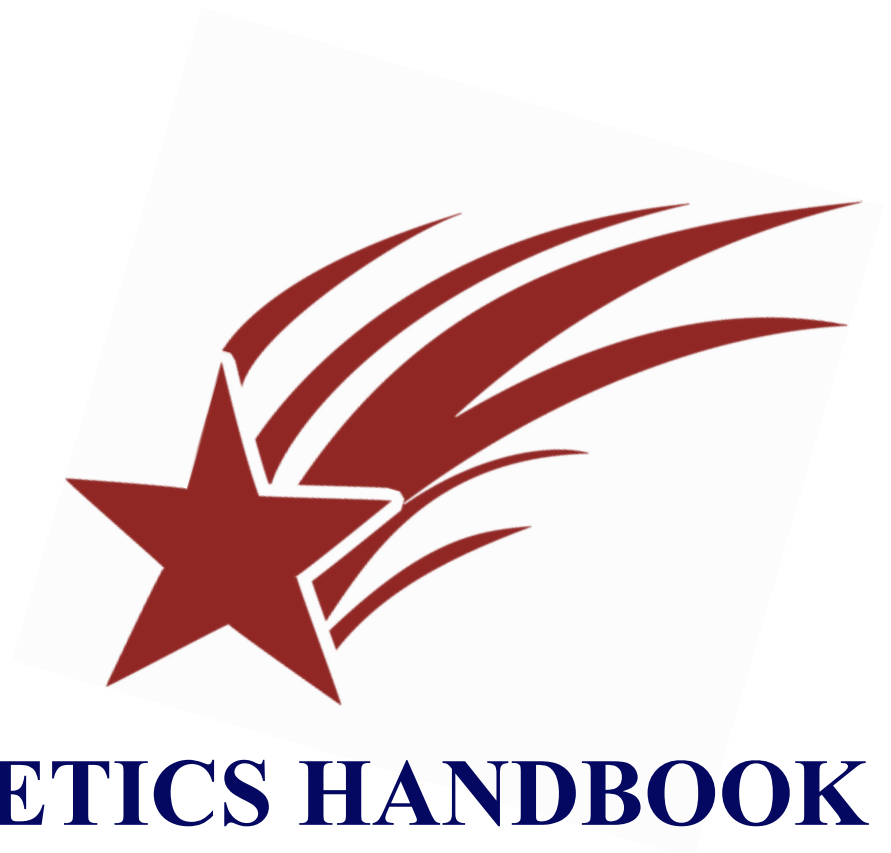


ST. CLARE OF ASSISI CATHOLIC SCHOOL



**ATHLETICS HANDBOOK
2023-2024**

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St. Clare of Assisi Catholic School

Love God, Serve God, Everything is in that!

Vision

Every student is encouraged, supported, and challenged to achieve the highest levels of knowledge, skills, and character.

Philosophy

We believe that an exemplary athletic program is an extension of the classroom. As such, athletics offers students an opportunity to develop and grow physically, intellectually, emotionally, and socially. The positive benefits that participation in athletics offers include, but are not limited to self-esteem, self-discipline, self-confidence, and the development of team spirit. Further, participants learn the values associated with competition and benefit from the experience of both winning and losing.

For the participating athlete, these experiences provide an integral part of the foundation needed to be a productive citizen capable of leading a full and enriching life.

Introduction

The athletic program is an integral part of the total school experience for both boys and girls. We offer a variety of sports and activities to all students in 5th through 8th grade who have potential skill and the desire to participate. However, there is no guarantee that a sport will be offered if there is not enough student participation to make a full team at the start of the season.

The policies, procedures, and regulations in this handbook are in compliance with school board policies and administrative procedures. They are designed to provide successful experiences for students and the efficient operation of the athletic program.

St. Clare Catholic School athletes must look and act with pride and dignity at ALL times. The purpose of this handbook is to establish regulations and procedures to deal with violations that occur **ON OR OFF SCHOOL GROUNDS THROUGHOUT THE ENTIRE CALENDAR YEAR.**

The handbook is designed to encourage athletes to make choices that ensure their health and safety and provide appropriate consequences for students who violate the rules.

This handbook supersedes all prior publications governing St. Clare Athletic teams and shall be used by all principals, coaches, and players in grades 5-8.

You, the student athlete, are accountable and responsible for all policies contained within this handbook and for any additional ones that your respective coaches might add.

The athletic program is under the jurisdiction of the school and is administered by the Principal, the Athletic Director, and the coaches who coach each sport. The coach and/or Athletic Director will communicate to the student athletes about the sport he/she is coaching. Parents should check the extracurricular tab on the school's website for any updated information. St. Clare Catholic School is a member of the Greater Houston Catholic Athletic Association.

Available Sports and Assignments

Athletic Director.....Michael Benoit

Volleyball Coach.....Keriann Mason

(Girl's grades 5-8, Varsity, JV, C-Team)

Soccer Coach..... Edward

Wadsworth and Ricardo Merino

(Co-ed grades 5-8, Varsity, JV, C-Team)

Basketball Coach.....Brian O'Neal

(Co-ed grades 5-8, Varsity, JV, C-Team)

Track and Field/Cross Country Coach..... Michael

Benoit

(Co-ed grades 3-5 & 6-8)

There is no guarantee that a sport will be offered if there is not enough student participation to make a FULL team.

GHCAA

St. Clare of Assisi Catholic School participates in the Greater Houston Catholic Athletic Association. Although some games may be scheduled against schools that do not participate in this league, the majority of our games will come from within the GHCAA. St. Clare School supports and abides by all rules and regulations, as well as the goals set forth by the GHCAA. The following is the mission statement and a list of goals provided by the GHCAA.

The Greater Houston Catholic Athletic Association is an integral part of the educational mission of the Catholic Schools of The Archdiocese of Galveston Houston. The GHCAA is dedicated to fostering human development within the framework of a Christian environment, encouraging a positive vision in our young men and women through exercise, positive athletic competition, and fully recognizing the dignity of each student in Christ's image.

All affiliated schools agree to the following goals:

- To build a community which strives to image Christ
- To develop Christian spirit, school spirit, team spirit and personal acceptance
- To instill Christian sportsmanship in the lifestyles of the participants
- To teach the participants the proper attitude towards winning, losing and competing with dignity
- To develop an acceptance and appreciation of others
- To train and instruct in athletic rules
- To develop the students' physical abilities and coordination
- To help form well-rounded students by fostering good health habits
- To provide a Christian environment and outlet for youthful energy
- To teach the positive value of athletic participation
- To show the necessity of practice, work, and management of time

These goals are founded upon the principle of the infinite worth of each person because he/she is created in the image and likeness of God.

ELIGIBILITY OF STUDENTS

It is the goal of this athletic program to offer the opportunity of participation to every student who has the ability and desire to do so. However, no student is obligated to take part in athletics, nor is participation in athletics required. **It is also to be stressed that participation in St. Clare's athletic program is a PRIVILEGE, not a right. Our students must earn the privilege of participating through hard work, dedication, desire, and self-discipline.**

Enrollment:

Students must attend St. Clare of Assisi Catholic School.

Grade Level Requirements:

Students in grades 5, 6, 7, and 8 are eligible to participate in athletics. However, certain sports may not be available to all grade levels due to league or school restrictions. Fourth graders will only be eligible if greater numbers are needed for a particular sport.

Financial Obligations:

Students must be in good standing on all financial obligations to the school: tuition, fees, etc. Students will also be required to pay an athletic fee for each sport in which they participate. Athletic fees are due before the ***first game*** of each season and are non-refundable. The fee will consist of \$140 per child per sport (with the exception of a start-up sport, which may incur a larger expense.) ***Students who have not turned in their athletic fee by the first game will NOT BE ALLOWED TO PLAY until payment is received. If more time is needed for payment, then alternate payment arrangements must be arranged with the school Accounting Office and the principal before that student may participate in games.***

Attendance:

Consistent and productive practice is essential for any athletic team to be successful. All team members are expected to attend all mandatory practices and meetings, as well as games. If a student cannot attend an athletic contest, meeting, or practice for any reason, the coach of that sport must be notified prior to the event. Students that miss practices and games without prior notification or without valid reason may lose playing time in future games at the coach's discretion.

Participation in other club or intramural sports is not a valid reason to miss a school sport

game or practice. *If a student is absent from school, he or she may not participate in any athletic events, including games or practices on that day. A student must arrive at school by lunch in order to be eligible to participate in athletics that day.*

Academics/Behavior:

Students must maintain a “C” average in **all** classes (78 or above) and a behavior grade of “S” or better in **all** classes. Classroom and behavior grades will be checked on a weekly rotation. (The Athletic Director will inquire about student grades each Monday.)

If a student is placed on probation, the student will be expected to participate in all practices but will not be allowed to participate in games for a period of two weeks. However, the student will be expected to attend and suit up for the games in support of his or her teammates. Administration will check grades weekly throughout the season. ***A two-week probationary period will begin the day after administration checks grades and will end two weeks from that day.*** At the end of the two-week period, if the grades have been raised to the appropriate level, then the student will be off of probation. If the grades have not improved, the student will miss the remainder of the season for that sport. **The student must then improve his or her grades before beginning participation in another sport.** If a student goes on probation three times in the same season, he or she will not be allowed to participate in games or practices for the remainder of that season. If a student is placed on probation three times in one year, then he or she will not be allowed to participate in athletics for the rest of that school year. (No athletic fees will be refunded.)

Any student that serves a suspension or is expelled from school will not be allowed to participate in St. Clare Catholic School Athletics. Once a suspended student returns to the classroom, re-admission into the athletic program will be reviewed by the Athletic Director and Principal. A student that serves an in-school suspension will not be allowed to participate in any school athletics on that day, including practices or games. For students serving detention, their behavior for the week will be reviewed for improvement prior to the game/practice.

Physical Forms:

Physical forms, signed by the athlete’s doctor, are required before a student can participate in any sport. All physical forms must be updated to reflect the school's current calendar year. These forms are located in the front office of the school, with your Athletic Director and can be found on the school’s website under the “Athletic’s” tab and then “Physical Exam Form”.

GENERAL INFORMATION

Social Media:

Student-athletes are high-profile representatives of St. Clare of Assisi Catholic School, and their behavior is subject to scrutiny by their peers, the campus, community, and the media. The actions of a single student-athlete can reflect positively or negatively not only on the individual student-athlete, but also on his or her team and coaches, the Athletics Department and the entire school campus. Therefore, student-athletes are expected to represent themselves and St. Clare Catholic School with honor, dignity and integrity at all times – including when interacting on social networking websites and in other online environments. The popularity of social networking websites (e.g., Facebook, Twitter, Vine, YouTube, Instagram, BlogSpot, etc.) has grown tremendously during the last few years. These websites can serve as valuable communication tools when used appropriately. The use of social media, however, has the potential to cause problems for both the student-athlete and the school environment. Almost anything student-athlete posts on a social networking site may be viewed by others, and both the media and the general public are more likely to view the profiles of student-athletes than the profiles of other students.

Uniforms and Equipment:

School issued uniforms and equipment are property of St. Clare of Assisi Catholic School and are to be used exclusively for games and practices. These uniforms are not to be used for P.E. class or any non-school related function. It is important that all uniforms are treated with care, as they will be used for future teams. At the end of the season, all issued uniforms or equipment must be returned to the school. The student will be responsible for replacing any lost or damaged uniforms that are the result of abuse. If a uniform is not turned in on time, and in good condition, a fee of \$75 will be charged. That student will not be allowed to continue to participate in athletics at St. Clare until the fee has been paid.

Student athletes need to ask permission from a teacher to use the restroom to change into sport clothes during or after school. Student athletes are encouraged to wear their team uniform on Wednesday Spirit Days **during the season that the sport is being played.**

Transportation:

All students are responsible for providing their own transportation to and from all practices and games. All normal pick-up procedures from school will apply. If students wish to carpool to games or practices, arrangements must be made off campus. If a student plans to ride home with another parent from practice or a game, they must have written permission on file with the school on the appropriate forms. Notices must be hand delivered, emailed, or called into the following: child's teacher, Athletic Director, school office.

Coaches should have visual confirmation that a student is being picked up by a parent or other previously approved source of transportation. Students will not be allowed to wait at any place that is not within sight of a coach.

Students are never allowed to walk over to any practice field unattended and unsupervised by an adult.

Parents need to be on time for designated pick up times from practices or games. The Coach may call a parent if the student is not picked up within 10 minutes of the designated pick up time. A Coach is not allowed to leave a student unattended, so it is important that parents be on time. If a parent is late more than once, a fee may be incurred of \$25 for admittance into Extended Day past the 10 minute "grace period".

Games or practices might be canceled without notice due to weather or other conditions that are beyond the school's control. We expect full cooperation and understanding from families when these unpredictable situations occur. The coach/school staff will make every attempt to provide late notification of cancellations to you or your child.

Injuries:

While every effort is made to ensure the safety of the athletes at St. Clare Catholic School, there is always a risk of injury when participating in athletics. The school is not held responsible for injuries that occur during practices or games. Your health is of concern to every member of your team. In the event you feel ill and your condition does not improve within two days, see a doctor as soon as possible and inform your Athletic Director, as well as the schools Health Coordinator.

An injury that could possibly hamper your ability to participate must be reported to the Athletic Director/ coach and Health Coordinator as soon as possible. If the Health Coordinator advises you to see a physician, you are then required to return WRITTEN

instructions from the doctor as to your care.

Parent notes will not be accepted as a reason to miss practice. If an athlete is too ill or injured to practice then he/she must report to the school office, Health Coordinator or bring a written note from the doctor specifying the illness/injury and the number of days the athlete is to miss. If you are absent from school or are sent home by the Health Coordinator you may not participate in the athletic activities for the day. You will need to provide a note to the Health Coordinator before being released to participate with the team.

Whenever you are injured or have an illness of a minor nature, you may be required to dress out (but not participate) and stay with your group during the workout. You learn from each practice session, whether you are actually working out or simply observing.

Following an injury, the athlete should immediately report it to the Health Coordinator and Athletic Director. Even minor injuries can become serious; therefore, all injuries should be reported to the Athletic Director and Health Coordinator so that they may be checked and evaluated.

Sportsmanship:

Students, parents, and coaches are all expected to conduct themselves in a way that will positively reflect on our faith and St. Clare Catholic School. Any student whose conduct, dress, or other display of behavior that could discredit the reputation of the school may be declared ineligible for athletic competition. Such decisions are made by the Athletic Director and/ or Coach in consultation with the Principal and are final. Parents are also expected to refrain from public and/or private remarks or behavior that may adversely reflect on our school's participation in interscholastic sports. **We are a Catholic school and provide a Catholic environment; we expect all of our students and families to follow Catholic standards for athletic events (see SCCS Handbook for "Code of Catholic Conduct").**

Playing Time:

For a "varsity" level team, each member will receive playing time throughout the course of the season. While every effort will be made to play all members of the team in each game, there is no guarantee that each player on the "varsity" team will receive playing time in each game.

For any "JV" level team, each member of the team will receive playing time in every game. However, it is at the coach's discretion to determine how long each member of the

team will play.

Playing time for all teams will be determined by a variety of factors including: skill, strength, physical development, attendance, following directions, dedication, aggressiveness, accepting constructive criticism, attitude, work ethic, respect, willingness to be coached, potential for improvement, and performance in practice and previous games.

PARENT AND FAMILY SUPPORT

As with most Catholic Schools, we depend heavily on the generosity of the parents. Without the donations of time and money from the parent community, our school mission would not be achieved. This is true in all areas of the school, including athletics. Each season we need lots of volunteer support to ensure that everything runs smoothly. Parents should not expect to help the coach unless specifically asked by the Coach or administration. However, there are lots of other opportunities to help support the team. Some of the main things that a coach may need help with include: scoreboard operator, door monitor, organize celebrations at the end of the season, and work the concession stand.

As our athletic program and school facilities continue to grow, there is an increasing amount of activity going on in our school and within the church. Spectators for each sport are expected to stay within the designated spectator area. **Parents are responsible for supervising their children not participating in the athletic sport as well as any guests that they bring.**



Parent Communication with Coaches:

St. Clare Catholic School both welcomes and encourages the communication between coaches and parents. There are many positive results that can occur as a result of these types of meetings. However, there is a proper time and place for this to occur.

Immediately before, during, or after a practice or game is not the appropriate time for a meeting unless a prior agreement has been made with the coach. Parents may contact the coach and set up a time that is convenient for both parties to meet. The focus of such meetings should be on **the student's standing on the team and how he or she can improve to be more successful**. The focus should not be on comparisons to other players or another player's weaknesses. **Coaches are not expected to explain or justify team strategy, personnel decisions, or accept coaching advice from parents.**

ATHLETICS HANDBOOK
Student-Parent ACKNOWLEDGEMENT FORM

(You may print this and return only the form below to the campus)

The school, Athletic Director, and/or the Principal retain the right to amend the Athletics Handbook at any time. Parents will be given prompt notification via the website and email if changes are made.

Dear Parents:

Please view our Athletics Handbook online at www.school.stclarehouston.org, click on "Extracurricular" tab and find the Athletic Handbook link. There you will find a printable copy of the Athletics Handbook. If you want to request a paper copy of this handbook, please contact the front office. Please sign, date, and return this acknowledgement form to the Athletic Director. Your signature and that of your child indicates that you have read the online version or a hard copy version of the Athletics Handbook. It also means that you have discussed with your child/children the appropriate items from the handbook, and that you and your child/children agree to abide by the school procedures, regulations and policies, including the Catholic Code of Conduct, discussed in this handbook. Ignorance of the policies is not an excuse for not following them. Continued violations will result in a loss of the option to participate in the school's athletics program.

Thank you for your cooperation.

We have read and discussed the St. Clare of Assisi Catholic School Athletics Contract. We agree to follow the school procedures, regulations, and policies, including the Catholic Code of Conduct, covered in this handbook.

Sport(s) Child is Participating In

Parent or Guardian Signature

Date

Student Signature

Date

Athletic Director Signature

Date