



Athletic Handbook

Dear Parents and Students

Welcome to a new academic and athletic school year! I am looking forward to a fun-filled and competitive year in the numerous sports we offer at St. Theresa Catholic School. There is a very rich tradition of athletics here at St. Theresa Catholic School and we are all proud of our athletes and their accomplishments.

While I want St. Theresa Catholic School Athletics to be an exciting and fun-filled experience, I understand that our faith lives and academics are the priority. Our abilities are God-given and we must remember that Catholic virtues such as Prudence, Justice, Fortitude, and Temperance impact our children's performance on and off the court or field. It is my hope that all of the students will reach their full potential, both spiritually and athletically, while having a truly positive experience in all aspects of the sports we offer.

God Bless and *GO TIGERS!*

Geovan Franco

St. Theresa Catholic School Athletic Director

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St. Theresa Catholic School Mission Statement

The mission of St. Theresa Catholic School is to develop all students to their full potential by educating them in a Catholic and academically excellent environment, preparing them to share God's love through a life of faith and service.

St. Theresa Catholic School Philosophy

We believe that St. Theresa Catholic School and Parish are one community, one Body of Christ and that we thrive together through collaboration as unified disciples in Christ. **We believe** that Gospel values and the teachings of the Catholic faith provide a strong foundation for a meaningful and virtuous life. **We believe** that each child is called to a divine purpose as a unique creation of God. **We believe** the liturgical rhythms and spiritual traditions of the Catholic Church enrich and sustain the lives of our children and community. **We believe** that our research-based, best practice model of education challenges and supports students to develop their unique abilities in a caring environment where they will flourish spiritually, morally, culturally, intellectually, socially, and physically. **We believe** that providing ongoing professional development opportunities for our teachers and staff will support academic excellence. **We believe** that the academic foundations we build allow our students to succeed in high school and college. **We believe** that the respectful partnership between students, parents, faculty, and administration is essential for student academic success, spiritual growth, and social-emotional development. **We believe** that building, restoring, and maintaining healthy relationships in a Christian atmosphere of care and concern will create a positive school culture. **We believe** that a community practicing St. Theresa's Little Way of love, kindness, and service will transform the hearts of our students for the greater good of the world.

St. Theresa Catholic School Athletic Overview

At St. Theresa Catholic School, we try to make sure that all of the students feel comfortable enough to participate in one of the many sports we offer. We have a NO-CUT policy, and all of the students in grades 5 - 8 that wish to participate will have a place on a team. In 5/6th grade, the philosophy is wide participation and all of the students in good standing that participate in a sport are guaranteed to play 50% of the time in games during the season. In 7/8th grade, the philosophy is more competitive, and the students in good standing are guaranteed to play 25% of the time in games during the season.

In addition to our own philosophy, we also adhere to the *"Play Like a Champion Today"* program. For students to participate in athletics, at least 1 parent per family must attend the mandatory "Play Like a Champion Today" Parent Workshop. Please visit the website, <http://www.playlikeachampion.org>, for more information and an overview. This program is focused on the entire experience of our Athletics program, which allows us to build a bridge between our faith and our sports experience. It acts as a guide for everyone involved in the program including students, coaches, parents, and guests.

We are also tremendously proud of our coaches. All of our coaches attend the mandatory *"Play Like a Champion Today"* Coaches Clinic. This clinic must be renewed every two years. Most of the coaches for our teams are parents of the children involved in the program. These coaches are the backbone of our success. We appreciate their dedication, as well as all of the other parents, support during the seasons. If a parent coach is not available to coach a team, an outside coach will be brought in.

The St. Theresa Catholic School Athletic Handbook is published so that parents, students, and staff may be informed of the policies and procedures of the school athletics. If changes are necessary during the year, St. Theresa Catholic School reserves the right to amend this Athletic Handbook. Notice of amendments will be sent home via email notification.

Seasonal Sports

<u>Sport</u>	<u>Available to</u>	<u>Time of Year</u>
Tackle Football (Sabers)	Boys 7-8	August-October
Flag Football	Co-Ed 5-8	August-October
Cross Country	All Students 5-8	August-October
Volleyball	Girls 5-8	August-October
Golf	All Students 5-8	March-May (Self Preparation)
Basketball	All Students 5-8	November-February
Soccer	Co-Ed 5-8	March-May
Track and Field	All Students 5-8	February-April
Tennis	All Students 5-8	March-May (Self Preparation)

Capital Area Private and Parochial Schools (CAPPS)

St. Theresa Catholic School is a member of the Capital Area Private and Parochial Schools (CAPPS) Athletic League. CAPPS is an independent organization whose purpose is to promote and encourage student-athletes from member educational schools to grow and develop in citizenship, character, and good sportsmanship by providing organized/balanced competition and fair play. A CAPPS Constitution will be made available to STCS families. Please go to www.cappsathletics.org for league standings, results, schedules, and maps to the athletic events.

Eligibility

Students who are placed on suspension or expulsion from St. Theresa Catholic School may not participate in athletic events.

Students with an academic grade of "F" in any subject on their report card will be suspended from participation in games. Attendance to team practices is allowed if students are showing improvements.

If a student receives a failing grade at report card time as mentioned above, they will be restricted from game participation until re-evaluation at the next progress report.

A student must attend at least ½ day of school in order to participate in athletic events on that day.

Parents and athletes must turn in the signed **Athletics Signature Page** indicating an agreement to the Athletic Handbook policies, the **CAPPS and St. Theresa Catholic School Release and Indemnity Agreements**, and the **Student Extra-Curricular Contract**. *This Athletics Signature Page must be completed before a student participates in any practice, before, during, or after school, or games/matches.*

A **Pre-Participation Physical Evaluation** is required every year for each student-athlete. This medical form is required every school year since the form is only valid for up to 1 year. This form is located on the STCS website, under the athletics section. *This evaluation by a physician must be completed before a student participates in any practice, before, during, or after school, or games/matches.*

*The **Athletics Medical Authorization Form** must be filled out and turned in before a student participates in any practice, before, during, or after school, or games/matches. The **Athletics Signature Page** and the **Medical Authorization Form** are located at the end of this handbook (Pg 12 & 13).*

For students to participate in athletics, at least one parent per family must attend one of the *“Play Like a Champion Today”* parent workshops if they have not already done so in previous years. This workshop holds a lifetime certification. Parents, however, should review the Parent Code of Conduct located in the back of the PLACT Parent Manual at the beginning of each year. Weekly newsletters will also be sent out to the coaches and parents via email.

Team Selection

St. Theresa Catholic School has a no-cut policy. Tryouts will be held by outside sport-specific specialists in each team sport to determine appropriate team placement. All decisions for placement will be approved by the Athletic Director.

Selections will be made strictly according to effort and ability.

Any student that is currently enrolled in St. Theresa Catholic School or any student that enrolls in St. Theresa Catholic School after the season has begun who wishes to participate in a sport once the season has begun must gain approval from the Athletic Director. Late additions will be subject to equipment/uniform availability.

Any student that is injured at the time of the tryouts or misses the tryout and is unable to be evaluated will be placed on a team by the Athletic Director, in order to be evaluated in practices and/or games. The rules of the CAPPS athletic league state that a player can move up teams (A to AA, AA to AAA, AAA to AAAA), but cannot be moved down. In order to make a proper decision, the player who needs to be evaluated will be placed on a lower team so they can move up if necessary. This process is in place to ensure fairness not only to the player who was unable to try out, but also to the players that did try out. There will be no guarantee that a player will get moved up. All coaches involved and the athletic director will be involved with the final call.

Commitment

Participating in a school team is an important decision. Each student should consider ALL of his/her commitments before joining a team. Please be on time to practices, with all necessary equipment. Attendance will be kept at practices, meetings, events, and games. Any missed practice or meeting may affect participation during games or competitions. This can include missing a school practice for an outside “select” team practice or game. Attendance, attitude, and effort will determine an athlete’s good standing among the team.

Excused absences include sickness, injury, family emergency, or academic obligation. Communication prior to the absences is required for the absence to be excused.

Once team selections are made, students are expected to finish the season. If a student decides to quit a team before the completion of the season, they will not be permitted to participate on a team during the ensuing season. The Athletic Director will consider special circumstances on a case-by-case basis.

Team Meetings

Parents are strongly encouraged to attend a preseason parent/player/coach informational meeting in order to answer any questions about the upcoming season and set expectations.

Playing Time

St. Theresa Catholic School has set the following guidelines regarding playing time:

- 5th and 6th-grade Athletes will receive at least 50% playing time in games.
- 7th and 8th-grade Athletes will receive at least 25% playing time in games.

Playing time can be diminished due to missed practices for unexcused reasons, as well as for misbehavior.

Fairness demands that each child has the opportunity to develop to the fullest extent possible. Accommodations may be made for student-athletes with appropriate documentation and assessment.

Coaches

We are fortunate at St. Theresa Catholic School to enlist the services of our knowledgeable and generous parents to act as coaches. We will hire coaches from the community when necessary. Please understand that the coach is also a member of our Catholic Community and we should treat them, as we would like to be treated. In order to coach at St. Theresa Catholic School, you must go through the following steps:

- Attend the mandatory Diocesan Ethics and Integrity training called “We Are Called to Protect” and renew your certification every three years.
- Submit an online application for ministry which includes a background check.
- Attend the “*Play Like A Champion Today*” Coaches Workshop.

Even though the coaches have attended the above training, an issue may still arise. The channel for open communication should be as follows:

- The Player speaks directly to the coach. This will allow children to act as their own advocates and help build character. Encourage your child to take responsibility for his/her own actions.
- The parent speaks directly to the coach. Please schedule a time that is not during, or immediately following, a practice or game. These meetings should take place away from the children.
- Parent speaks to Athletic Director.

Health and Safety

To ensure that each of our student-athletes has a positive sports experience, their health and safety will remain the focus for all practices and games. Coaches will guide their teams in the proper warm-up and cool-down activities at the beginning and the end of each practice.

Strict consideration will be given to severe weather conditions when making decisions regarding outside practices. When thunder and lightning occur within a 10-mile radius, a practice or a game will be suspended for 30 minutes from the time of the strike. The event can resume if feasible. For extreme heat, see a copy of the Heat Index Policy in the back of this handbook. When water cannot be provided by the school, student-athletes will be required to provide plenty of their own water.

In case of a minor injury, First Aid kits will be accessible to all teams whether in the gym or the athletic field. In case of a serious injury, parents will be notified and 911 will be called, if necessary.

Parent’s Role

We are fortunate to have a large number of enthusiastic and generous parents that are involved with our sports program as coaches, spectators, and volunteers. In order to ensure a positive sports experience for our student-athletes, St. Theresa Catholic School has adopted the “*Play Like a Champion Today*” Sports as a Ministry philosophy. In keeping with this philosophy, at least one parent from each family whose children will be participating in Athletics is required to attend the “*Play Like a Champion Today*” parents’ workshop. Parents who have already attended this workshop must review the Parent Code of Conduct in the PLACT Parent Manual each year.

Other opportunities to support the Athletic program include organizing coach folders, acting as score/bookkeeper, updating specific team communications to assist the coach, working the concession stand, and assisting with carpooling.

Please make sure that the Athletic Signature Page has been signed and that the Medical Authorization Form and Pre-participation Physical Evaluation have been completed and turned in at the beginning of the school year.

Students may not participate in practices or games until all forms have been turned in. All coaches will have access to the parents emergency contact information in case of an emergency.

Parents should understand that they are ambassadors of St. Theresa Catholic School and should behave as positive role models. In the event that a parent/guardian is asked to be removed from a game/contest, a meeting will be set up with the athletic director and assistant principal.

Athletic Equipment and Team Uniforms

All Athletic equipment stored in the P.E. equipment room and the office is not to be taken out unless being used by those teams that are practicing or playing in a game. Students are not allowed to use athletic equipment without permission.

Uniforms are distributed by the Athletic Director to the athletes. Uniforms are the property of the school and must be returned on the due date. Uniforms will be issued out on a certain date prior to the team's first game, and they will be turned in to the Athletic Director on a certain uniform turn-in date following team photos. Athletes must turn in school uniforms in order to be eligible for any subsequent sport. Damaged or lost uniforms will require a \$75 Replacement Fee.

Additional uniform items, such as socks, team shirts, jackets, or any other TEAM apparel must be submitted to the Athletic Director for purchase approval. Purchase prior to approval will not be a determining factor for approval.

Athletic uniforms are only allowed to be worn on STCS School Spirit Dress Days. Students must wear dress consistent with the Spirit Dress Day rules and guidelines, however, their athletic jersey can simply be worn on top.

Practice and Game Time Supervision of Students

Parents must provide adult supervision for their children while on campus. Students must not be left unattended during athletic events. All students without adult supervision staying after school to wait for a later practice or game must go to Extended Care (the exception for this is for the students who are practicing or playing in a game immediately after school). Students **will not** be allowed to wait in the gym for practices or games without specifically designated adult supervision. This includes siblings waiting to participate in later practice. If this behavior is persistent, it may jeopardize a player's participation on a team. Families not following these guidelines will receive a warning from the Athletic Director.

Coaches will wait with their players until all players are picked up. If this is not the case on off-campus events, please contact the Athletic Director to inform them.

Carpooling and Communication

Carpooling and transportation to events that are not taking place at St. Theresa Catholic School must be coordinated by the parents of the players. Staff members of St. Theresa Catholic School are not permitted to assist in coordinating or transporting athletes.

In the event a team is required to leave school early for a game, drivers must sign out athletes in their carpool. Parental permission will be given via email to the athletic director after the early release approval is posted. Permission for students to leave with non-custodial parents requires a signature on the Athletics Signature Page.

Pursuant to the Student Code of Conduct, participating athletes are not allowed to use cell phones during school hours. Practices and games will be an extension of the school day. Coaches will assist athletes if the need arises for them to communicate with a parent.

Schedules, Standings, Locations

The CAPPS Athletic League website will have schedules, standings, and maps to game locations. That website is www.cappsathletics.org Sports schedules for each team will also be made available. Specific details will be available prior to the first sports season. Inevitably, changes will occur. Notification of such changes, which sometimes happen at the last minute, will be received electronically via email.

STCS STUDENT EXTRACURRICULAR CONTRACT

- Students must maintain a 70 or above average in all subjects each report card grading period

Consequence: Ineligible for game participation until next progress report

- Remain in good standing of the Restorative Discipline / TIGER Code of Conduct

Consequence: any practice, game or extracurricular activity missed due to serving detention or after-school work crew will be counted as an unexcused absence. This will be reviewed by the Athletic Director, team coach, or activity sponsor for extracurricular events to determine sanctions.

3. Practices, Games, Meetings, and Events

- The sponsor or Coach will follow the following procedure before assessing a behavior intervention for disruptive behavior:
 - o Verbal warning
 - o Contact parents/legal guardians- Assess a behavior intervention
 - o Contact Athletic Director- Assess a behavior intervention
 - o Contact assistant principal - Assess a behavior intervention
 - o Excessive behavior Interventions assigned during practices, games, or extracurricular events will result in a review for dismissal from the extra-curricular activity
- Attendance issues will be addressed directly with the families in question.

This is a reference copy on the Signature Page that is collected at the beginning of the school year.

ST. THERESA CATHOLIC SCHOOL RELEASE AND INDEMNITY AGREEMENT

As lawful consideration for being permitted to participate in the following described athletic or extracurricular activity, I/We, parents, legal guardians of the above-named candidate for a position on an athletic team or extracurricular group, hereby, give my/our approval for his/her participation in all sports and activities, including but not limited to, football, volleyball, basketball, track, soccer, tennis, golf, cheerleading, and clubs. I/We assume all risks and hazards incidental to such participation including transportation to and from the activities, and I/We do hereby waive, release, absolve, indemnify, and agree to hold harmless the St. Theresa's Catholic School, staff, organizers,

sponsors, supervisors, participants and persons transporting my/our son/daughter, whether the result of negligence or any other cause.

I/We, hereby acknowledge that I/We have voluntarily permitted the above-named candidate to participate in the above-described athletic or extracurricular activity.

I/We are aware that the above-named activity and training may be hazardous and I/We understand the danger involved and hereby agree to accept any and all risks of injury or death.

I/We have carefully read this agreement and fully understand its contents. I/We are aware that this is a release of liability and a contract between myself/ourselves and St. Theresa Catholic School and/or its affiliated organization and I/We have signed it of my/our own free will.

This is a reference copy on the Signature Page that is collected at the beginning of the school year.

Capital Area Private and Parochial Schools League Release and Indemnity Agreement

As lawful consideration for being permitted to participate in the following described athletic activity, I/We, parents, legal guardians of the above-named candidate for a position on an athletic team, hereby, give my/our approval for his/her participation in all sports, including but not limited to, football, volleyball, basketball, track, soccer, and tennis. I/We assume all risks and hazards incidental to such participation including transportation to and from the activities, and I/We do hereby waive, release, absolve, indemnify, and agree to hold harmless the Capital Area Private and Parochial Schools League, staff, organizers, sponsors, supervisors, participants and persons transporting my/our son/daughter, whether the result of negligence or any other cause.

I/We, hereby acknowledge that I/We have voluntarily permitted the above-named candidate to participate in the above-described athletic activity and training.

I/We are aware that the above-named activity and training may be hazardous and I/We understand the danger involved and hereby agree to accept any and all risks of injury or death.

I/We have carefully read this agreement and fully understand its contents. I/We are aware that this is a release of liability and a contract between myself/ourselves and the Capital Area Private and Parochial Schools League and/or its affiliated organization and I/We have signed it of my/our own free will

This is a reference copy of the signed agreement on the Signature Page that is collected at the beginning of the school year.

Outside temperatures reach: (HEAT INDEX)	STCS HEAT PLAN	
100 degrees (100 – 109)	<ul style="list-style-type: none">* Recommended team warm-up and stretch indoors if possible* Mandatory 10 minute break in shade for every half hour of practice (Break includes coaches and staff)* Exposure limited to two hours* Unrestricted access to water at all times during practice* Individuals with asthma or prior history of heat illness may remove themselves from practice and sit in shade with no penalty or repercussion* Recommended alteration of conditioning and running	
	BREAK 10 MINUTES EVERY 20 MINUTES	ACTIVITIES LIMITED TO 2 HOURS
110 degrees (110 – 119)	<ul style="list-style-type: none">* Mandatory team warm-up and stretch indoors* Mandatory 10 minute break in shade for every half hour of practice (Break includes coaches and staff)* Exposure limited to 1.5 hours* Unrestricted access to water at all times during practice* Individuals with asthma or prior history of heat illness are not allowed to participate* Extra conditioning and running is cancelled	
	BREAK 10 MIN EVERY 20 MIN	ACTIVITIES LIMITED TO 1.5 HOURS
	NO CONDITIONING	
120 degrees AND ABOVE	*NO PRACTICES OUTSIDE!	

Athletics Signature Page

- A copy of the STCS Athletic Handbook may be found on the STCS website, under the athletics section. Copies of the forms listed are located in the STCS Athletic Handbook for your reference:

St. Theresa Catholic School Release and Indemnity, Capital Area Private and Parochial Schools League Release and Indemnity, Student Extra-Curricular Contract, Physical Evaluation Form, and Medical Authorization Form

- A separate Medical Authorization Form must be filled out for each participating athlete.
- A Pre-Participation Physical Evaluation Form must be filled out for each participating athlete. This form is also located in the STCS website, under the athletics section.
- This Signature Page as well as the Medical Authorization Form and the Pre- Participation Physical Evaluation Form must be turned in before an athlete may participate in any practices or games.

Early Dismissal Procedure for Sports Events:

I hereby grant permission for my child to participate in any and all sporting events for his/her athletic team of St. Theresa Catholic School. I understand that some of these events may require an early dismissal and transportation plans will be set forth by the parents/guardians of each member of the athletic team. I further understand that the parents will be informed in advance of any proposed early dismissal via the team's communication page. I agree that we (parent and child) will abide by the school's rules, and agree to release and hold harmless the school, its employees, and volunteers from and against any and all liability, loss, damage, claims, or actions for bodily injury or property damage in accordance with current state and federal law, arising out of participation in these events.

A team that requires an early dismissal for a sports event must first be approved by the athletic director. An early dismissal message will be posted on the communication page for the team that is in need of an early dismissal. Each parent/guardian of the students on that team must reply with a comment on that communication message, stating who their child will be transporting with to the game/event. Failure to post a comment will result in the child not being able to dismiss early from the school. A sign-out sheet will be created, and each person who is responsible for transporting a student must sign the student(s) out on the sign-out sheet. Any student who is not a member of the team being dismissed early must be signed out from the school office. This includes siblings.

Remember that parents and coaches are partners in growing our St. Theresa Catholic School Champions by

1) working on Goals, 2) enhancing Relationships, 3) instilling Ownership, while we strive to 4) Win in the right way!

I, (We) _____, have read the St. Theresa Catholic School Athletic Handbook and agree to follow the policies stipulated within the St. Theresa Catholic School current Athletic Handbook. By signing this form, we indicate that we have read, understand and accept the following: St. Theresa Catholic School Release and Indemnity Agreement, Capital Area Private and Parochial Schools League Release and Indemnity Agreement and the Student/s Extracurricular Contract.

Parent(s) Signature _____ Date _____

Parent(s) Signature _____ Date _____

Student Signature _____ Date _____

Student Signature _____ Date _____

ATHLETICS MEDICAL AUTHORIZATION FORM

Student Name _____ **Grade:** _____

Student Birth Date: _____

I/We agree that in case of an emergency when time or circumstances make it impractical to secure our prior approval, St. Theresa Catholic School Representative officials are authorized to take whatever actions are deemed necessary in their best judgment to protect the health and welfare of our child. This includes, but is not limited to securing emergency services, anesthetics, medical specialists, and hospital admissions.

Parent/Guardian Signature _____ **Date** _____

Parent/Guardian Signature _____ **Date** _____

Father's Name _____ Home Telephone _____

Cell Phone _____ Work Phone _____

Mother's Name _____ Home Phone _____

Cell Phone _____ Work Phone _____

If the persons listed above are not available in the event of an emergency, please contact:

Name _____ Relationship _____

Home Phone _____ Cell Phone _____

Date of student's last Diphtheria/Tetanus Booster _____

Please list any allergies, including medication _____

Please list any medication currently taking _____

Please list any other medical concerns _____

MEDICAL/HEALTH INSURANCE INFORMATION

Name of Insurance Company _____

Effective Date of Policy _____

Policy Number _____ Group Number _____

Name of Policy Holder _____