

St. Joseph Catholic School



Crusaders Athletics Handbook

2018-2019



Principal: Danette Ragusa
Assistant Principal: Shelly Ernst
Athletic Director: Kelly Curtis
Assistant Director: Dolly Crouch

1.0 PHILOSOPHY

The diocesan philosophy of school-sponsored athletics for elementary and middle schools is as follows:

The greatest strengths of the Catholic elementary and middle schools of the Diocese of Baton Rouge are the opportunity and responsibility of the administration of each school to consider and use the uniqueness of its circumstances to provide the best Catholic education possible for its students. Within this basic tenet, the first priority of such schools is the overall development and growth of each of their students - spiritually, socially, mentally, emotionally, and physically. School-sponsored interscholastic athletic programs shall provide a medium by which students can:

1. Develop an awareness of their abilities
2. Learn and improve athletic skills
3. Acquire the true meaning of and practice sportsmanship
4. Be a part of team effort
5. Enhance their self-esteem and feelings of belonging
6. Form foundations for a healthy adult lifestyle

Such programs should emphasize the positive accomplishments of the individual through recognition, praise, and positive constructive criticism. Athletics should be a component of, and interact with, the spiritual, social, and academic components of the overall school program. Administration, faculty, staff, coaches, parents, and fans are necessary components in nurturing a positive Catholic athlete experience.

2.0 PRAYER

Prayer is an important part of our spiritual formation. Coaches and players will keep God as their focus by praying prior to and at the conclusion of each practice and game.

3.0 LEAGUE AFFILIATION

All St. Joseph Catholic School athletic teams will compete in the North Shore Independent Athletic League (NIAL).

4.0 ST. JOSEPH SCHOOL WINNING PHILOSOPHY

As Crusaders, we win when our student-athletes participate and develop pride in themselves through hard work and honoring the commitment to their teammates, team, school, and church parish. Additionally, they develop respect for their teammates, coaches, opponents, and officials, succeed academically, develop a sense of responsibility to the team, communicate candidly with their teammates and coaches, and develop a desire to excel and be the best they can be.

5.0 SPORTS AND ACTIVITIES

St. Joseph School offers the following athletic activities during the following seasons and for the corresponding grade levels, based upon participation and the availability of volunteer coaches unless changes are made. The formation of teams will be determined based on the number of students and the discretion of the Athletic Director and Administration.

FALL SPORTS (August - November)

Volleyball	5th - 8th Grade	Girls
Football	5th - 8th Grade	Boys
Cross Country	1st - 8th Grade	Girls/Boys

WINTER SPORTS (November - February)

Basketball	5th - 8th Grade	Girls/Boys
Soccer	5th - 8th Grade	Girls/Boys

SPRING SPORTS (February - April)

Softball	5th - 8th Grade	Girls
Baseball	5th - 8th Grade	Boys
Track and Field		Girls/Boys
Basketball	3rd - 4th Grade	Girls/Boys

Any questions concerning Cheer Team or Dance Team, please consult the Cheer/Dance sponsor (Stacy Bankston and Toni Waddell for cheer and Regina Burris and Christina Billiot for dance)

6.0 TRYOUTS

Tryouts for all activities will be announced by the Athletic Director in advance. Written communication will be sent to parents outlining specific tryout times and other requirements. Once tryouts have been completed and the team selected, there will be no additions to the team unless there are extenuating circumstances determined by the Administration. In order to qualify for tryouts, students must meet ALL academic and conduct requirements along with having a current physical on file.

7.0 GAME/PRACTICE SCHEDULING

All practices will be scheduled by the coach/sponsor of each individual team based on the availability of practice facilities and league schedule. **NO PRACTICES WILL BE SCHEDULED ON SUNDAY** without prior approval of the St. Joseph School Administration. All practices must end by 7:30 PM.

8.0 SPORTSMANSHIP CODE

Sportsmanship and the team concept are essential to a successful program. These elements will be stressed for all sports-related activities. It is true that we want to win and we enjoy victory, but our top priorities, however, are the development of skills, self-esteem, respect for others, honesty, and ethical behavior. Good sportsmanlike behavior is not only expected of our players but our coaches, referees, parents, and fans. Coaches and players are expected to exhibit positive attitudes within their teams and towards their opponents. Violations of the sportsmanship code could result in the removal from the program.

9.0 ATHLETIC PROGRAM GUIDELINES

All participants shall receive equal instruction in the rules and strategy of their respective sport and shall be provided equal opportunity to develop basic skills during practice/training sessions. Participation in games is not a guarantee but all efforts will be made to ensure that all athletes receive “playing time.” Playing time will be kept to the discretion of the coaches.

Coaches shall encourage cooperative teamwork and sportsmanship. No student or coach shall be publicly embarrassed or loudly criticized by coaches, teammates, parents, or visitors. Coaches shall correct students in a dignified manner in a spirit of encouragement.

10.0 SUPERVISION

The coach/sponsor is responsible for supervising team members before the start of a game, during a game, and for dismissing team members after a game. No player shall be left to wait unsupervised for a ride home.

11.0 ADMINISTRATION

The athletic program is made possible through the generous donations of time and talent of many. The support of teachers, parents, and other caring adults is vital to the continued success of our program. An athletic director, appointed by the principal, serves as liaison between various coaches and league coordinator. His/her responsibilities include but are not limited to assisting with scheduling, enforcing eligibility requirements for participants, assisting in the recruitment of coaches, and attending league meetings. The athletic director will consult with the principal concerning all plans, schedules, etc. Administrative approval must be obtained prior to implementing plans.

Communication Flow Chart



Please make every effort to have all communications go through the head coach of each sport before contacting the Athletic Director or Administration.

12.0 USE OF FACILITIES

The coaches of each sport must schedule use of the gym with the Athletic Director. All request must be made in advance of the date needed. Use of the gym will be scheduled on a first-come, first-served basis but must be shared with other teams. When using the gym, proper care, up-keep, and security will be the coaches' responsibility. The use of any off-campus facility must be approved by the Athletic Director and Administration. Coaches may not sign any contracts with other facilities. All contracts must be signed by the principal.

13.0 UNIFORMS AND EQUIPMENT

Equipment for each team sport will be provided by the Athletic Department. Personal equipment (such as knee pads, shin guards, mouthpieces, helmets, gloves, bats, etc) must be purchased by the players. Uniforms are to be purchased by the players of each sport.

14.0 ELIGIBILITY

Only St. Joseph Catholic School students whose accounts are current may participate in St. Joseph School Athletic Program. Students who participate in school-sponsored athletics must put forth effort in academic work and meet the minimum academic standards listed below, be cooperative with teachers and coaches, and comply with disciplinary standards listed below. No money will be refunded.

Academic requirements: A student must maintain a 2.0 grade point average in the five major subjects (Religion, Math, Social Studies, ELA, Science) as well as maintaining a C or above in conduct to be eligible for tryouts or to remain on a team once selected. The nine-week report card issued prior to tryouts and participation will be the instrument used to determine eligibility. Continued eligibility will be based on the student maintaining a 2.0 GPA in the five major subjects as well as maintaining a C or above in conduct.

Continued eligibility will be checked at every mid-term progress report and report card issued at the end of each nine-week period.

If an athlete has a GPA less than 2.0 in any of the five major subjects, he/she will be placed on a two week probation to pull their grade up to a 2.0. During the two week probationary period (14 calendar days), that athlete may participate in practices but may not participate in games. If the student does not meet academic eligibility requirements by the end of the two week probationary period they will be dismissed from the team.

Conduct requirements: If an athlete receives a D in conduct at any time during the nine weeks due to an infraction, the athlete will be put on temporary suspension for two weeks. Temporary suspension is defined as a suspension from participating in all games for two weeks. During that two week period, the athlete must attend all practices and dress out in uniform for the games without participating in the games. At the end of the two week period, if the athlete has not received another infraction, he/she will be allowed to play with the team. If, at any time during the temporary suspension or probation period, the athlete receives another infraction, he/she will be removed from the team.

Disciplinary Action: a student may be removed from any extracurricular or co-curricular activity for a temporary or permanent duration as a consequence for inappropriate behavior choices. If a student receives a suspension, they may not participate in practices or games throughout the duration of the suspension.

Eligibility based on attendance: A full-day or half-day absence from school will render a student ineligible for any school activity, practice, scheduled game, or any other athletic event on that day. However, the student can participate in a school activity if he/she has a doctor's excuse or if he/she attended a funeral service. A student entering the school between 7:35 AM and 9:30 AM is considered tardy and is eligible to participate. If a student checks out and returns to school between the hours of 9:30 AM and 2:30 PM, he/she will be considered a half-day absent. This makes the student ineligible to play in a school event.

Parental Permission: Parents must complete the required form granting permission for their son/daughter to participate in any sport. These must be turned in to the Athletic Director before your child can participate in a sports' game.

Physical Examination: A student must be examined by a physician at least once during the school year prior to participation of the sport. The physical exam will be in effect for one calendar year. Only forms approved by the Athletic Director and school administration will be accepted. Neither notes nor prescription pads stating that the student is healthy to compete in athletic activity will be accepted. All physicals must be signed/completed and returned to the Athletic Director before the first day of practices/games.

Limitations: The commitment to an activity is for the duration of the season. Therefore, no student shall be permitted to quit one activity in order to participate in another activity. If a student either withdraws from or is dismissed from a particular team before the season ends for that sport, he/she may not practice nor tryout for another sport until the season has ended for the sport that they withdrew from or were dismissed from. If an athlete misses three or more games without extenuating circumstances, their continued eligibility will be reviewed by the coach, athletic director and administration.

Illness: A written doctor's release is required before an athlete may resume play after an injury in which the athlete was under a doctor's care. A written doctor's release may be required at the discretion of the Athletic Director and Administration.

15.0 AWARDS

Information regarding Awards programs will be available at a later date. Certificates and awards will be given out to recognize athletes for their participation in each sport they play.

16.0 TRANSPORTATION

Parents are responsible for transportation arrangements. Coaches are not responsible for transporting students by car or arranging for transportation. If you are picking up someone else's child from school you must have their car tag or an email must be sent to the Athletic Director or Administration for approval.

17.0 COACHES

IN ORDER TO PARTICIPATE IN ANY ST. JOSEPH SCHOOL ATHLETIC FUNCTION AS A COACH, EACH INDIVIDUAL MUST FULFILL THE REQUIREMENTS MANDATED BY THE UNITED STATES CONFERENCE OF CATHOLIC BISHOPS AND THE DIOCESE OF BATON ROUGE.

Coaches are selected by the athletic director with assistance from school administration on a year to year basis. The primary factors considered in the selection of coaches are evidenced Christian values, depth of character and personality, ability to communicate with athletes, and technical knowledge of the sport. Some responsibilities of the coaches include but are not limited to:

1. Meeting with the athletic director prior to the season
2. Having ALL written communication approved by the athletic director before being sent home
3. Communicating with parents regarding practices, schedules, expectations, and other requirements
4. Scheduling practices and securing a practice facility in coordination with the athletic director
5. Training students on proper use and care of equipment, uniforms, and other property
6. Upholding the athletic policy outlines of the school
7. Participating in any required training clinics
8. Being familiar with the policies outlined in the Athletic Handbook
9. Checking out any school equipment needed for individual use to the students at the beginning of each season and returning all equipment for their team at the completion of each season
10. Assisting the athletic director in obtaining the necessary volunteers to man the concession stands and the gate at games and tournaments

Coaches have the authority to discipline and enforce all team and school rules and may be able to dismiss a member of the team if necessary after consultation with the Athletic Director and Administration.

18.0 PLAYERS

As a St. Joseph Crusaders athlete, it is imperative as a player to uphold the following expectations:

1. I will be a team player. I will always show respect to my teammates and coaches at all times.
2. I will be coachable. I will accept feedback from my coaches because I know it will make me a better player.
3. I will stay on top of my academics because I know they are more important than any sport.
4. I will always have a positive attitude because poor attitudes will not help my team win the game.
5. I understand that playing time may not be equal but can be earned by hard work, performance, and attitude.
6. I will cheer my teammates on whether I am in the game or not.
7. I will learn from my mistakes.
8. I will give 100% at practices and at games.
9. I will be on time at games and practices.
10. I will communicate to my coach ahead of time about absences, lateness, academic concerns, or any other team or personal concerns that will affect my game or practices.
11. I will be on my best behavior at all times. I will not use inappropriate language. I **WILL ONLY POST POSITIVE COMMENTS OR PICTURES THAT SUPPORT MY TEAMMATES AS WELL AS MY COMPETITORS ON SOCIAL MEDIA** (such as but not limited to Facebook, Twitter, Instagram, etc).
12. I understand that I am making a commitment to my team and I will make every practice and game a priority in my social calendar. I will not put outside activities ahead of my commitment to my St. Joseph team or I understand consequences will take place.
13. I will focus on good sportsmanship at all times, win or lose.

19.0 PARENTS

During practices and games it is imperative that parents follow the guidelines listed below:

1. I will be a supportive parent and be positive about my child's playing experience. I will also support his/her teammates, coaches and parents inside and outside the playing field.

2. I understand only positive comments about players, coaches, or competitors should be posted on social media which include, but not limited to, Facebook, Twitter, Instagram, etc.
3. I will not criticize the officials or the opposing team's players , parents or coaches.
4. I will try my best to get my daughter/son to all practices, games and tournaments on time because I know that commitment to a team is important. I will pick him/her up on time from practices and games.
5. I will encourage my daughter/son to resolve any issues on his/her own before I get involved. When I need to I will communicate concerns to the coaches but I understand that I should not do this during practices and not immediately before or after games.
6. I understand that not every player will receive equal playing time and that those decisions will be made by the coaches.
7. I understand that I will be required to work the concession stand and/or door for home games and tournaments at assigned times. If I am unable to work my assigned time, it is MY responsibility to schedule a substitute worker or try to switch with someone. A schedule will be given by the athletic director prior to the season.
8. **I understand that uniforms are to be purchased by players for each sport and paid for prior to the first game.** I understand that my child will not be permitted to participate in games until uniforms are paid in full.
9. **I understand there is an ATHLETIC PARTICIPATION FEE FOR EACH SPORT my child participates in.** This fee will be paid in full before my child is permitted to participate in games. (See 20.0 Participation Requirements and Fees for each sports' fee.)

19.0 TEAM SELECTION

All team selection results will be posted by student numbers rather than name. Any questions concerning team selection should be addressed to the athletic director.

20.0 PARTICIPATION REQUIREMENTS AND FEES

There will be a parents' meeting at the beginning of each sport season for parents to meet the coach(es) and gather and receive necessary information. The athlete will need to turn in the following items before tryouts/practice begins:

1. a completed physical signed by the athlete's physician
2. a signed sport/activity consent form

The following fees will be assessed for participation in the St. Joseph sports program. Participation fees are not due until the student makes the team. Participation fees will be used to assist with utilities, equipment, awards, league fees, concessions, refreshments for sport's program, referees, etc.

Participation fees must be paid in full prior to the first game of each sport. Fees are non-refundable.

Volleyball - \$35.00

Cross Country - \$25.00

Basketball - \$35.00

Softball - \$35.00

Flag Football - \$35.00

Soccer - \$35.00

Track & Field - \$25.00

Baseball - \$35.00

*3rd/4th Grade Basketball - \$25.00

21.0 FUNDRAISERS

Fundraisers may be conducted through St. Joseph School Athletic Department to assist with the costs involved in sustaining our athletic program. All athletes must participate in such fundraisers. The athletic director will provide information on fundraisers. NO fundraisers will be conducted without approval of the Athletic Director and Administration.

PARENT/STUDENT CONTRACTUAL AGREEMENT

I have read the 2018-2019 St. Joseph Catholic School Handbook in its entirety. I am aware of the policies and expectations of the school and agree to be governed by the policies stated herein. Discretionary Clause: Although the rules set forth in our handbook address the frequent rule violations of student-athletes, parents, and coaches; the school reserves the right to vary the discipline procedures on individual circumstances. The school also has the right to address behaviors, not specified in our Handbook, which are clear violations to the values on which we are established as a Catholic Christian school.

Parent Signature _____

Student Signature _____

Date _____

Table of Contents

PHILOSOPHY	Page 1
PRAYER	Page 1
LEAGUE AFFILIATION	Page 1
ST. JOSEPH WINNING PHILOSOPHY	Page 1
SPORTS AND ACTIVITIES	Page 2
TRYOUTS	Page 2
GAME/PRACTICE SCHEDULING	Page 2
SPORTSMANSHIP CODE	Page 3
ATHLETIC PROGRAM GUIDELINES	Page 3
SUPERVISION	Page 3
ADMINISTRATION	Page 3-4
USE OF FACILITY	Page 4
UNIFORMS AND EQUIPMENT	Page 4
ELIGIBILITY	Page 4-6
AWARDS	Page 6
TRANSPORTATION	Page 6
COACHES	Page 6-7
PLAYERS	Page 7
PARENTS	Page 7-8
TEAM SELECTION	Page 8
PARTICIPATION REQUIREMENTS AND FEES	Page 8-9

FUNDRAISERS

Page 9

PARENT/STUDENT CONTRACTUAL AGREEMENT

Page 10