



ATHLETIC HANDBOOK

All Saints Catholic School

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“Challenging Minds; Inspiring Hearts”

Dear Parents, Students, and Coaches,

“[I] consider sports as an instrument of education when it fosters high human and spiritual ideals; when it forms youth in an integral way in values such as loyalty, perseverance, friendship, solidarity and peace. Surmounting differences of cultures and ideologies, sports offers an ideal occasion for dialogue and understanding among peoples, for building the desired civilization of love. To put into practice these values, based on the dignity of the human person, in face of possible interests that might darken the nobility of sports itself.”

- Pope John Paul II (Sept. 16, 2002)

Welcome to All Saints Catholic School! In choosing to attend All Saints Catholic School you have elected a Christ-centered Catholic education and academic excellence. Many wonderful opportunities await you!

As a school community, we all must consider the appropriate role of athletics here at All Saints. Our athletic program adds another dimension to our school community. Pope John Paul II says that *“as manifestations of the communal body of Christ, athletics serve to unify all individuals, including coaches, student-athletes, and families in a spirit of peace.”*

This handbook outlines the philosophy and reflects the policies of the All Saints Catholic School Athletic Program. Please read this document carefully, sign and initial the attached agreement, and return it to school before attending the first practice date. The agreement states that you intend to abide by the policies of the All Saints Catholic School Athletic Program during the **2017-2018** school year.

All Saints Catholic School Athletics extends the work of All Saints Catholic School by offering another environment in which high human and spiritual ideals can be fostered to help children grow towards a deeper understanding of themselves and their roles in God’s great world. Thank you for doing your part to help positively affect and develop the lives of all children by building a peaceful environment within our school, and in our larger community.

Just as those who create a document such as this are a work in progress, so is this Athletic Handbook.

In peace,

Mrs. Linda Dunn
Principal

Mission Statement of All Saints Catholic School:

All Saints Catholic School is committed to providing an education that strives to enable students to love God and supports the development of body, mind, spirit and service to others.

Philosophy of Athletics:

“Do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run so as to win. Every athlete exercises discipline in every way.

They do it to win a perishable crown, but we an imperishable one.”

Corinthians 9:24-25

We recognize that the imperishable crown offered by Jesus Christ far exceeds any of the perishable crowns or trophies offered by this world. As a Catholic school, All Saints upholds Christian values and principles. Though our athletic teams strive to win in the sense of having the best score, we recognize the real value of Catholic school athletics is realized only if it fosters the development of the human person—both in spirit and in body—by cultivating Christian character, strengthening personal integrity and responsibility, and promoting the pursuit of excellence in all endeavors.

Participation on a team is a privilege. With this privilege come responsibilities in the areas of preparation, attitude, sportsmanship, and academics. These responsibilities exist both in and out of school, both in athletic and non-athletic settings. We recognize the need for God’s support and guidance in meeting these responsibilities.

Conference Affiliation:

All Saints Catholic School participates in the Metropolitan Bridgeport Catholic School Conference; a conference comprised of area Catholic schools and adheres to the policy here within.

METROPOLITAN BRIDGEPORT CATHOLIC SCHOOL CONFERENCE POLICY

Membership

The Principals and students of all Catholic Elementary Schools located in the towns/cities of: Bridgeport, Fairfield, Monroe, Norwalk, Shelton, Stamford, Stratford, Trumbull, and Wilton are members of the Metropolitan Bridgeport Catholic School Conference. St. Catherine Academy students will be eligible to participate on any Catholic school team at the appropriate developmental level.

The Principals are directly responsible for all Conference rules and regulations which support the policies of the Office for Education of the Diocese of Bridgeport. **(This responsibility may not be delegated to anyone else)**. It is the Principal's responsibility to communicate these rules to all.

Decisions of the Principals, in concert with Diocesan policy, are final. The Principal's signature is required on all league and tournament documents.

Goals

The Metropolitan Bridgeport Catholic School Conference has as its goals to:

- 1) **provide students with opportunities to participate in all interscholastic and extra-curricular sports activities which are part of each school's program**
- 2) **to insure that all participants, including students, coaches, faculty, and parents support the efforts of the conference to reinforce Christian attitudes, good sportsmanship, school spirit, fairness, and a healthy sense of competition.**

Diocesan Policy

All members of the Conference will operate in accordance with the stated policies of the Office for Education on Interscholastic Activities and Other Activities.

Rules and Regulations

Student Requirements

- Any student receiving a grade below a "C-" in any subject at report card time will be declared ineligible to participate in any Conference-sponsored activity until such grade has improved significantly. Students with special needs and/or disabilities will be considered eligible at the discretion of the Principal.

- The school has a peer tutoring program. Parents need to contact the school guidance counselor when **they begin to see that their child is struggling** to get a peer tutor who will provide assistance free of charge after school. It is important that the parents monitor grades via the Parent Portal on MSP (grades 5-8) or by contacting the child's teachers with a weekly email. Using these available resources may limit the number of students being removed from the team.
- Students who receive a "3" including Conduct or Effort will be declared ineligible to participate in any Conference-sponsored activity until reinstated by the Principal.
- **Students are ineligible to participate in any conference-sponsored activity including practice sessions on a day in which they are absent from school for any reason.**
- Students are expected to show respect to coaches, officials, other students, and spectators at all times.
- If a player is ejected from a game, he/she will sit out the next conference-sponsored tournament or league game.
- Students who demonstrate inappropriate conduct during the school day may be declared ineligible to participate in the school sports program until reinstated by the administration.
- **Any student suspended from school (either in school or outside of school @ home) will be ineligible to play for the remainder of the season.**
- Any student participating in any Conference-sponsored activity who fails to complete homework and/or project assignments may be declared ineligible until such assignments are made up. These assignments shall be reviewed by the Principal.
- All Saints Catholic School teachers will use the school's progress reports, report cards and the MSP Parent Portal as the vehicle of communicating a player's progress to parents. Parents of players on the other hand are responsible to contact their child's teacher(s) **at least one** other time during each marking period to be certain that their child's grades and behavior are on par with the regulations set forth in this document. In this way, the lines of communication are kept open and there will be no surprises at report card time.

Coaches

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

Team Goals

All Saints Catholic School 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 what 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

All Saints Catholic School 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 movements exist in all experiences.
5. Fostering positive relationships with all school community stakeholders.

School Goals

All Saints Catholic School 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-athletics.
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

- Students who receive a four (4) in any subject area (All Saints Catholic School Policy is a "3") including Conduct and Effort will be declared

ineligible to participate in any Conference-sponsored activity until reinstated by the Principal.

- Students are ineligible to participate in any conference-sponsored activity including practice sessions on a day in which they are absent from school **for any reason.**
- Students are expected to show respect to coaches, officials, other students, and spectators at all times.
- If a player is ejected from a game, he/she will sit out the next conference-sponsored tournament or league game.

Coaching Qualifications

- Coaches for all sports teams must meet the following qualifications:
 - Acceptance, integrations, implementation, and a clear understanding of the school's mission and goals
 - Ability to constructively teach all participants, regardless of skill level
 - Ability to organize, run, and control practices
 - Positive attitude and coaching style
 - Good Communication skills
 - Coaching ability to effectively teach the sport
 - Adequate knowledge of the sport
 - Ability to provide a safe and physical environment for all
- No coach may coach alone. The Diocesan Code of Conduct including the "Rule of Two" must be followed at all times. All coaches must have a background check and be Virtus trained prior to the start of the season.
- Any coach whose behavior and demeanor is not acceptable and such behavior does not enhance the Conference goals, may be dismissed by the Principal. Behaviors which are not conducive to good discipline include, but are not limited to.
 - Repeated screaming done by a coach or assistant. This is professionally unacceptable
 - Threats of unrealistic punishments
 - Repeated warnings with no follow up
 - Inconsistent adherence to rules
 - Foul language

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 All Saints Catholic 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 All Saints Catholic School.

Coaching Duties

In addition to service as witnesses and models of faith, All Saints 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 and 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
- Supervise assistant coaches

Communication with Athletes and Parents

All Saints coaches should establish clear procedures and guidelines for communication with athletes and parents that align with the philosophy and mission of All Saints Catholic 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.

Awards and Recognition

All Saints Catholic School hosts an annual Sports Banquet at the conclusion of the spring season. Coaches are expected to attend the evening to publicly introduce their players and summarize their season.

Expectations of Parents

All Saints Catholic 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 ASCS permeates the athletics program.

All parents of student athletes are expected to represent All Saints Catholic Schooling an exemplary manner. This behavior is expected both at practices and games. Parents of 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 and the principal. This can range from a parent being asked to not attend games to a parent being banned from attending any games. In extreme cases, the student athlete may also be dismissed from the team. The athletic director and principal will make the final decision following a meeting with the athlete, coach, and parent.

Ways to Support your Student-Athlete

1. Be present – Show up to games, cheer, and support our teams!
2. Be positive – Children learn from modeling. When talking about the game, season, performances and decision-making, please share the gift of a positive outlook on life! Make sure that your child knows that win or lose; he/she is loved and supported.

3. Encourage independence – Encourage student-athletes to be responsible for the care of their athletic gear and to be prepared for practices and games. In addition, student-athletes should speak directly with their coach about any questions and/or concerns.
4. Observe the “24 Hour Cushion” – As do all good educators, ASCS coaches will naturally and deliberately reflect on game situations and decisions. Please allow coaches the time they need to process their decisions before approaching them with any questions. Coaches need not discuss playing time, coaching strategies and specific plays, or information pertaining to other athletes.

Transportation

Transportation to/from practices and games is the sole responsibility of the parents. Please ensure that your student-athlete is picked up promptly at the end of each practice/game.

Removal from Team – Parent Decision

The principal, athletic director and coaches will respect and support the decision of a parent to remove his or her child from a team for any reason. However, once the child is removed, he or she may not return to that team for the remainder of the sport season.

Basketball Tournament

Volunteers are necessary to run a successful basketball tournament. All volunteers must be VIRTUS trained. At least one parent of each player needs to sign up to volunteer for this event.

Practice

All teams have a scheduled time for practice. Practice is part of being on the team. Players are asked to be on time for practice and parents need to pick up promptly when practice ends. If a student is absent from school on any given day for any reason, they may not attend practice. If a student is unable to attend practice due to prior commitments on a regular basis he/she may be asked to make a decision in fairness to the coaches and teammates as to whether they wish to remain on the school team or another team outside of the school.

School is closed so there is no basketball practice during Thanksgiving vacation, Christmas vacation, and Martin Luther King weekend or February break. Coaches need to plan accordingly.

The gym is not available for personal use.

Basketball Team Eligibility Rules

Members of all Catholic elementary school basketball teams:

1. Must be a full time student in a Catholic school
2. Must not have completed eighth grade
3. Must be under fifteen (15) years of age before September first (1st) of the school year. St. Catherine Academy students may participate as members of Catholic school teams at the appropriate developmental level, regardless of age.
4. Cannot play for a parish team while a member of the school team. Also cannot play for an independent team while a member of the school team when the independent team is participating in the same league as the school team.

Clarifications

1. The Conference recognizes the discretion of the Principal in all decisions rendered.
2. All coaches will submit a listing of the league their teams will participate in, and the tournaments they intend to enter, to the Principal, as soon as possible.
3. Our league complies with all state and local health requirements. Sports physicals are necessary yearly for all players.
4. All players must have a signed permission slip in order to participate.
5. Each team should have a first aid kit at all sports practices and games.
6. All players need to be covered by insurance.
7. The Conference expects that all Conference school teams will participate in a league program that is made up of other Catholic school teams **ONLY** unless it is impossible.
8. Coaches are expected to insure the participation of all team members in all sports games. This includes all Conference-sponsored activities and tournaments except league playoffs, the Diocesan Basketball Tournament held in March and the New England CYO Basketball Tournament.
9. Each team may participate in three (3) basketball tournaments (4 for host schools). League playoffs, Diocesan and New England Diocesan Tournament games are not considered to be part of the tournaments (3) that a team may enter.
10. A Catholic school basketball team can play in only one league.
11. **Without exception, no games involving Conference teams will be held before 12:00 noon on Sundays. School night games (including Sunday night games) may not be scheduled to begin after 7:30 PM. This includes tournaments.**
12. An individual need not have a child on a conference team to serve as a coach.

Basketball Tournament

A successful basketball tournament requires the work of many hands. If the school should decide to hold a Holiday Tournament during basketball season, at least one parent of every travel team member will be required to commit to volunteering for 4 hours while

the tournament is running. If this is not possible, then the student will not be able to be part of the travel team. They would be welcome, however, to be part of our in house team for the school year.

Addendum

All Saints Catholic School teachers will use the school's Progress Report as the vehicle of communicating a player's progress to parents at the middle of the marking period. **Parents of players on the other hand are responsible to contact their child's teacher(s) at least one other time during each marking period to be certain that their child's grades and behavior are on par with the regulations set forth in this document.** In this way, the lines of communication are kept open and there will be no surprises at report card time.

Revisions/Modifications to Policy

The Principal may make changes to any policies outlined in this hand book as needed, and has the final decision with regards to any policy. Changes will be made public in the weekly news. All modifications are printed in RED.

The Principal has the authority to remove a student or cancel a season if student-athletes or parents are not adhering to All Saints Catholic School Standards.

Approved. July 13, 2017

Athletics 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 an All Saints Catholic School 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 _____ (sport), 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:** _____

Athletic Permission Form

Name of Athlete _____ Grade: ____

Address _____

City: _____ State: _____ Zip Code: _____

Home Phone _____

Work Phone: _____ Cell/Emergency Phone Number: _____

Is there anything that we need to know about your child?

In case of emergency and the coach cannot reach you, whom shall we call?

Name: _____ Phone: _____

Insurance

All students participating in student athletic activities at All Saints Catholic School must have their own medical coverage

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 All Saints 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. I/We the undersigned, for ourselves, our heirs, our executor and administrator, waiver, release, and forever discharge All Saints 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.

Father's Signature _____ Date _____

Mother's Signature _____ Date _____

PLEASE RETURN THIS FORM TO THE ATHLETIC DIRECTOR

ATHLETIC HANDBOOK SIGNATURE FORM

Please read the New Parent/Student Handbook on the school website and complete the form below.

We have read the 2017 – 2018 Athletic Handbook and agree to follow the school policies and procedures as stated.

Family Name

Teacher _____ **Grade** _____

Parent Signature

Date

Parent Signature

Date

Student Signature

Date

****Parents and student must both sign. Please sign one page for each student.**