

# St. Luke Catholic School

## Athletic Manual

23/24

### School Athletic Mission Statement

The St. Luke Student Athletic Program exists to teach the fundamentals of sports with emphasis on Christian values, sportsmanship, and ethical behavior. Focus is placed on lessons learned from athletic competition both in victory and defeat, along with the proper role of athletics in the overall physical, spiritual, and moral development of the student. Each athlete is treated with respect and encouraged to participate to his/her fullest potential. Athletes are expected to develop appropriate levels of commitment, dedication, and strong work ethics. Instilled in each athlete are the Christian qualities of respect, tolerance, and concern for all teammates, opponents, coaches, and officials.

### Sports Seasons/Programs

The sports seasons are divided into the following categories: Fall, Winter, and Spring. The following sports activities will be offered during each of the seasons listed:

| FALL              | WINTER         | SPRING     |
|-------------------|----------------|------------|
| Cross-country = + | Basketball = + | Baseball # |
| Football #        | Cheerleading*  | Softball # |
| Soccer #          |                | Golf #     |
| Volleyball +      |                | Tennis#    |
| Cheerleading*     |                |            |

=Separate boys and Girl leagues are available for these sports.

+Boys and girls sports are divided into A and B teams in the following sports.

#The following sports only offer a single A Team.

\*Cheerleading consists of one squad

AIAL Regulations state that 8<sup>th</sup> grade students may only participate on A teams.

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### Rebel Sports Policy

The sports policy may change at the discretion of the athletic director and with administrative consultation as needed and without notice. Please direct any inquiries to the athletic director. All students must meet all eligibility requirements to participate in any school team sport.

- ✓ 8<sup>th</sup> grade students may only participate on A teams
- ✓ 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade students are eligible to try out for all sports.
- ✓ 5<sup>th</sup> grade may be eligible to participate by invitation only.
- ✓ The use of 5<sup>th</sup> graders must be used by schools only to complete an eligible team roster.
- ✓ Tryouts are held when any sport exceeds participation limits.
- ✓ In the event a roster spot becomes available after the season has begun, the athletic director may ask an athlete to join the team based on the tryout evaluation, or ask athletes to have a mini-try out.
- ✓ At athletic directors discretion a player that was a member of the team in the previous year may be permitted to try-out when health or ineligibility is clear. (reinstated)
- ✓ Final rosters for all sports must be approved by the coach, athletic director, and principal.
- ✓ Students and parents are expected to exhibit Christian behavior and good sportsmanship at all school related functions and activities, whether on or off campus.
- ✓ The administration and game officials, at their discretion, have the authority to remove anyone displaying unsportsmanlike conduct at any school sporting event.
- ✓ Every athlete playing in the fall, with the exception of cheerleaders, must try out for cross country.
- ✓ Every athlete playing in the fall, winter and spring, with the exception of cheerleaders, must try out for track.
- ✓ Proper protocol for expressing concerns will be to make an appointment to speak with the appropriate coach at a time and place agreeable to both parties and where the athletes nor the general public are present. Parents are ask to refrain from approaching the coaches after a game or during practice to discuss any concerns. Such conduct will not be tolerated. If the matter remains unresolved the athletic director is the next point of contact, followed by the principal.

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### Requirements for Athletes

- ✓ Physical Examination: A yearly physical examination is required. The physical exam form must be completed and submitted to the athletic department before tryouts.
- ✓ Parent and athlete shall read all of the enclosed material and sign that they understand the athletic eligibility, rules and policies of the athletic department.
- ✓ Scholastic Eligibility: All athletes must be in compliance with scholastic eligibility requirements prior to participation.
- ✓ Conduct: Athletes whose conduct or appearance is not within school policy may be declared ineligible.
- ✓ Athletes must be in attendance at school for regular classes. A 2-3 hr. window for appointments is permitted during the day in order to participate in, practice or competition during games after school or in the evening.
- ✓ All applicable athletic fees must be paid in full prior to the first game/competition of the season.
- ✓ Players will not eat from concession during games. Healthy snacks packs are allowed and encouraged to bring to games/practices.
- ✓ Coaches are not in the bleachers. Look at coaches for instructions during all games.
- ✓ Conditioning will be done before each practice and game.

### Extra-Curricular Eligibility

With emphasis on academics first, all students must be academically qualified both at mid-quarters (when deficiency notices are issued) and at quarters (when report cards are distributed). If an athlete is ineligible for two consecutive marking periods, that student is ineligible for participation in his/her extra-curricular activity and will be suspended from athletics for a nine-week period.

At any mid-quarter (progress report or deficiency), a student receiving more than one failing deficiency notice in a major subject will be ineligible to participate in activities for a minimum of two weeks, and can be reinstated if the failing grade has changed to a passing grade. At any report card distribution, a student who fails any one (or more) major subject is ineligible to participate until the progress report time. This period of ineligibility lasts until the next progress report time (approximately 4½ weeks.) In addition, students must maintain an overall average of 75% in the major subjects to be eligible for participation. Academic eligibility dates are listed on the school website.

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Students are expected to display appropriate behavior at school and at all athletic activities. A conduct code of U (Unsatisfactory) will automatically eliminate a student from participation until the next progress report or regular report card.

### School Discipline Policy

*Please Refer to the Parent and Student Handbook of  
School Policies, Practices and Procedures*

A letter will be sent home, along with a phone call from the athletic director, when a student is ineligible.

If a student becomes ineligible for other reasons such as misconduct, the coach and /or the athletic director will make a determination of the consequences up to and including removal from the team

**ATHLETES WHO ARE INELIGIBLE WILL NOT BE ALLOWED TO PARTICIPATE IN  
ATHLETIC COMPETITION, PRACTICES, OR TRYOUTS DURING THE TERM OF  
THEIR INELIGIBILITY.**

### Athletic Eligibility

Our school participates in AIAL and follows the eligibility guidelines for both sports and cheerleading outlined in its constitution. The AIAL permits students to be active participants on the school team and on an outside club team in the same sport, concurrently. St. Luke Catholic School supports this policy, providing (1) the student maintains academic success and (2) the school team practices and competition receive the higher priority in the event of a conflict in schedules.

### Athletics Fee

There is a fee associated with participation in these sports, and it is set each year by the school administration. The following fee will be added to your Smart tuition account and deducted one week prior to the first game of the season. The fees are as follows: \$140.00 for soccer, volleyball, basketball, baseball, and softball; football fees are \$170.00, tennis fees are \$100.00, golf fees are \$140.00, track, and cross country fees are \$25.00.

**\*\*Cheerleading fees vary each year depending on uniform purchases, competition fees, camp fees, and will not be deducted through your Smart tuition. A fee estimate will be provided to parents before tryouts occur.**

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### Uniforms

- ✓ All equipment and uniforms, with the exception of cheerleading, are the property of the school and are loaned to the athlete during his/her season of sport.
- ✓ The athlete is financially responsible for all equipment checked out to him/her.
- ✓ In care of all uniforms, please refrain from placing in the dryer or using fabric softener.
- ✓ Before awards are received, final exams are taken, or tryouts begin for the new sport, the athlete must return or pay for the equipment which has been checked out. If uniforms are not returned, the athlete will pay full cost of uniform in order to replenish our inventory.

### Team Selection Process

**ALL ATHLETES TRYING OUT MUST HAVE A CURRENT PHYSICAL FORM ON FILE AND HAVE RETURNED ALL SPORT UNIFORMS.**

- ✓ Tryout dates will be posted on the school calendar.
- ✓ These Tryouts will be closed to parents and students (not trying out).
- ✓ There are no guarantees that an athlete will make the team regardless of grade level or prior participation.
- ✓ Each day, the coaching staff will discuss the results of that day's try-outs.
- ✓ No one day or one performance will determine what team a player is named.
- ✓ Failure to attend all tryout dates may disqualify you from making the roster.
- ✓ The coaches will do their best to evaluate the players who try out and make the best decisions possible.
- ✓ If a player has a question on results, they are encouraged to make an appointment with the athletic director. Cheerleaders are encouraged to first make an appointment with the sponsor.
- ✓ Try-outs are 3 to 4 days usually, Monday, Tuesday, Wednesday, and Thursday.
- ✓ On the 4<sup>th</sup> or 5<sup>th</sup> day, the teams will gather in the gym, the coaches will talk about the try-outs and the upcoming season, and each player will receive a letter explaining the results.
- ✓ Players are asked to wait to open the letter until they are dismissed from the gym and LEAVE SCHOOL GROUNDS.
- ✓ In some sports, A team manager is selected, the manager's primary duty is to support the team but on occasion may be asked to play.

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### Team Commitment

#### Excused absences

- ✓ Illness, death in the family or a family emergency.
- ✓ If an athlete becomes ill during the school day and goes home, his or her absence will be excused.
- ✓ If a student feels ill and stays in school, he or she should go to practice. If his or her illness worsens, then the athletic director can excuse them to go home.

#### Unexcused absences

- ✓ When a student/athlete gets an unexcused absence from practice, he or she will become ineligible for one game.
- ✓ When a student/athlete gets a second unexcused absence from practice, parents will be notified by phone; a third unexcused absence from practice may result in that student's removal from the program.
- ✓ Any players suspended for one or two games must attend the game in uniform and sit on the bench.
- ✓ When an athlete gets an unexcused absence from a game, the athlete will immediately be suspended from the team or removed from the program and parents will be notified by phone.

#### Tardiness

- ✓ Athletes are expected to be on time to practice, meetings, and games.
- ✓ The coach will have the authority to decide whether a tardy is excused or not.
- ✓ The coach will have a corrective action in place.
- ✓ Continual tardiness will be treated as an unexcused absence from a practice.

#### Quitting a sport

Athletes that quit a team have disrupted the team unity and deprived another student of participating. Athletes make a commitment to the school, team, and coach.

- ✓ An athlete that quits a sport or an athlete who is on a team and has been disciplined, but continues to show poor team sportsmanship may be dismissed. The following action will take place.
  - o The athlete may forfeit trying out for the next sport.
  - o The athlete may forfeit any refund of athletic fee and practice gear.

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### Disciplinary

St. Luke Athletics provides an atmosphere in which every athlete can grow academically, spiritually and physically by establishing guidelines and expectations for an athlete's behavior on the field and in the classroom. St. Luke athletes are held to a higher standard as we strive to work with the whole student.

Players and parents will refrain from arguing with officials and interfering with the games.

If a disciplinary action becomes necessary, the athletic department may add additional consequences along with the school policies.

### Playing Time

Many teams experience difficulties as the season progresses due to the issue of playing time. Parents sometimes feel that the coach should be playing their son/daughter more; many times they tell their son/daughter this. The end result of this behavior is often an attitude problem that affects the entire team, creates tension, and inhibits success. We ask that parents not discuss playing time issues with their son/daughter for this reason. We need parental support in achieving our goals:

- ✓ Improving player skills
- ✓ Instilling a winning attitude (not a win-at-all-costs attitude)
- ✓ Creating positive team interaction
- ✓ Teaching players to take responsibility for their own improvement

The following guidelines explain how we will be treating the sensitive issue of playing time:

- ✓ 1. Playing time will not be equal for all players. Even though the fees are the same for every player, playing time will not be equal.
- ✓ 2. Practices will provide constant opportunities for player improvement. Players are expected to attend practices and work hard at getting better. Sometimes this can be frustrating, but a player's work ethic and mental focus is the key to becoming better.

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- ✓ 3. Winning occurs through mental attitude and physical ability. If players do not believe they can win, they will never win. Winning requires a positive attitude toward the game, the coach, and the teammates. Playing time may be adjusted for attitude and skills performance at practices and at games.
- ✓ 4. We will coach to win. This means putting the strongest team on the court during a game, tournament or playoffs. We recognize that playing time is important to player improvement. The coach must balance player improvement with a winning strategy. During a game, the winning strategy will take precedence; during practice, player improvement is the most important.
- ✓ 5. Players should discuss playing time issues with the coach. Players are ultimately responsible for their improvement. They need to understand what they need to improve upon to get more playing time. Players have the opportunity to learn how to discuss improvement with the coach and to obtain feedback on their performance.
- ✓ 6. Parents should not confront the coach regarding playing time issues. If a player or parent has a concern, they must voice it 24 hours or more before official play has begun and wait 24 hours after play has ended to address coaching staff. If the player has discussed the issue with the coach and parents are not satisfied, a meeting will be scheduled with the player (as appropriate), the parents, and the coach. The issue will not be discussed at a game or practice, or in front of any other players or parents. Parents who confront the coach in an angry or hostile manner at a game or practice or elsewhere, will subject his or her athlete to expulsion from the team with no refund of fees.

These guidelines are important in setting clear expectations for both parents and players. They will help us all to have a positive experience during the School year.



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### Rebel Teams

#### Football

- ✓ The Football program is open to 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade students.
- ✓ The Football program averages 18 players and try-outs for this team.
- ✓ Students are not allowed to participate on another school or league football team.
- ✓ Students in sixth grade must weigh a minimum of 70 pounds.
- ✓ Seventh grade can weigh a minimum of 70 pounds.
- ✓ Must have a current physical form on file with the athletic department.
- ✓ Must have a read and signed St. Luke Athletic Contract after being selected to be on the team.
- ✓ All sports fees should be paid prior to the start of any game or competition.
- ✓ All fall sport teams are required to try out for cross-country.

#### Soccer

- ✓ The Soccer program is open to 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade students.
- ✓ The Soccer program will fill one A team only.
- ✓ The Soccer team is open to boys and girls.
- ✓ The maximum spots on the team roster for soccer will be 17 athletes.
- ✓ All try-outs and practices are closed.
- ✓ Must have a current physical form on file with the athletic department.
- ✓ Must have read and signed the St. Luke Athletic Contract, after being selected to be on the team.
- ✓ All sports fees should be paid prior to the start of any game or competition.
- ✓ All fall sport teams are required to try out for cross-country.

#### Volleyball

- ✓ The Volleyball program is open to 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade students.
- ✓ The Volleyball program will have two teams, A & B girl's teams only.
- ✓ The maximum spots on the team roster for volleyball will be 10 each on A & B teams.
- ✓ All try-outs and practices are closed.
- ✓ Must have a current physical form on file with the athletic department.
- ✓ Must have read and signed the St. Luke Athletic Contract, after being selected to be on the team.

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- ✓ All sports fees should be paid prior to the start of any game or competition.
- ✓ All fall sport teams are required to try out for cross-country.
- ✓ Players are responsible to be in proper uniform: ponytail (if applicable), jersey, spandex shorts, socks, kneepads, court shoes and water bottle.
- ✓ No caffeinated drink or sugared drinks on game/practice days.

### Cross-country

- ✓ The Cross country team is open to 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade students.
- ✓ The Cross country team will have four teams, girls and boys A and B.
- ✓ All try-outs are closed.
- ✓ The maximum on a team is 6 each. With a total of 24.
- ✓ Must have a current physical form on file with the athletic department.
- ✓ Must have read and signed the St. Luke Athletic Contract, after being selected to be on the team.
- ✓ All sports fees should be paid prior to the start of any game or competition.

### Basketball

- ✓ The Basketball team is open to 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade students.
- ✓ The Basketball team will have four teams, girls and boys A and B.
- ✓ All try-outs are closed.
- ✓ The maximum spots on the team roster for basketball will be 10 each on A & B teams.
- ✓ The Basketball team will have teams for boys and girls.
- ✓ Must have a current physical form on file with the athletic department.
- ✓ Must have read and signed the St. Luke Athletic Contract, after being selected to be on the team.
- ✓ All sports fees should be paid prior to the start of any game or competition.
- ✓ Track is a required sport for winter and spring sports.

### Baseball

- ✓ The Baseball team is open to 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade students.
- ✓ The Baseball team program will fill one A team only.
- ✓ The maximum spots on the team roster for baseball will be 15 each.
- ✓ All try-outs and practices are closed.
- ✓ Must have a current physical form on file with the athletic department.

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- ✓ Must have read and signed the St. Luke Athletic Contract, after being selected to be on the team.
- ✓ All sports fees should be paid prior to the start of any game or competition.
- ✓ Track is a required sport for winter and spring sports.

### Softball

- ✓ The softball team is open to 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade students.
- ✓ The softball team program will fill one A team only.
- ✓ The maximum spots on the team roster for softball will be 14 each.
- ✓ All try-outs and practices are closed.
- ✓ Must have a current physical form on file with the athletic department.
- ✓ Must have read and signed the St. Luke Athletic Contract, after being selected to be on the team.
- ✓ All sports fees should be paid prior to the start of any game or competition.
- ✓ Track is a required sport for winter and spring sports.

### Track

- ✓ The Track team is open to 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade students.
- ✓ The Track team will have four teams, girls and boys A and B.
- ✓ Track is a required sport for winter and spring sports.
- ✓ The team roster and the number of the roster spots will be determined by the coach and athletic director.
- ✓ All try-outs are closed.
- ✓ Must have a current physical form on file with the athletic department.
- ✓ Must have read and signed the St. Luke Athletic Contract, after being selected to be on the team.
- ✓ All sports fees should be paid prior to the start of any game or competition.

### Tennis

- ✓ The Tennis team is open to 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade students.
- ✓ The Tennis team program will fill one A team only.
- ✓ The team roster and the number of the roster spots will be determined by the coach and athletic director.
- ✓ Court fees will be collected before the season.
- ✓ Must have a current physical form on file with the athletic department.
- ✓ Must have read and signed the St. Luke Athletic Contract, after being selected to be on the team.

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- ✓ All sports fees should be paid prior to the start of any game or competition.
- ✓ Track is a required sport for winter and spring sports.

### Golf

- ✓ The Golf team is open to 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade students.
- ✓ The Golf team program will fill one A team only.
- ✓ Green Fees will be collected before the season
- ✓ The team roster and the number of the roster spots will be determined by the coach and athletic director.
- ✓ Must have a current physical form on file with the athletic department.
- ✓ Must have read and signed the St. Luke Athletic Contract, after being selected to be on the team.
- ✓ All sports fees should be paid prior to the start of any game or competition.
- ✓ Track is a required sport for winter and spring sports.

### Cheerleading

The purpose of St. Luke Catholic School Cheerleaders is to:

- ✓ Create school spirit, pride, and loyalty.
  - o Promote interest in school activities and perform at school games.
  - o Develop responsibility, teach self-respect, encourage honest effort, strive for perfection and develop good character.
  - o Teach teamwork and pride in a quality performance by maintaining high standards.
- ✓ The leadership of the organization consists of one sponsor and one coach.
- ✓ Fundraising: parents and members are expected to fundraise with the squad to help offset costs
- ✓ Eligibility: in addition of eligibility requirements noted in this handbook, all members must be current on their dues to “Cheerriffic” to participate each month.
- ✓ Uniform and equipment:
  - o Members shall provide shoes, socks, bloomers (female) and complete cheerleading uniform, and other accessories as designated by the Sponsor.
  - o Uniforms and equipment may only be used for authorized purposes; the coach and sponsor shall give authorization.
  - o Members shall be responsible for the care and maintenance of uniforms.

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- o Members shall pay for replacement or repairs of uniforms and equipment lost or damaged while in their care.
- ✓ The cheerleading program is open to 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade students.
- ✓ The cheerleading program will consist of one squad.
- ✓ Tryouts will take place at the end of the spring term
- ✓ Clinics will be held by the coach(es) of the organization (Cheerriffic) for interested individuals. These practices shall consist of two parts:
  - ✓ Clinic coaches shall familiarize them with the tryout procedure.
  - ✓ They shall familiarize individuals with the skills and routines required for tryouts.
- ✓ Individuals must be able to make a commitment to fulfill all responsibilities required to the organization; there should be no foreseeable conflicts in the schedule.
- ✓ All former cheerleaders of the previous year are welcomed to try out. Spots on the team are not guaranteed.
- ✓ The season lasts from June-February
- ✓ In addition to attending weekly practices, members are also expected to attend Cheer-riffic to develop skills and techniques
- ✓ Members are expected to attend NCA camp in the summer, all required games, and competition
- ✓ Students are allowed to also tryout for volleyball, soccer, and basketball
- ✓ Students must have a current physical form on file with the athletic department
- ✓ Must have read and signed St. Luke Athletic Contract after being selected to be on the team
- ✓ All fees should be paid prior to camp

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## 2023-2024

### Parent & Athlete Handbook Contract

**We acknowledge receipt of the 2023-2024 Athletic Handbook of Athletic Policies, Practices and Procedures.**

We have read and agree to uphold and be governed by the policies and procedures as defined in the current Handbook. Our failure or our athlete's failure to cooperate with the policies, practices and procedures may jeopardize our athlete's continued involvement in St. Luke Catholic Athletics.

The Athletic Director and Principal reserve the right to amend policies, practices and procedures defined in the current Handbook.

St. Luke Athletics is proud of our successes. Consequently, Coaches, Staff and other school authorized personnel may take photos or video tape of our athletes. These may be used on our St. Luke website, St Luke Light or Catholic newspaper or Publications from our Athletic Department. Social media sites will not be used in a manner that reflects poorly on our organization, our team and our school.

Fees are \$140 for Volleyball and Soccer \$170 for Football Fees and CC Fees \$25 will be due by Aug 30th **2023**. If fee is not received by the following date the fee will be added to your tuition account and deducted. Game schedules are available online.

**Parent/Guardian Signature**\_\_\_\_\_ **Date**\_\_\_\_\_

**Parent/Guardian Print name**\_\_\_\_\_

**Students Signature**\_\_\_\_\_ **Grade**\_\_\_\_\_ **Date**\_\_\_\_\_

**Student Signature**\_\_\_\_\_ **Grade**\_\_\_\_\_ **Date**\_\_\_\_\_

**Student Signature**\_\_\_\_\_ **Grade**\_\_\_\_\_ **Date**\_\_\_\_\_

