts to be worked through.

Inevitably, there will be times when a meeting between a parent and coach is warranted. Please call or e-mail the coach to arrange a convenient time for a phone conversation or meeting. Too often our emotions get the best of us. Try to exercise the 24-hour rule – wait 24 hours before placing that call or sending that email. And remember, before or after practices or games is never an appropriate time to approach a coach.

A meeting with the coach is an opportunity to exchange information and respectfully discuss any concerns or questions that you may have regarding your student-athlete. The meeting should promote better understanding and communication, but the meeting should not be viewed as an opportunity to convince the coach that your child should be playing more, playing a different position, or that the coach should be employing a different strategy. After the meeting, just as before the meeting, your support of the team and the coach is expected. If there is a significant issue that you believe requires additional discussion, then the Director of Athletics, coach and parent can meet together to resolve the issue.

If issues cannot be resolved after meeting with the Director of Athletics, then a meeting involving the Principal, along with the Director of Athletics, coach and parent should take place. Any unresolved or escalated issues should then be taken to the President of the school.

Communications - External

Parents should never contact opposing schools, officials or the CAPPS officers to voice complaints over athletic contests, opposing players, coaches or fans, or officials. All concerns and/or opinions should be communicated directly with Holy Family Director of Athletics.

Communications - Internal

Coaches must communicate with student-athletes and parents on a regular basis. Coaches must communicate to parents at the start of the season the expected commitment to the team and the anticipated practice and game schedule, and the communication must be in writing. Weekly communication from the Head Coach to parents is also a minimum requirement. Holy Family utilitizes SportsYou as the platform for communcation.

Code of Conduct

Because the behavior of a team can reflect the coach's own manner, attitudes, temperament and approach to athletics, coaches shall conduct themselves in a way, both on and off the court, that brings positive recognition to God, Holy Family Catholic School, their team, their sport and themselves. Instruction and correction, while demanding and critical, should be positive. Coaches should never embarrass or demean student-athletes. The same high standards of preparation, organization, hard work, self-discipline, sacrifice and Godly behavior that coaches expect of players should be the same that is expected of coaches.

REQUIRED TRAINING

- EIM Certification
- PLACT Coaches Training
- First AID, CPR & Concussion Training.

There must be 2 EIM certified adults at each practice. If an assistant coach is not available and EIM certified adult chaperone is acceptable

All coaches are expected to know the rules of the game and the rules/policies of the leagues in which we participate – CAPPS.

CAPPS LEAGUE

Divisions of Play

Divisions of play are decided by the league and teams are grouped based on the middle school enrollment numbers. This typically puts us in the highest level of competition. These divisions are not negotiable. Our goal is to develop the whole student. We are committed to our No-Cut policy and will compete to the best of our ability within the divisions we are assigned.

Age/Grade Eligibility

For participation in CAPPS, students entering 5th or 6th grade must be 12 years old or younger on September 1 of the current school year. A 6th grade student may not compete at the 7th-8th grade level.

For participation in CAPPS, students entering 7th or 8th grade must be 14 years old or younger on September 1 of the current school year.

Eighth grade students are not eligible to participate on or against high school teams of any level.

CAPPS (Capital Area Private and Parochial Schools League)
WEBSITE - www.cappsathletics.org

This website includes games schedules, addresses and maps to opponent schools and rules for each sport. Games are typically scheduled after the first week of practices.

Volunteer Opportunities

Please contact the Athletic Department if you are interested in helping in any of the areas listed. It really takes a community to run an efficient athletics program and Holy Family Needs your help. It is a lot of fun and you make connections and friendships that may last a lifetime.

All Volunteers must be EIM Certified.

- ☐ **Coach**
- ☐ **Assistant Coach**
- ☐ **Team Manager/Chaparone**
- ☐ **Field Prep**
- ☐ **Score Keeper**
- ☐ **Time Clock**
- ☐ **Spirit Committee**
- ☐ **Award Night Committee Assistance**
- ☐ **Uniform Distribution/Collection**
- ☐ **Event Planning (Angel Invitational XC Meet)**