

Holy Family Catholic School

Athletic Handbook



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Philosophy

In keeping with our school's mission to develop the whole child, spiritually, intellectually, socially, emotionally, and physically, Holy Family is committed to promoting a positive attitude towards a healthy lifestyle. One of several ways that the school can support this philosophy and goal is to ensure that students have access to a strong athletic program for boys and girls. In that endeavor, the school offers various athletic teams, beginning at the 5th grade level.

Students in 5th through 8th grades are offered an opportunity to participate in the athletic program in various sports held throughout the year. Each year teams are formed for volleyball, flag football, cross country, basketball, soccer, track and field, tennis, and golf.

Athletic Staff

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.

Schedules (Practice, Games, Meetings)

www.holyfamilycs.org/community/generalcalendar
www.cappsathletics.org

Required Documents

www.holyfamilycs.org/community/parentdocuments

Director of Athletics

Mary Jo Kilburn

(512) 826-5769

mkilburn@holyfamilycs.org

Athletic Office Staff

Kelly Walker

(512) 246-4455

kwalker@holyfamilycs.org

Holy Family Blue Angel Athletics

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 elementary (5th-6th grade) and middle school (7th-8th grade) divisions.

Team Colors and Mascot:

Our team colors are Navy and White.

Our mascot is the “Blue Angel”.

The girls’ teams are known as the “Lady Angels”.

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

The following sports are offered at Holy Family Catholic School:

<u>SPORT</u>	<u>AVAILABLE TO</u>	<u>TIME OF YEAR</u>
Volleyball	Girls 5 th -8 th grade	August to October
Flag Football*	Coed 5 th -8 th grade	August to October
Basketball	Boys and Girls 5 th -8 th grade	October to February
Soccer	Coed 5 th -8 th grade	March to May
Track & Field	All students 5 th -8 th grade	March to May
Tennis	All students 5 th -8 th grade	AIPL Tourney Only
Golf	All students 5 th -8 th grade	AIPL Tourney Only
Cross Country	All students 5 th -8 th grade	August to November

*Tackle football is available for 7/8 grade, on a season-by-season basis with enough interest from the student body.

League Information



Holy Family currently competes in the Capital Area Private and Parochial Schools League (CAPPS). The stated purpose of the league is to promote and encourage student-athletes from member educational schools to grow and develop in citizenship, character, and good sportsmanship by providing and organizing balanced competition and fair play.

The league consists of 15 private schools spread throughout the Austin metro area. School addresses can be found on the CAPPS website: www.cappsathletics.org.

Austin Classical School
Brentwood Christian School
Hill Country Christian School
Holy Family Catholic School
Hyde Park School
Redeemer Lutheran School
Regents School of Austin
Round Rock Christian Academy

St. Austin's Catholic School
St Gabriel's Catholic School
St Ignatius Martyr Catholic School
St Louis Catholic School
St Theresa's Catholic School
Texas School for the Deaf
Veritas Academy

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. 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.

Player Registration and Eligibility Requirements

All students in grades 5th-8th are eligible to participate in League sports. Additional academic & attendance requirements are outlined in this handbook.

Registration:

All students must be registered for each sport through FamilyID prior to posted deadline. Links to registration are made available through our Athletics Newsletter. The registration is closed on the deadline. If you miss the deadline and would like to register, please contact the Athletic Director to determine if there is space for your child. All athletic forms included as part of the registration process on FAMILYID, please make sure that you read everything you are signing and if you have any questions, please let us know.

Athletic Fees:

Each student who signs up and participates in league sports will need to pay a

nonrefundable athletic fee per sport for that school year. Please check the FamilyID Registration for this year's rates.

Medical Physical:

A current physical (within 1 calendar year of the participation period) must be uploaded on FamilyID. This is required for participation, including assessments, NO EXCEPTIONS.

Academic Requirements:

If a player's grades (Progress Reports and/or 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 attend practice nor sit on the bench during league games until the next progress report or report cards shows improvement above a 70 or an "N" or better in conduct. On the date the student becomes eligible again, he/she may resume his/her position as a team player. This information is listed on the student's progress report.

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, 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.

Team Selection

Holy Family has a no cut policy.

Skill assessments 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.

A student is expected to finish a season that he/she starts with a team. Quitting during the season, missing practices and/or games affects the whole team and is not acceptable.

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. Holy Family tries its best to apply the PLACT Playing Time guidelines:

Playing time guidelines (regular games):

5/6th grade teams – min of $\frac{1}{2}$ of game

7/8th grade teams – min of $\frac{1}{4}$ of game

Playing time guidelines (Playoffs and Tournaments):

Discretion of the Coach

Safety

Parents should understand the physical risks in participating in league sports. Students, coaches, and parents should work to comply with all guidelines for practice and play in order to avoid possible injury. While the coaches will emphasize proper technique and safety measures, student athletes must still comply. Parents can help by watching how their child plays the game and speaking with them and the coaches regarding best practices.

Schedules

At the start of each season, a practice and game schedule will be posted on the Holy Family Website Calendar. At the time schedules are posted, they are as up to date as possible. There will be changes please check the Holy Family Calendar and CAPPS website each week. The athletic department will do their best to let you know of any changes.

Practices and Games

League practice and game days vary by sport and can be any day of the week. Generally, teams will practice 2 times a week with 1 or 2 games per week (weekdays). There will be occasional weekend practices (basketball) or tournaments on weekends as required. Attendance at practice and games is essential to the success of the team, and your athlete and is mandatory.

Please communicate your student's commitment to any outside activity (ie club teams, academic teams, one act play) that may conflict with practices or games. Showing a level of commitment to an activity is essential to the growth of our children. It is expected that athletes attend all games.

Practice:

Practice times may vary depending on the number of teams in a sport. A practice schedule will be issued showing when and where students are to be for each day. There are typically 2 practices a week with 1 game.

- 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.
- Students should bring their own water bottle labeled with their name.
- Parents must pick up students promptly at the end of practice.
- Parents need to be considerate of the coach's time. Please be on time!!

Home Games:

It is our responsibility to set an example for our visitors and to be gracious hosts.

- There is no Booster Club at HFCS, therefore there will be no concessions at home games. Please pack an appropriate snack and drink for your athlete.
- Only sneakers or rubber soled shoes allowed on the wood floor.
- Officials' and coaches' decisions during a game are to be respected by all in attendance.
- Only eligible team players and coaches may sit on the team bench.
- 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 and must list the adult who will be supervising.

Away Games:

- Parents are responsible for transportation to and from all away games.
- It is expected that players be at the game site at least 30 minutes prior to game time. In their full uniform, ready to play.
- Early - Release - If a team needs to leave school early, an email will be sent to parents noting the time and location to pick-up students. An email to Mrs. Walker is necessary if a student will be riding with another parent.

CAPPS Tournament:

The CAPPS League is divided into divisions, we are assigned to a division based on our middle school enrollment and the number of teams in the league. There is an end of the season CAPPS tournament for most sports the average number of games in a season is 8.

Uniforms

A game uniform will be issued prior to the first game, and students are responsible for the care and return of these uniforms at the end of the season. Additional uniform requirements that are to be provided by the parents are listed in the FamilyID Registration or the Athletic Newsletter. Parents will be charged for lost or damaged items. Uniforms can only be worn during Holy Family games or tournaments.

Team Pictures

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

Awards

There are two Athletic Awards nights scheduled for the year – one at the end of the Fall Sports and one at the end of the Spring Sports. 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 groups.

"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."

Sportsmanship and Conduct

Players, Coaches and Holy Family spectators are representatives of Christ, their school, and their league. 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 always have complete self-control 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 School Principal.

Removal from a Team:

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.)

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.

Players, Coaches and Spectators must:

- Understand that both winning and losing are part of the game.
- Be modest in victory; be gracious in defeat and always congratulate the opponent, on a well-played game.
- Not encourage or use illegal tactics in an attempt to defeat the opponent or to beat the rules of the game.
- Always have complete control of himself/herself. Horse play, displays of temper, use of profanity, disrespect for coaches or officials will result in loss of privileges and may result in disciplinary action.

- Be respectful of 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.

PLACT Training

Play Like a Champion Today Training:

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 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.

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. All coaches will attend the PLACT coaches' training prior to being selected as head coach or assistant coach of a team. Registration days and times will be communicated via the athletics newsletter or FamilyID. There is a \$10 fee to attend the class.

Blue Angel Parents Roles and Responsibilities

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:

- Support your child's commitment and be on time for all practices and games.
- Try to avoid scheduling events that will conflict with practices or games. If this is unavoidable, please notify the coach as soon as possible.
- Encourage your child to make a positive contribution to the team and support teammates, always giving 100% effort!
- Reinforce to your child the importance of fulfilling his/her role on the team as defined by the coach.
- Demonstrate to your child unconditional support of the coach.
 - If you feel that you need to meet with the coach, please schedule a meeting during a time the coach can be available to meet.
 - Please refrain from coaching from the sidelines which can undermine the coaches' efforts and may confuse the player or weaken the effectiveness of the team.
 - For coaching issues please contact the coach first, then the Athletic Director.

- Immediately after practice or a game is not the optimal time to discuss issues or concerns. Please use the 24-hour rule. This will allow a 24-hour window before communication is made between parent and coach to allow emotions to settle.
- Email, phone call, or set up a meeting with the coach. They will be happy to discuss issues regarding your athlete only, they will not discuss any other athlete.
- Exhibit respect for opponents, opponents' fans and coaches, and officials during all athletic contests.
- Refrain from discussing your child's playing time, team strategy or teammate issues with other parents.
- Attend as many games and tournaments as possible!

Blue Crew - 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.

- Coach
- Assistant Coach
- Team Manager
- Field Prep
- Score Keeper
- Time Clock
- Spirit Committee
- Award Night Committee Chair
- Uniform Collection