
FRASSATI CATHOLIC HIGH SCHOOL

Athletics Handbook



2025-2026

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INTRODUCTION

Frassati Catholic High School offers Interscholastic athletics for all students. The athletic program is under the jurisdiction of the school and is administered by the school administration and coaches employed by the school.

MISSION STATEMENT

The Frassati Catholic High School athletic program supports the vision of the school. The athletic program also supports the responsibility that is shared by the school and the parents to encourage the spiritual, moral, intellectual, social, cultural, and physical development of our students.

Frassati Catholic High School believes that athletics provide a unique opportunity in which the student can learn important values such as teamwork, good sportsmanship, hard work, leadership skills, commitment, healthy competition, and fair play. All of these values are characteristics of Pier Giorgio Frassati as a Virtuous Athlete, which is the goal that we want all of our student athletes to strive for. A secondary goal of the athletic program is the development and cultivation of school spirit and positive promotion of the school.

TAPPS

Frassati Catholic High School is a member of the Texas Association of Private and Parochial School (TAPPS), and is currently classified as a 5A school. Frassati Catholic High School will abide by all rules and procedures, as well as follow the athletics calendar and schedules as presented by TAPPS. Any questions about TAPPS rules should be directed to the FCHS athletics department. If a parent wishes to question or appeal a TAPPS rule or policy, that must be done through the FCHS athletics department. TAPPS will not accept appeals directly from parents. For the current year, the following sports will be offered: cross country, football, volleyball, cheerleading, swimming, boys' soccer, girls' soccer, boys' basketball, girls' basketball, track and field, tennis, golf, baseball, and softball.

ELIGIBILITY OF STUDENTS

Participation in athletics is a privilege, not a right. Students must earn the privilege of participating through hard work, dedication, and self-discipline.

Enrollment

Students must be enrolled at Frassati Catholic High School to participate in any athletic program offered at the school.

Financial Obligations

Students must be in good standing on all financial obligations to the school, e.g., tuition and fees. Students are required to pay an athletic fee for each sport in which they participate. Athletic fees are due at the beginning of each season and are non-refundable. The fee will consist of \$200 per child,

per sport. Failure to pay the athletic fee in a timely manner may result in the ineligibility of that student to participate in athletics at Frassati Catholic High School.

School Attendance

A student must be in attendance on a day that school is in session in order to participate in any games or practices on that particular day. Students arriving late to school for any reason must arrive at school in time to attend at least two class periods that day. In addition, a student that leaves school early due to illness may not participate in practices or games on the same day. Any other reasons for absence or early dismissal must be approved by the administration in order to maintain eligibility for athletic participation on that particular day.

Attendance for Practices and Games

Consistent and productive practice is essential for any athletic team to be successful. All team members are expected to attend all practices, meetings, and 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. Acceptable reasons to miss practice may include church functions, doctor appointments, family obligations, emergencies, and academic-related school functions. It is highly encouraged that appointments not be scheduled on the day of a game or contest. Participation in other club or intramural sports is not a valid reason to miss a school sport game or practice.

Students who participate in athletics at Frassati Catholic High School are expected to utilize good organization skills and effective study habits in order to fulfill academic and team responsibilities. Students are expected to complete academic obligations and attend all scheduled games and practices. Missing practice or a game to study or to finish school work is not considered an acceptable reason. However, if a student is falling behind with their school work, they should talk with their teachers as well as their coach to work out a solution that can help them to get back track while minimizing time missed for their sport. Students that miss practices or games without a valid reason may lose playing time in future games at the coach's discretion.

An athlete is only allowed to participate in one sport per season (fall, winter, and spring). However, if an athlete participates in two or three sports then some overlap may occur between the end of one season and the start of another. Any athlete is required to complete his or her commitment to the team currently in season before joining a team that starts in the upcoming season. For example, the fall sport season must be finished before starting a winter sport, and a winter sport must be finished before joining a spring sport. In addition, a sport that is "in-season" will always take precedence over any off season sport training, open gyms, or open weight room sessions. If both coaches are in agreement, an athlete may be allowed to attend practices or team meetings, for observation only, for the upcoming sport if his or her time allows.

If an athlete feels the need to quit a team for any reason, he or she is highly encouraged to talk to the head coach before doing so. If, after such a conversation occurs, the student still feels that quitting is necessary, he or she should turn in all issued equipment immediately, and remove all belongings from the athletics locker. A student who quits a team before the end of a season will not be permitted to try out for any sport for the following season. This includes quitting at the end of a school year—if a student quits a sport during the spring season, he or she will not be permitted to try out for any fall sport for the following school year. If the head coach and Director of Athletics determine that this

decision was due to extenuating circumstances, or was in the best interest of both the team and athlete, then approval may be given to participate in the upcoming season.

Earning a Varsity Chevron

For team sports (Football, Basketball, Volleyball, Soccer, Softball, Baseball) an athlete will earn a varsity jacket/chevron by earning a spot on the varsity team roster, attending at least 75% of all practices and games, and completing the season in good standing on the team. A team manager that fits this criteria may also be eligible for a letter jacket at the discretion of the coach. An athlete who is injured while on the varsity team but who continues to attend practices and games will still be eligible for a chevron. An athlete who quits a team at any point during the season will not earn a letter for that season.

For individual sports (Cross Country, Tennis, Swimming, Track & Field, Golf) and cheerleading, an athlete will earn a varsity jacket/chevron by achieving a minimum standard stipulated by the head coach of that sport. Minimum standards may include participating in a certain number of varsity meets or matches, or achieving a certain cutoff time or score in competition. The head coach of the sport will define and communicate the varsity criteria at the beginning of the season.

Academics / Behavior

Students at Frassati Catholic High School must maintain passing grades in order to maintain athletic eligibility.

If a student has a failing grade in one class at the end of each quarter, he or she will be placed on academic probation and must comply with the school requirements for academic probation as stated in the *Parent and Student Handbook*. Students who wish to remain on a particular team will continue to participate in team activities. However, a student may need to miss some practices or games during the academic probation period in order to fulfill their academic probation requirements such as required teacher-led study sessions. If a student has an incomplete in one or more classes at the end of a quarter, the student must resolve the incomplete before continuing to participate in athletics. If the incomplete is resolved in a timely manner and the student meets the necessary academic requirements, he/she will be allowed to continue to participate in his/her current sport.

A student that is failing two or more classes will not be allowed to participate in athletics until the next quarter has ended, the student has earned a passing grade, and the student is removed from academic probation by the administration. If a student misses the start of a season for this reason he or she may not be permitted to join a new sport that is already in progress.

Any student that is expelled or withdraws from school will immediately become ineligible to participate in Frassati Catholic High School athletics. A student who serves a suspension will not be available for practices or games on any days that the suspension is served. Readmission into the athletic program must be approved by administration for a student who has served a suspension of any length.

GENERAL INFORMATION

Uniforms and Equipment

School-issued uniforms and equipment are to be used exclusively for Frassati Catholic High School games or contests. These uniforms are not to be used for 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. Students will not be issued a uniform for an upcoming sport until the previous uniform has been turned in. The student will be responsible for replacing any lost or damaged uniforms that are the result of abuse. If a uniform is not returned by the specified date in good condition, a fee of \$50 per item (or the cost to replace the item if it is in excess of \$50) will be charged. The student will not be allowed to continue to participate in athletics at Frassati Catholic High School until the fee has been paid. In addition, grades and transcripts will be held until the items are returned or the fee has been paid.

Locker Rooms

Frassati Catholic High School provides locker rooms for our athletes. Only athletes who are participating on an athletic team that is currently in season will be issued a locker. Once that season is over, those athletes will need to remove their belongings, as it will be re-issued to another athlete in the next season. The purpose of the locker room is to have a proper place for changing clothes, showering after workouts, and for keeping personal athletic equipment safe and secure within a locker. The locker room is not an appropriate area for eating, doing homework, or waiting/loitering before, during, or after school or practice. Coaches will be monitoring the locker rooms by periodically checking on the students to make sure they are getting dressed and not doing anything that would be considered inappropriate or unsafe. When an adult is not present, students are still expected to uphold the expectations for conduct of the athletics program and Frassati Catholic High School.

During an athletic season, each athlete will be assigned a locker and a lock. It is the responsibility of the athlete to keep both the locker and lock in good condition. If an athlete's lock or locker is damaged during an athletic season, that athlete will be charged a fee to replace or repair the lock or locker.

The locker rooms are used by many students that are involved in both athletics and PE, as well as students from other schools for some contests. Therefore it is imperative that athlete's personal items and equipment should always be stored inside their assigned locker and locked away every day. No items should ever be left on the floor or benches in the locker rooms. Frassati Catholic High School will not be held responsible for lost or stolen items that were not locked in a locker.

Frassati Catholic Administration reserves the right to open and search any locker in the locker rooms at any time. Athletes should never share a locker with another student.

Dress Code

For all Frassati Catholic High School games and contests, official uniforms for that sport will be provided by the school. For practices, students are expected to wear clothing and equipment that is comfortable, safe, and modest. The coaching staff for each sport will outline what type of equipment and clothing should be worn. Boys may not go shirtless for any reason.

Transportation

Frassati Catholic High School will make every effort to provide transportation to students for off campus practices and games that take place immediately following the end of the school day. A signed transportation form must be on file for each year. Buses that are owned by the school will be the primary method of transportation to games and off campus practices. On occasion, it may become necessary to use a contracted bus or van. Student drivers may be allowed to drive themselves to off campus practices and occasionally some games that are closer to the school. However, students should not transport one another when a bus is available.

Parents will be responsible for picking up students at the completion of games and practices from that location. Coaches should have visual confirmation that a student is being picked up by a parent or other previously approved individual. Students should not be waiting for transportation in a location that is not within sight of a coach.

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 5 minutes of the designated time. If a parent arrives late for the pick-up of a student more than once, a fee may be incurred of \$1 per minute after the first 5 minutes to help compensate the coach for the extra time spent at the practice or game facility.

Class Time Missed Due to Athletics

Due to the nature of high school athletics, there may be times when student-athletes will be required to miss some class time. This might involve leaving school early 20-30 minutes before the end of the day, or even missing the entire school day for a tournament or out of town trip. As an athletics department we do our very best to minimize the amount of class time that each student-athlete may have to miss, while still allowing our teams to compete in the contests that are typical for that sport.

Once a player knows that he or she will need to miss class time due to athletics, it is the responsibility of that student to communicate with the teacher before the day of the class. Anything that is due for that class should be turned in before that class occurs, unless the teacher makes other arrangements with the students. If a test will be missed, it should be made up as soon as possible in accordance with the procedure outlined in the Parent-Student Handbook regarding make-up work for excused absences.

It is also important to note that there are times when a game may be canceled at the last minute (usually due to weather). In those cases, the student will be expected to attend class that day and be prepared to take any tests, or quizzes, or turn in any assignments that are due.

Injuries

Every effort is made to ensure the safety of the athletes at Frassati Catholic High School. There is always, though, a risk of injury when participating in athletic competition. The school is not held responsible for injuries that occur during practices or games. It is the responsibility of the parents to provide insurance coverage or to pay expenses incurred due to accidents and injuries.

If a student misses any practice or game time due to an injury, they must be cleared before returning to practices or games. In the case of some minor injuries, such as minor sprains or bruises, the school trainer may elect to issue that clearance. In the case of more significant injuries, or if a doctor is seen initially for the injury, then a note of clearance from the doctor must be given to the school.

In order to remain a part of the team, students with injuries are expected to attend practices and games if physically able, and as approved by a physician. Students should be present to support the team, as well as be prepared mentally to re-join the team when they have been cleared physically by a physician to do so. In the case of an injury that prevents a student from participating for an extended amount of time, the coach may excuse the student from practices or games at his or her discretion.

Parent Communication with Coaches

Frassati Catholic High School encourages student-athletes to communicate any questions or concerns with the coach directly. As our students are now of high school age, promoting communication with a coach can be a valuable learning experience for our students. Many times a player's question or concern can be quickly resolved by talking directly to the coach. Therefore, the first step in resolving any questions or concerns should be the player asking to speak with the coach directly.

There are times when it is necessary for parents and coaches to communicate. The following are some guidelines to help facilitate positive and relationship building-interactions between parents and coaches.

E-mail should be primarily used to obtain or relay objective information. E-mail should not be used to voice concerns or to address multiple questions or comments, but can be used to communicate the desire to schedule a phone call or meeting.

For resolving concerns or questions that require discussion, it is preferred to communicate over the phone or in person. When scheduling a meeting, the general purpose for the meeting should be communicated to the coach either through e-mail or over the phone. 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.

Appropriate topics for discussion in these meetings may include but are not limited to: the well-being of the student both physically and emotionally, ways to help the student reach his or her individual goals, or concerns regarding the student's behavior.

The focus of these meetings should not include discussions about playing time, play calling, team strategy, or the performance or position of other student-athletes. These issues are the sole responsibility of the coach and his or her staff. Coaches at Frassati Catholic High School are professionals, and are employed by the school under the direction and evaluation of the Director of Athletics. The decisions coaches make in these areas will be based on what he or she believes is in the best interest of all of the students involved, for the team, and for the program as a whole.

Competition Level / Playing Time

Frassati Catholic High School will compete at the varsity level for all offered sports. Depending on the number of participants, some sports may also have junior varsity (JV) level teams.

For JV level teams, every participant in a sport will receive some playing time in games and contests throughout the season. There is not a guarantee that this will occur in every contest, however that will be the goal. Coaches will strive to put players in a position to have a positive and successful experience in games and contests. The development of the team and the individual will be considered when making these decisions.

Varsity level competition lends itself to an emphasis on competitive success. Athletes will receive playing time at the discretion of the coaching staff with the intent of giving the team the best chance for overall success. Although winning is a point of emphasis, the rules of play, good sportsmanship, the welfare of team members, or the mission of the school should not be sacrificed.

Decisions regarding playing time are the sole responsibility of the head coach and his or her staff for that particular sport. Playing time will be determined by a variety of factors including, but not limited to; skill, athletic ability, following directions, attendance and dedication, accepting constructive criticism, attitude, work ethic, respect, willingness to be coached, potential for improvement, and performance in practice and games.

Team Selection

Some team sports may have more than one team depending on the number of participants. Teams will be divided in such a way that gives each player the best chance to be successful and improve as an athlete. The teams will be created with the intent that one team will strive to be more competitive with other schools and the others will continue to focus mainly on development. If there are too many students who try out for a particular sport, “cuts” may be necessary.

The criteria for team selection is the sole responsibility of the coaching staff for each particular sport. The factors that will determine team selection are the same as those that determine playing time. In addition, the number of players needed at a given position for each team may also play a large role in the way the teams are divided.

Branding

Spirit items for athletics can be a great way to promote the athletics program and can also be used to congratulate a particular accomplishment or success. The school’s name, logos, and images may not be used without the express permission of the administration. Therefore, anyone who wishes to purchase or produce any items containing the school name, logo, or images must follow the proper procedures and guidelines that are listed below.

Any items that are to be printed, manufactured, or otherwise produced that contain any Frassati Catholic High School name, logo, image, or any other item associated with the school must have prior written consent or approval from the Frassati Catholic High School administration. Items produced without approval may be removed and/or destroyed at the direction of the administration. This includes but is not limited to, spirit wear, t-shirts, polo shirts, hats, i-Movies©, photo slide shows, etc.

Anyone who wishes to mass produce an item that contains the school’s name, uniform, student images, faculty images, building and grounds images, etc., must submit a proposal in writing to the school. This proposal may also include items to be offered in the school spirit store. The proposal will be reviewed by school administration. If approval is given, the project will be under the direction of the Director of Athletics, Advancement, Director of Admissions, or other school administration depending on its purpose and use.

Facilities and Safety Guidelines

For some sports offered at Frassati Catholic High School, we will be utilizing various off-campus facilities to host games, contests, and practices. It is important to follow all guidelines of the hosting facility to ensure the safety of our athletes and their families.

For on-campus and off-campus practices, coaches are responsible for the students at practice who are a part of the team. Classmates or siblings should not be present for practices.

For away games or any off-campus competitions, coaches are responsible for the players upon arrival until the completion of the game or contest. Parents are responsible for any other children in attendance at the game. This includes any siblings in attendance at a sporting event as well as the players upon conclusion of the game and any team meetings. Children should remain in sight of parents at all times, and should remain in the spectator areas or bleachers when available. Siblings or classmates should not be exploring or roaming the facility or host school.

Siblings or other children are not allowed to have balls of any kind or other toys that could be a distraction or potentially end up on the court or field. This can potentially be a dangerous safety hazard. In addition, fans of any age are not permitted to have artificial noise makers such as air-horns, whistles, or clappers as these are not permitted by rule for most high school sports.

Volunteers

As with most Catholic schools, we depend heavily on the generosity of the parents. Without the donation of time and resources from the parent community, our school mission would not be achieved. Each season volunteer support is necessary to ensure that everything runs smoothly. There are many opportunities to help support the team, for example, scoreboard operator or book keeper for games. Parents should not expect to assist in coaching unless specifically asked by the coach or administration. The Frassati Catholic Booster Club may offer assistance in facilitating volunteer needs or opportunities.

SPORTSMANSHIP AND CATHOLIC IDENTITY

“Sport is, in itself, an important moral and educative significance: it is a training ground in virtue, a school of inner balance and control, an introduction to more true and lasting conquests.”

- Pope Saint John Paul II

Athletics play an important role in the development of the whole person at Frassati Catholic High School. Students, parents, and coaches are all expected to conduct themselves as a disciple of Christ, in a way that will positively reflect on our faith and Frassati Catholic High School. Any student whose conduct, dress, or other display of behavior may discredit the reputation of the school may be declared ineligible for athletic competition. Such decisions are made final by the principal in consultation with the Director of Athletics and coaches.

The following is an outline of principles for students and parents to abide by that will support the mission of the school.

A student-athlete of Frassati Catholic High School will:

- Treat opponents with respect; including before, during, and after contests
- Win with character and lose with dignity
- Respect the judgment of officials and abide by the rules of the contest
- Accept the responsibility of representing the team and Frassati Catholic High School in a positive way
- Compete in a way that exemplifies our Christian faith and values, as a disciple of Christ
- Show respect for coaches at all times
- Recognize that each student-athlete is not just an individual, but part of a team, and to respect, encourage, and work together with teammates at all times

A parent of a Frassati Catholic High School student-athlete will:

- Remain in the spectator areas during the games and at half time
- Respect decisions made by contest officials
- Be respectful towards coaches at all times
- Be a role model as a disciple of Christ by positively supporting the teams and by not shouting instructions or criticism to the players, coaches, or officials
- Refrain from making negative comments or gestures towards players or parents of the other team, coaches, or officials
- Recognize that parents are models for our students, and all actions will portray our faith and school in a positive way

Athletics Handbook Acknowledgement Form 2025-2026

Dear Parents,

The Athletics Handbook has been written to assist parents and students in understanding the policies, procedures, and expectations for the Frassati Catholic High School athletics program. Please contact me if you have any questions. The school administration retains the right to amend this handbook for just cause. When revisions are made the school community will be notified.

Your signature indicates that you have read the Frassati Catholic High School Athletics Handbook. It also indicates that you have discussed with your child the appropriate items from the handbook, and that you, and your child agree to abide by the school policies, procedures, and expectations discussed in this handbook. Failure to abide by the handbook may jeopardize a student's continued participation in the athletic program.

Sincerely In Christ,

Chris Meredith
Director of Athletics

Parent/Guardian Consent Form 2025-2026

I grant permission for my child to participate in extracurricular athletic activities. These activities will take place under the guidance and direction of school employees and/or volunteers. As parent and/or legal guardian, I remain legally responsible for personal actions taken by the above named minor ("student"). I agree on behalf of myself, my child named herein, our heirs, successors and assigns, to hold harmless and defend Frassati Catholic High School, its employees, officers, directors and agents, and the Archdiocese of Galveston-Houston, or representatives associated with these activities, arising from or in connection with my child participating in these activities, or in connection with any illness, injury or cost of medical treatment in connection therewith, and I agree to compensate Frassati Catholic High School, its officers, directors and agents, and the Archdiocese of Galveston-Houston, or representatives associated with the activity for reasonable attorney's fees and expenses arising in connection therewith.

I hereby warrant to the best of my knowledge, that my child is in good health, and I assume all responsibility for the health and medical care of my child. In the event of a medical emergency, I hereby give permission to school employees and/or volunteers supervising the athletic event to obtain medical services and to transport my child to the nearest hospital/emergency care center for emergency medical or surgical treatment.