

St. Anthony of Padua Catholic School  
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# ATHLETIC HANDBOOK

2023 – 2024



## ***Registration Information***

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### ***Nondiscriminatory Policy***

St. Anthony Athletics admits any students of any race, color, and national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students of the school. It does not discriminate on the basis of race, color, national or ethnic origin in the administration of its participatory policies, admissions policies, or athletic programs.

### ***Procedure for Registration***

A student can become a full, participating member of a St. Anthony athletic team once the following requirements are met:

1. Student and parent/guardian have completed and returned St. Anthony Athletic Permission Form (see Appendix A)
2. Student and parent/guardian have attended the Preseason Orientation Meeting
3. Student and parent/guardian have read the St. Anthony Athletic Handbook and signed the Athletic Contract (see Appendix B)
4. Student must have a yearly physical (see website)

### **Athletic Permission Form**

St. Anthony students wishing to participate in a sport must fill out a St. Anthony School Athletic Permission Form. This form is accessible at the end of this handbook (see Appendix A) and in the main office of the school. Permission forms must be completed and returned on or before the deadline set before the first tryout/practice date. Any student who decides to participate on a team after the deadline should see the Athletic Director before attending practice. Deadlines are not intended to prevent a student from participating on a sports team, but they are necessary to make sure that team sizes do not become too large to allow for proper instruction of participants. A permission form need only be completed one time during the school year. Please indicate in the spaces provided at the top of the form, which sports the student may be interested in playing.

### **Preseason Orientation Meeting**

Prior to beginning of school, the Athletic Director will hold a meeting for all potential student-athletes' parents. During this meeting the Athletic Handbook will be distributed and reviewed. Parents should contact the Athletic Director prior to the meeting should they not be able to attend.

### **Costs**

All sports offered at St. Anthony School have different costs required for operation. Students and their families may be asked to provide their own personal equipment and or uniforms for certain sports.

### **Athletic Teams at St. Anthony**

St. Anthony School offers the following sports to students in grades 5 - 8 (unless otherwise noted): Football, Basketball, Cheerleading, Baseball, and Softball.

### **Transportation Policy**

In accordance with the policies of the Diocese of Alexandria, St. Anthony School does not provide any transportation to or from athletic events. All transportation is privately arranged by parents/guardians. St. Anthony and the Diocese of Alexandria assume no liability for accidents that may occur in route to any sporting practice or activity.

## General Information

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### Levels of Competition

Development of the skills fundamental to each sport receives primary emphasis on each athletic team offered at St. Anthony. Each team experience, however, may be slightly different depending on the level at which the team is competing.

LEVEL	A Team	B Team	Developmental
	Teams at this level strive to prepare students for high school athletics	Teams at this level serve as transitions from the developmental level to A teams.	This team at St. Anthony School emphasizes the development of fundamental skills.
COMMITMENT REQUIRED	<i>High</i> Students and families must commit to numerous events a week—practice, games, scrimmages, tournaments.  *attendance at Saturday practices and practices during holiday breaks may be requested.	<i>High</i> Students and families must commit to numerous events a week—practice, games, scrimmages, tournaments.  *attendance at Saturday practices and practices during holiday breaks may be requested.	<i>Moderate</i> Students and families must commit to 4-5 events a week—practice, games, scrimmages, etc.  *attendance at Saturday practices and practices during holiday breaks may be requested.
TRYOUTS	<i>Varies</i> according to interest and capacity	<i>Varies</i> according to interest and capacity	<i>None</i>
PLAYING TIME	It is at Coach's discretion for the amount of time played.	It is at Coach's discretion for the amount of time played.	All athletes participate in practice, but are not guaranteed playing time.
SKILLS EMPHASIZED	-Advancing game strategies -Leadership skills on and off the field/court -Individual fundamentals reinforced and extended	-Importance of team cohesion -Individual fundamentals introduced and reinforced -Formal game strategies introduced	-Basic individual fundamentals -Introduction to team dynamics and rules of formal competition

## Coaching Expectations and Requirements

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Coaches are first and foremost educators, and must work in coordination with the parents who are the primary educators of children. At all times, coaches must be examples of Christ who serves as role models for students to emulate. They must be messengers of the school mission and ensure that athletics embody the Catholic characteristics prevalent at St. Anthony School.

### Goal Setting

When working with St. Anthony student-athletes, a successful coach will work towards goals in the following three dimensions: team, personal, and school.

#### Team Goals

St. Anthony coaches build a team by:

1. Advancing the athletes' understanding of their role as members of the communal body of Christ.
2. Creating a positive and memorable experience that will be cherished by the student-athlete for the rest of his/her life.

3. Teaching the specific and unique skills of this sport to the very best of his/her abilities by using all means, methods, and resources available.
4. Teaching the skills of healthy competition that will prepare athletes and the team to succeed.

### **Personal Goals**

St. Anthony coaches grow as individuals by:

1. Modeling character, sportsmanship, self-discipline, and a lived faith.
2. Appreciating the moments of grace throughout a season, at times of winning and losing.
3. Becoming a lifelong learner of their sport.
4. Maintaining perspective in and throughout all athletic endeavors, realizing teachable moments exist in all experiences.
5. Fostering positive relationships with all school-community stakeholders.
6. VIRTUS training and background check completed.

### **School Goals**

St. Anthony coaches contribute to the school community by:

1. Infusing the school mission in all athletic activities.
2. Promoting academic excellence as an essential component in the development of student-athletes.
3. Committing to effective communication with administrators, teachers, parents, and athletes.
4. Supporting the development of student-athletes as leaders and role models in the greater school community.
5. Creating a culture of school unity and spirit as exemplified through sportsmanship, positive fan participation, and respect for all.

### ***Conduct of Coaches***

Coaches are called to be models and witnesses to their faith each day and as such, coaches are expected to uphold high standards of conduct in and out of season.

#### **Language**

Language should be appropriate and constructive at all times. Coaches are expected to not only monitor their own language, but they should also set and enforce standards of appropriate language for their athletes. This includes, but is not limited to swearing, harassment, exclusionary language, sexual innuendo, personal attacks, and unsportsmanlike gestures.

#### **Treatment of Opponents**

Although opponents are not a part of our school community, they are members of the larger body of Christ and should be treated as such. Coaches should model such respect for their athletes and should instruct players on how to welcome their opponents and all visitors in a way that conveys a sense of hospitality and community.

### ***Prayer***

Athletic experiences play an important role in the spiritual formation of students at St. Anthony School. Genuine and lasting spiritual development is only possible through careful and conscientious preparation by those in leadership positions. Coaches, as team leaders, are chosen not just to be mentors and role models for student-athletes, but also to be witnesses. Prayer should become an intentional component to a team's culture, not just a rushed event before or after a game or practice. Rather than emphasizing winning, prayers should focus on embodying the spirit of Christianity. Coaches are encouraged to build and create spiritual traditions into their approach to coaching at St. Anthony School.

### ***Holding Tryouts***

In a Catholic school, it is essential to demonstrate respect for all members of the school community. Tryout flyers will be posted in school, on the school's Social Media pages, or emailed to parents when tryouts are necessary. Students in grades 5 through 8 (grade 4 when needed...depending on numbers) may try out for any St. Anthony sports team. There is not an expectation that all students will be able to be members of a team, but when cuts are necessary, students should be treated fairly and with compassion.

### ***Communication with Athletes and Parents***

St. Anthony coaches should establish clear procedures and guidelines for communication with athletes and parents that align with the philosophy and mission of St. Anthony School. E-mail should be used only to communicate basic information, such as time and location of games and practices. Discussions of concerns should always be done in person. If a face-to-face meeting is not possible, a phone call is acceptable. Before meetings, establish clear agendas and communicate that certain topics will not be discussed. Coaches do not have to discuss playing time, coaching strategies and specific plays, or information pertaining to other athletes.

### ***Coaching Duties***

In addition to serving as witnesses and models of faith, St. Anthony coaches are expected to fulfill the following duties:

- Plan out practices and games
- Supervise athletes at all times until they are picked up from practices/games
- Condition athletes properly
- Assess athletes' readiness for practice & competition
- Instruct properly on what to do and what not to do
- Maintain safe playing conditions
- Ensure cleanliness of facilities
- Provide proper equipment
- Communicate practice and game schedule to athletes and parents
- Keep Monthly VIRTUS Bulletins up to date.

### ***Awards and Recognition***

The St. Anthony Athletics Program hosts an annual Sports Night at the conclusion of the spring season. Coaches are expected to attend the evening to publicly introduce their players and summarize their season.

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## ***Student Expectations and Requirements***

Students and parents should recognize that participation in the athletic program is not a right of all students, but rather a privilege to those selected individuals who possess the ability, attitude, disposition, cooperative spirit, and desire to represent the St. Anthony community in a favorable way. By joining the school's athletic program, a student becomes a representative of his/her team and of St. Anthony School.

### ***Eligibility and Probation***

We expect student-athletes to maintain academic and behavioral standards in keeping with the St. Anthony School Student-Parent Handbook and the teachings of the Catholic Church. These regulations and procedures apply while on school premises, during practices and competitions, and in the public

arena. A student will be considered ELIGIBLE to participate in interscholastic athletics at St. Anthony School if their most recent academic report reflects:

- ❖ a 2.0 GPA (using letter grades) or better at the end of the grading period in order to participate in sport activities. (Grades in the following subjects are included when averaging: Religion, Reading, English/Spelling, Math, Social Studies, and Science.\* P.E. and conduct are not included in averaging the 2.0 GPA).
- ❖ A *Satisfactory* grade or better in conduct for all subjects

A student-athlete will be considered ON PROBATION should his/her most recent academic report reflect any one or a combination of the following academic grades or conduct:

- ❖ a GPA lower than a 2.0. That player will be allowed to participate in practices and may not play until the next averaging period or until the principal has verified that the player has improved grades
- ❖ If he/she has raised his/her average to a 2.0 by the next averaging period, he/she may play. Grades will be checked at Progress Report. All of this is at the discretion of the principal.
- ❖ One *Incomplete* in any subject
- ❖ Below *Satisfactory* conduct

A student-athlete will also be considered ON PROBATION should his/her behavior require:

- ❖ In-school suspension
- ❖ Out-of-school suspension

*Probation* is one, two (2)-week period\* during which a student-athlete works to improve his/her grades and/or conduct. During this two-week period, a student is still considered a full, participating member of the athletic team, but *time should be spent wisely in improving one's grades and conduct*. Student-athletes are encouraged to seek extra help from those teachers in courses where he/she is struggling either before school or after school.

\*The only exception to the two-week probationary period is the *Incomplete*. As soon as the student-athlete makes up the work that caused the incomplete AND the work is to the satisfaction of the appropriate teacher, the student-athlete is no longer on probation.

### **Behavior**

- A student who receives after-school detention will be expected to sit out of the next game within the season.
- If an athlete is guilty of a major behavior infraction, the student may be suspended from participating in practices, games, or season. The principal and athletic director will decide on action to be taken.

### **Evaluating Probationary Improvement**

A student-athlete remains a full, participating member of a team if his/her grades at the end of the probationary two-week period reflect a passing average or better in every class, and the student-athlete maintained conduct in keeping with the St. Anthony Student-Parent Handbook and the teachings of the Catholic Church.

### **Ineligibility**

A student-athlete will be considered *INELIGIBLE* for interscholastic sports at St. Anthony School should there be no improvement after the two-week probationary period. *Ineligibility* means that a student-

athlete may NOT participate in interscholastic athletics at St. Anthony for the remainder of the season. This will result in the removal of the student from the team's roster.

\*All student-athletes are allowed one (1) probationary period per season. Should a student-athlete fail to meet the academic and behavior standards outlined above more than once during a school year, he/she will be considered ineligible and will no longer be permitted to participate in interscholastic sports at St. Anthony School for the remainder of the school year.

### ***Student-Athlete Expectations***

Behavior is governed by the same rules, regulations, and procedures that apply to all students as set forth in the St. Anthony Parent-Student Handbook. Each student-athlete is expected to demonstrate and encourage others' behaviors that reflect good sportsmanship. If behavior infractions occur, student-athletes may face both a school and an athletic consequence.

### **Attendance**

All students must recognize the time commitment made to a team. It is expected to attend all practices and games and if you cannot attend a practice/game, the coach and/or athletic director should be notified in advance. Consequences for a missed practice or game will be informed by the team rules as outlined by the coach/team at the beginning of the season in addition to the natural consequences that result from missing practice instruction or game experience.

### **Dress Code/Uniforms**

Athletes are highly visible representatives of the school and are responsible for using good judgment in their overall appearance. All teams have a responsibility to ensure that their game attire speaks volumes of their class and excellence. All game shirts will be tucked in. No player should make modifications to his or her uniform. Athletes are to wear a school issued uniform and treat their uniform with respect. Teams that treat their uniforms with respect, exude class.

*Uniforms must be returned to the coach at the end of each season.* Progress reports and/or report cards may be withheld until the uniform is returned. If a uniform is not returned, parents are responsible for the cost of replacing the uniform.

### **Sportsmanship**

#### **Players**

All student-athletes are expected to represent St. Anthony School in an exemplary manner. This behavior is expected both on and off the court or field. Student-athletes are expected to display the best of Christian courtesy and manners to all officials, coaches, opposing coaches, players, and spectators. At all times good sportsmanship is the rule, not the exception. The penalty for unsportsmanlike behavior during a practice or game will be left to the discretion of the coaches for each sport along with input from the athletic director. This can range from sitting out at practice to a one-game suspension. In extreme cases when an athlete has been ejected from a game, multi-game suspensions and dismissal from the team may be appropriate. The athletic director and principal will make the final decision following a meeting with the athlete, coach, and parent.

### **Transfer Students/Injured Students**

Transfer students or students injured at the beginning of a season will be awarded a tryout for a team if there is more than half of the games left in that sport's season. Transfer and injured students are guaranteed the same tryout duration as the other athletes, though they are not guaranteed placement. In order to participate at practices and games, a doctor's release is required for any injured student.

\*When an athlete is injured, it is still expected for them to dress out and be at the games to maintain participation on the team.

## ***Expectations of Parents and Guardians***

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St. Anthony School coaches and administrators respect the primacy of the parents as the first teachers of their student-athletes, and will partner with parents in the formation of student-athletes. Parents and other members of the community play a vital role in the holistic education of children including students' participation in school-sponsored athletics. Together, all stakeholders should actively work to ensure that the Catholic mission and identity of St. Anthony School permeates the athletics program.

### **Parent Participation Requirements**

- Complete designated work shifts at games and tournaments. (A \$50 fee will be imposed on any parent that does not complete their shift.) (Children will not be allowed to help in concession stand. It must be an adult 18 years or older.)

### ***Procedures for Parent Complaints***

The St. Anthony School Parents/Guardians-Student Handbook lists specific procedures to follow regarding complaints about activities in the classroom. Those same procedures will be in effect concerning complaints about athletic activities.

If there is a problem in regard to athletics,

- The first course of action to resolve the matter is to set up a private FACE-TO-FACE meeting with the coach. The parent may ask that the athletic director and/or principal be present at the meeting also. PLEASE DO NOT TEXT OR EMAIL COACHES ABOUT ISSUES.
- If this does not resolve the problem, the next step is to set up a private meeting with the athletic director. PLEASE DO NOT TEXT OR EMAIL ATHLETIC DIRECTOR ABOUT ISSUES.
- In the event this does not resolve the matter, a meeting with the principal should be arranged.

We know that problems sometimes arise during athletic events, but we ask that complaints be made after the event, when tempers have cooled and the proper procedures can be followed. At the beginning of the school year, parents/guardians of children who play sports will be asked to sign a Code of Ethics for parental behavior.

## ***Revisions/Modifications to Policy***

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The Principal may make changes to any policies outlined in this handbook as needed. The Principal has the final decision with regards to any policy. If changes are made the new draft will be sent through an email.

***The principal has the authority to remove a student or cancel a season if student-athletes or parents are not adhering to St. Anthony School standards.***





## Athletic Permission Form 2023-2024

Name of Athlete \_\_\_\_\_ Grade: \_\_\_\_\_

Sports: Basketball \_\_\_\_\_ Baseball \_\_\_\_\_ Softball \_\_\_\_\_ Cheerleading \_\_\_\_\_ Football \_\_\_\_\_

### **Insurance**

The following information must be completed and signed by the appropriate parent or guardian and turned in to the main office before participation in student athletic activities will be allowed. If the following information is not complete, this form will be returned to you.

Parent/Guardian : \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell/Emergency Phone Number: \_\_\_\_\_

All students participating in student athletic activities at St. Anthony must have their own medical coverage. Students will not be allowed to participate in student athletic activities unless the following information is submitted and the form is signed by the parent or the guardian of the student.

Insurance Company: \_\_\_\_\_

Policy Holder: \_\_\_\_\_

Policy and Group Number: \_\_\_\_\_

Address or phone number of insurance company:

\_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_

### **Wavier of Liability**

We, the undersigned, hereby certify that I (we) am (are) the parent or legal guardian of the student. I hereby give permission to the staff of St. Anthony Catholic School to seek during the period of school athletic activities, appropriate medical attention and for the student to receive medical attention and treatment to be covered under the student's insurance policy detailed on page 1 of this form. I/We the undersigned, for ourselves, our heirs, our executor and administrator, waiver, release, and forever discharge St. Anthony Catholic School and its staff, officers, agents, employees, representatives, successors and assigns from any and all liability claims, demands, actions, and causes of action whatsoever arising out of or related to any loss, personal injury or property damage that may be sustained or occur during participation in student athletic activities or while at school.

Signature of Parent or Guardian \_\_\_\_\_ Date: \_\_\_\_\_



## ATHLETIC CONTRACT



Please initial each statement below to acknowledge your agreement to this contract. Then, sign the form at the bottom and return to the Athletic Director to be eligible for participation.

As a St. Anthony Student-Athlete...

\_\_\_ I will strive to give my best to the team in every practice and every game.

\_\_\_ I will be on time for all practices and games.

\_\_\_ I will not miss a practice or game because of another outside sport or extra-curricular activity unless approved by the coach or athletic director.

\_\_\_ This experience is an opportunity to learn not only the sport offered but also teamwork with all its inherent responsibilities. There will be times when I will follow someone's lead and there will be times when I must assume that lead – I always have a contribution to make to my team.

\_\_\_ I will take my coaches' directions and comments as constructive suggestions, which make me a better athlete and my team a successful unit.

\_\_\_ Practice is where I learn the concepts of the game. How I apply those concepts in mind and body in practice will carry over into the game situation.

\_\_\_ I will always play hard, but always will be a fair sport whether we are winning or losing the game, realizing that everyone on my team and my opponent's team is playing for fun and the competitive experience.

\_\_\_ I will carry these principles to my schoolwork and my family life with the realization that these are of greatest importance and take precedence to any sport.

\_\_\_ I will be an example of Christ in all my actions on and off the field/court of competition.

\_\_\_ I have read the athletic handbook and agree to follow the policies and procedures as stated.

Player Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**PLEASE RETURN THIS FORM TO THE ATHLETIC DIRECTOR**



## ***PARENTS' CODE OF ETHICS***



Please read each statement below and sign the form at the bottom to acknowledge your agreement to this contract and return to the Athletic Director to be eligible for participation.

As a Parent of a St. Anthony Student-Athlete...

1. I hereby pledge to provide support, care, and encouragement for my child participating in youth sports by following this Parents' Code of Ethics.
2. I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports event.
3. I will place the emotional and physical well-being of my child ahead of my personal desire to win.
4. I will insist that my child play in a safe and healthy environment.
5. I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
6. I will demand a sports environment for my child that is free from drugs, tobacco and alcohol.
7. I will remember that the game is for youth-not adults.
8. I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed or ability.
9. I will remember that my child's coach is a volunteer, who sacrifices time at home with their families to help improve my child's athletic abilities for free.
10. I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, providing transportation, helping with concessions, and post-game clean up.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**PLEASE RETURN THIS FORM TO THE ATHLETIC DIRECTOR**