

St. Louis Catholic School Athletic Handbook

2018-2019



St. Louis Catholic School

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Mission

St. Louis Catholic School, dedicated to the teachings of Jesus Christ, combines excellence in academics with strong Roman Catholic background providing the foundation to develop the whole person and to challenge students to reach their potential.

Vision

The vision of St. Louis Catholic School is to help each child reach full religious and academic potential. This vision requires giving each child a solid foundation in Catholic doctrine and heritage. This vision will require the staff to strive to meet students' spiritual, academic, psychological, social and physical needs, therefore enabling them to become caring, productive members of an ever changing world and society.

Lessons For A Lifetime
Live For Jesus
Love Others
Learn

Athletic Program Philosophy

St. Louis Catholic School's athletic program is dedicated to the teachings of Jesus Christ as revealed in His life and proclaimed by the Catholic Church. We base our program upon methods that provide student-athletes with opportunities to reach their highest potential with respect to good sportsmanship, Christian attitude, hard work, self-discipline, respect, and self-confidence. This Athletic Handbook is meant only as a guide for the St. Louis Athletic Program.

Eligibility

Students in grades 5-8 are eligible to participate in athletics at St. Louis Catholic School provided they are in good standing academically and comply with the expectations outlined in this handbook. Athletes participating in sports at Batesville Middle School are required to follow BCSC eligibility requirements. The Athletic Director and Principal will have final say regarding athlete eligibility.

Physical Exam

Athletes must have an IHSAA Pre-Participation Physical Evaluation form completed, signed by a physician, and on file with the Athletic Director before participating in practices and games. This form must be completed on or after April 1 of the previous school year and before the first practice to be valid. Forms can be found on St. Louis School's website.

Concussion Information

As of July 1, 2012, all athletes, parents, and coaches must be informed of the risks, assessment, and treatment of concussions. Each year, athletes and parents will receive a concussion fact sheet. They will also be required to sign the Concussion Acknowledgement Form and submit before the first practice. Forms can be found on St. Louis School's website.

Academics

Emphasis is placed on the *student* in student-athlete at St. Louis Catholic School. Success in the classroom is more important than success on the field or court. Athletes are expected to do well in the classroom and maintain sufficient grades in order to participate in athletics. The following guidelines determine eligibility based on academic standing:

1. If an athlete has ONE failing grade, in any subject, at the end of the nine week grading period or on a midterm progress report, he/she will be ineligible to participate in any practice sessions or games for 2 weeks. At the end of the two-week time period, the principal will check all of the athlete's grades. At this time, the athlete must be passing ALL subjects to regain eligibility.
2. If an athlete receives TWO or MORE failing grades, in any subject, at the end of the nine-week grading period or on a midterm progress report, he/she will be ineligible to participate for the remainder of the season.
3. It is the athlete's responsibility to give a copy of his/her report card or midterm progress report to the coach.

Behavior

Like academics, St. Louis Catholic School athletes should display proper behavior both on and off the field and court. Below are specific guidelines regarding athlete behavior:

1. All school rules as stated in the St. Louis Catholic School handbook must be followed by athletes at all times.
2. Athletes who consistently display negative attitudes, disrespect toward teachers, coaches, teammates, opposing team players and coaches, or referees, or any other behavior that is inappropriate, whether at school, practice, or a game, will face dismissal from the team. The Principal and Athletic Director will make this decision with input from coaches and teachers.
3. If an athlete receives an unsatisfactory cooperation grade at the end of the nine week grading period or on the midterm progress report, the student will be ineligible to participate in games until the cooperation grade is raised to satisfactory on the next midterm progress report or report card, whichever is issued first. However, the athlete is expected to attend every game and sit on the sideline in "street clothes". He/She is still eligible to practice. Failing to do this could result in his/her dismissal from the team.
4. If an athlete receives a failing grade AND an unsatisfactory cooperation grade at the end of a nine week grading period or on the midterm progress report, he/she will be ineligible to participate for the remainder of the season.

5. If an athlete receives a Saturday School, an in-school suspension, or is suspended from school, he/she will be ineligible to participate for the remainder of the season and will not be eligible for any award for that sport.
6. Cell phone use is not permitted during games. Athletes should store their cell phone in a safe location.
7. Any athlete watching another grade compete will sit in a designated area with the team and dress in appropriate attire (travel uniform or coach-approved attire).
8. Athletes must arrive to school on time and attend all scheduled classes to be eligible to practice or participate in an athletic contest that school day. Athletes who do not attend all scheduled classes because of illness or unexcused absence are not eligible to participate. Verified appointments (*with a signed doctor's note*), including funerals, do not affect contest or practice eligibility.
9. Athletes must leave school property by 3:25 unless under the direct supervision of a coach, Athletic Director, or other staff member. Athletes should return to school prior to a home game or before departing for an away game only at the time designated by a coach.
10. Athletes participating in any action, in or out of school, deemed harmful to the athlete, team, or school will be dismissed from the team for the remainder of the season. This includes, but is not limited to, smoking, drinking, use or possession of illegal substances, etc. The Principal and Athletic Director will make the final decision regarding dismissal.

Athletic Teams

St. Louis Catholic School has 16 athletic teams, covering five sports, spread throughout fall, winter, and spring. Students may participate in one sport per season given they meet the eligibility requirements. ***Try-outs and cuts may be necessary based on the number of interested athletes.*** The Athletic Director will approve the final roster and number of participants for all athletic teams. A \$10 player fee is required for each sport played to help cover the cost of officials, coaches, and other expenses. Below is a description of each sport:

Volleyball (grades 7, 8)

Girls in grades 6-8 are able to participate in volleyball during the fall. One 7th grade team and one 8th grade team are fielded for competition against local public and private junior high schools. Both teams play on the same evenings. If needed, 6th grade girls are eligible to play on the 7th grade team and 7th grade girls may play on the 8th grade team. There are usually 4-6 practices/games per week. Both 7th and 8th grade teams participate in the Southeast Indiana Invitational volleyball tournament. Equal playing time is not guaranteed but coaches are encouraged to make every attempt to play each athlete during games.

Basketball (grades 5-8)

Boys and girls in grades 5-8 are able to participate in basketball during the winter. Each grade will field a separate team. Below is an overview of the levels of competition:

5th/6th

Both boys and girls' 5th and 6th grade teams are developmental in nature. Coaches emphasize fundamentals and aspects of team play. No cuts will be made at either grade if sufficient coaching help is available. If more than 12 kids in a grade sign up to play, the coach(es) will have the option to organize the team in (1) of the following ways:

1. Players are divided into two equally skilled teams based on an evaluation practice to determine each player's skill level. Each team will have its own coach(es) and play as close to an equal amount of games as the schedule allows. Coaches will decide if teams will practice together or separately based on available gym time.
2. Players are divided into 3-4 equally skilled small groups (4-6 players each) based on an evaluation practice to determine each player's skill level. On game nights, the coach(es) will play just two groups. Each group will play as close to an equal amount of games as possible. All groups will practice together.
3. Players will form (1) team. On game nights, the coach(es) will play 10-12 players at his or her discretion. Each player is guaranteed to play in a minimum of (5) games during the season. All players will practice together.

The Athletic Director will have the final say on team size and composition. There are typically 2-4 practices/games per week. Games are played against local schools and both 5th and 6th grade teams play on the same evenings. Each player will play a minimum of (1) quarter per game as long as he or she regularly meets team expectations and abides by the St. Louis Athlete Contract.

7th/8th

Boys and girls' 7th and 8th grade basketball prepares athletes for the next level of competition while continuing to develop skills necessary to compete at a high level. There are typically 4-6 practices/games per week. Teams compete against public and private schools and participate in the Southeast Indiana Invitational basketball tournament. 7th and 8th grade teams also play on the same evenings. Equal playing time is not guaranteed but coaches are encouraged to make every attempt to play each athlete during games.

Cheerleading (grades 5-8)

Girls in grades 5-8 are able to participate in cheerleading during the winter. 5th and 6th grade cheerleaders cheer at 5th and 6th grade boy's basketball home games only. 7th and 8th grade cheerleaders cheer at both home and away boy's basketball games. There are typically 2-4 practices/games per week. Girls will learn a wide variety of cheers and dances during the season.

Track and Field (grades 6-8)

Boys and girls in grades 6-8 are eligible to participate in track and field during the spring. There are usually 2-3 practices per week beginning after spring break. There are also 4-6 meets during the season, which are run at area schools. Coaches make every attempt to enter each athlete in one or more event during the season.

Golf (grades 6-8)

Boys and girls in grades 6-8 are eligible to participate in golf during the spring. There are typically 2-4 practices and/or matches per week starting after spring break. Coaches make every attempt to enter each athlete in one or more matches during the season.

Batesville Middle School Sports

Students in grades 6-8 are able to participate in football (*fall*), cross country (*fall*), and wrestling (*winter*) at Batesville Middle School. Specific information is available closer to the start of each sport.

Uniforms and Equipment

The St. Louis Catholic School Athletic Board provides uniforms and equipment for most athletic teams. Athletes are responsible for keeping uniforms clean and other equipment in working order during the season. Everything must be turned in at the end of the sport season. For some athletic teams, additional clothing and equipment may be necessary.

Sport	Uniform Provided?	Additional Equipment Needed (<i>Athlete must purchase</i>)
Volleyball	Yes	Knee Pads, Shoes
7/8 Basketball	Yes	Shoes (<i>"Team" shoes available for purchase</i>)
5/6 Basketball	Yes (<i>jersey only</i>)	Black shorts, Shoes (<i>"Team" shoes available for purchase</i>)
Cheerleading	Yes	Turtleneck, Briefs, Shoes
Track and Field	Yes	Shoes
Golf	No	Golf shirt, Clubs, Shoes

Please wash all uniforms on delicate cycle (w/ cold water) and hang to dry unless instructed otherwise!

Transportation Policy

St. Louis Catholic School provides transportation to and from 7th and 8th grade volleyball and basketball away games. Volleyball and basketball players and cheerleaders are required to travel on the bus both to and from away games. A coach must approve any other means of transportation. If a parent/guardian transports an athlete to and/or from an away game, he/she must fill out and sign the Alternate Transportation Form.

Transportation for all other sports to and from athletic events is not provided. Parents are responsible for transporting athletes to and from games. Coaches must communicate arrival and departure times prior to a game night. Athletes should be dropped off and picked up on time for both practices and games.

Volunteering

Parents and other volunteers are needed to ensure that all athletic events run smoothly. Parents/guardians of athletes are strongly encouraged to assist with various athletic duties during the season. These responsibilities include, but are not limited to, driving athletes to and from practices and games, providing food and snacks for athletes, and assisting the Athletic Director at home athletic events. For all home volleyball and basketball contests, parents are assigned tasks on specified game nights throughout the season. **VOLUNTEERS ARE NOT REQUIRED TO PAY FOR ADMISSION ON THE NIGHT OF THEIR ASSIGNMENT.** Detailed information is provided during the pre-season meeting.

Communication

Effective communication between coaches, athletes, and parents is vital to the athletic program. Parents and athletes can expect regular communication from coaches in addition to periodic contact from the Athletic Director and school personnel. Below are some general communication policies:

1. A pre-season meeting is scheduled before the start of each athletic season to discuss expectations, meet coaches, review athletic policies, collect contact information, etc. Parent/guardian attendance is required!
2. If an issue or concern arises during the season, parents/guardians should contact the coach to set up a meeting. This should not be done during a practice or game, but privately by phone or email.
3. If an issue is not resolved after meeting with the coach, then the Athletic Director should be contacted.
4. If the coach and Athletic Director are unable to resolve the issue or conflict, the Principal should be notified.
5. Parents/guardians are expected to be positive representatives of St. Louis Catholic School at all times. The Athletic Director and Principal will address any behavior that is considered inappropriate.

Coaching

Coaches assume a very important role in St. Louis Catholic School athletics. They are responsible for the safety, development, and overall well-being of athletes under their supervision. Coaches serve as role models for athletes and should display proper conduct at all times.

General Guidelines

- Coaches should teach athletes the importance of dedication, hard work, and good sportsmanship.
- All decisions made by coaches are with the best interests of the athletes in mind.
- Coaches should ensure that all members of the team participate during practices.
- Coaches should make every attempt to play all players in all games. Playing time may be determined by, but is not limited to, the following:
 1. An athlete is able to play as long as he/she is eligible based on the guidelines listed above under the “Eligibility” section and abides by the Athlete Contract.
 2. All 5th and 6th grade basketball players should play at least (1) quarter per game.
 3. All 7th and 8th grade basketball and volleyball players are not guaranteed equal playing time. Coaches will consider an athlete’s overall attitude, work ethic, skill level, and effort when making playing time decisions.
 4. Athletes should only play with one grade unless approved by the Athletic Director.
- Coaches should be trained or provide documentation of training in basic first aid procedures and have a first aid kit with them at all times.
- Coaches are required to view *Heads Up: Concussion in Youth Sports* training video and provide documentation before their season begins. The link is: <http://www.cdc.gov/concussion/HeadsUp/Training/HeadsUpConcussion.html>
- Coaches must also attend or show documentation of previous attendance at a Safe and Sacred Training session offered by St. Louis Catholic Church or another Archdiocesan parish.
- Coaches must agree to a criminal background check. This is provided by St. Louis Catholic School at no cost to the coach.
- Coaches should be aware of eligibility rules for athletes and report any ineligible players to the Athletic Director and Principal.

Hiring/Evaluation/Compensation

- Coaches are hired on a season-by-season basis as outlined by the Athletic Board.
- The Athletic Director evaluates coaches after each season. The evaluation may include a survey taken by parents and athletes along with general observations throughout the season.
- The Athletic Director, the Principal, and the Athletic Board will determine any compensation paid to coaches.
- Coaches may be terminated by the Athletic Director or Principal if it is determined they have been involved in any inappropriate activity.

Communication

- Coaches should meet with athletes and parents at the beginning of the season. This meeting should cover expectations for behavior during practices and games, playing time, and anything else the coach needs to communicate to students and parents.
- Coaches should report any unruly players, students, parents, or fans to the Athletic Director.
- Coaches must report any injuries to the Athletic Director and fill out an accident report.
- If at any point a concussion is suspected, an athlete must be removed from practice or competition. His/Her parent and the athletic director should be notified immediately. The athlete is not allowed to return to competition until released by a medical professional.
- Coaches should communicate regularly with parents and athletes about schedule changes, game itineraries, and any other important information. This communication should be positive and timely. Report any concerns to the Athletic Director.

Sportsmanship

- Coaches must always represent St. Louis Catholic School in a positive manner.
- Coaches and athletes should shake hands with opponents after the game.
- Coaches should refrain from cursing at all times.
- Coaches should not intentionally run the score up on weaker opponents.
- The Athletic Director and/or Principal will discipline coaches who receive a technical foul.
- Coaches who are ejected from a game or meet will be suspended from the next game or meet.

Supervision/Transportation

- Coaches must supervise athletes at all times.
- Coaches should remain with athletes after a game or practice until all athletes have been picked up.
- All athletes are required to ride the bus when it is provided to and from away games. Coaches should ensure that every athlete is accounted for when departing. Any athlete that is not able to ride the bus must have a parent or guardian sign the Alternate Transportation Form before leaving the game.
- All coaches should ride the bus with his/her team. If a coach is unable to ride the bus, he/she must find another parent or adult to ride the bus.

Athletic Camps

- Coaches are welcome to host athletic camps for St. Louis Catholic School students. Coaches must receive approval from the Athletic Director and Athletic Board prior to organizing a camp.
- If a fee is charged, it should not exceed \$30 per camper. This fee should be used to purchase items for the camp (t-shirts, snacks, prizes, etc.). If there is a remaining balance, the host coach or coaches may receive a stipend not to exceed \$100 per coach. The remaining balance will remain in the Athletic Department account.

Athletic Board

The St. Louis Catholic School Athletic Board is responsible for administering and funding the athletic program. The Board consists of up to twelve members and meets monthly. Board members are parents of St. Louis Catholic School students or St. Louis parishioners. Notice of Board nominations is posted in the St. Louis Update and parish bulletin as needed. New officer elections, if necessary, are conducted in May. Major fundraising events sponsored by the Athletic Board include the Cardinal Crawl (*April*) and the Bill Giltz Memorial Golf Outing (*August*). Funds raised by the Board help purchase new uniforms, equipment, and other athletic items. Successful fundraising has allowed St. Louis Athletics to keep player fees low.

2018-19 Athletic Board members:

Michelle Wachsmann, President
Jill Reidy, Vice President
Jill Weber, Secretary
Tim Reder, Treasurer
Laura Grote
Jade Ritter

Diane Dierckman
Cami Bright
Leon Smith
Mike Burkhart, Athletic Director
Chad Moeller, Principal

Activity Center Information

St. Louis Catholic School is very fortunate to have a great facility to practice in and play all home volleyball and basketball games. During athletic events, St. Louis athletes, coaches, parents, and other spectators attending games must work together to maintain a safe, clean environment inside and outside the Activity Center. Below are the Activity Center guidelines:

- All volleyball and basketball home games start at 6:00 PM. A coach or the Athletic Director will communicate changes to the start time if necessary.
- Doors open at 5:00 PM for athlete arrival. Ticket sales generally begin at 5:30 PM.
- Ticket prices for ALL games during the 2018-19 school year are \$4 for adults and \$2 for any student in grades 5-12. Children in grades 4 and below are free. Adult, Student, and Grandparent all-sports passes are available for purchase.
- The concession stand will be open at all home games. A variety of items are sold and all money collected supports St. Louis Athletics.
- All spectators are asked to throw away trash before leaving the Activity Center. Please report any spills or other issues to the Athletic Director or other school administrator.
- Children should be supervised at all times. For safety reasons, the back hallway near the restrooms and locker rooms, the lobby, and Activity Center entrance should remain clear. There is no running permitted in any of these areas.
- Any person heckling, using foul language toward, humiliating, or displaying any other negative behavior toward athletes, coaches, officials, or other spectators will be asked to leave the Activity Center.