

ATHLETIC MISSION STATEMENT

The mission of the St. Bernard Catholic School Athletic Department is to provide an athletic program with an emphasis on Christian principles and good sportsmanship, and to govern healthy competition between teams and among student-athletes in grades 5-8. The Athletic Department is an integral part of the total education system provided by the school where young men and women are taught lifetime skills of doing one's best, teamwork and leadership. The Athletic Department strives to develop student-athletes' bodies, minds and spiritual beings into strong, contributing members of society and the Parish community.

ATHLETIC PHILOSOPHY

Student-athletes, coaches, parents and spectators are to keep in mind that at all times that the contests in which the student-athletes compete are games. They should be fun for everyone involved. Winning is a worthwhile goal and purpose when viewed in the proper perspective. When doing one's best, enjoying intense competition, and receiving the character building benefits of competition, winning can be a most honorable goal. Activity programs provide valuable lessons for practical situations—teamwork, sportsmanship, winning and losing, and hard work. Through participation in activity programs, students learn self discipline, build self-confidence, and develop skills to handle competitive situations.

DALLAS PAROCHIAL LEAGUE

Student-athletes in grades 5-8 compete in the Dallas Parochial League (DPL). Information regarding the DPL can be located at www.dallasparochialleague.com. The DPL sponsors the following sports/competition: football, volleyball, basketball, golf, swimming, soccer, baseball, softball and track & field. SBS athletic policies conform to the rules and guidelines set forth by the DPL. The DPL annually offers five (5) \$500 scholarships. For detailed information regarding eligibility, application and deadlines, please visit the DPL website.

GOVERNANCE

The athletic director, appointed by the principal, supervises and directs the extracurricular athletic program in a manner consistent with the policies of the school and the DPL. The athletic director also oversees the scheduling and maintenance of the field and gymnasiums.

AD (Coach Weaver) Contact Information

E-mail: rweaver@stbernardofclairvaux.org
School Phone: 214.321.2897
Facsimile:

STUDENT-ATHLETES

All SBS student-athletes in grades 5-8 that are in good academic standing may participate in SBS sports. Non-SBS student-athletes may participate on SBS teams under the following conditions:

1. When it does not interfere with the opportunities for SBS student-athletes to participate.
2. Non-SBS student-athletes must be students of other Catholic schools within the Dallas Diocese who would not otherwise have the opportunity to participate in the sport.
3. Non-SBS student-athletes must provide a letter from their school's A.D. giving authorization to play for SBS.

Following are expectations for SBS student-athletes:

- Know and demonstrate the fundamentals of good sportsmanship at all times.
- Do not applaud errors by opponents or penalties assessed against them.
- Do not heckle, jeer, or distract the opposing team or its coaches.
- Do not criticize student-athletes on all teams.
- Avoid profane language and obnoxious behavior that is contrary to good Christian values and sportsmanship.
- Censure fellow teammates whose behavior is inconsistent with the mission and philosophy described in this handbook.
- Respect the judgment and strategy of the coaches.
- Refrain from protesting calls of game officials to the point where the team or the school is shown in a poor light.
- Responsible for cleaning team bench area prior to leaving the area.

ABSENCES

Athletes must be committed to the team and be at all practices and games. If an athlete is absent for two or more consecutive practices for any reason, they may not start. In order to play, students must be in attendance at school on game days. Three unexcused absences will result in termination from the team.

DETENTIONS

If a player is assigned detention on a practice or a game day, the detention will take precedence and the student will have an unexcused absence.

EXPENSES

There is a sports fee per student per sport. Should a player be unable to pay the fee, the principal should be notified so that arrangements can be made.

COACHES

The AD is the only person that can select coaches for their respective sport. Upon assignment, each coach is charged with his/her responsibilities as described in this section. Coaches may appoint assistant coaches, team managers or others as needed with the approval of the AD. Coaches, team managers, and other representatives of the team may be suspended, removed or not allowed to coach for failure to comply with school and church policies. Such actions will be the decision of the Principal, based in part, on recommendations and input from the AD.

- Coaches are required to set a good Christian example at all times. The coach will lead student-athletes in prayer at games and practices.
- Coaches are to encourage sportsmanship by student-athletes and to create an environment in which students can learn meaningful life values.
- Coaches are to demonstrate good sportsmanship at all times and will refrain from protesting calls by game officials to the point where the team or the school are shown in a poor light.
- Coaches are never to lead a practice or game if he/she has been drinking alcoholic beverages.
- Profanity and abusive language by coaches will not be tolerated.
- DPL rules prohibit "...the use of tobacco in any athletic forum."
- DPL reserves the right to fine schools for violations of its rules. Coaches must be aware that such fines levied against the school will be passed on to the person(s) whose behavior or actions resulted in the fine.

At no time will disciplinary action take the form of excessive physical punishment or harassment. Coaches should seek alternative methods of discipline. Disciplinary measures, when necessary, should be fair, equitable and used in moderation.

In addition to the education and training of student-athletes, coaches are responsible for the safety and security of both student-athletes and school property entrusted to them.

- All coaches, assistant coaches, team managers and other representatives are required to have completed a background check as part of the Safe Environment Program.
- Coaches are to remain on the premises at practices and games until all student-athletes have been picked up by a parent or other designated individual. If the coach is unable to fulfill this responsibility, he/she is required to arrange for another cleared adult to stay with the student-athlete. Coaches should keep to scheduled practice times, and report in writing all habitual tardiness in picking up student-athletes with the offending parent and AD.
- Coaches should have a first aid kit available at all practices and games. In the event an accident does occur, the coach is to complete an accident report form and return it to the athletic director's office the next school day.
- In the case of a sprain or bruise, apply ice as soon as possible and elevate the injured area. In the event of a serious injury including, but not limited to, severe bleeding, broken bone, possible concussion or unconsciousness, have a coach, team manager, other team representative, parent, or student-athlete call 911 immediately. Proper procedure should be adhered to as follows:
 - Have an adult supervise the injured student-athlete at all times.
 - Do not move the injured student-athlete until professional help arrives.
 - In the case of severe bleeding, make sure protective gloves are worn and apply pressure to the injured area.
 - All waste must be disposed of properly.
 - Notify the AD and principal as soon as possible.
- Coaches are also responsible for the safe and secure use of school property. Use of school property (equipment and facilities) is arranged through the appropriate Church/school personnel and AD. The use of school facilities including but not limited to the field, gymnasiums, and meeting rooms is a privilege that may be revoked for failure to take care of the facilities. It is the coach's responsibility to ensure that playing surfaces and other conditions provide a safe environment for the student-athletes. This includes being aware of the presence of unauthorized individuals and other risks to the student-athletes. Unsafe conditions with respect to that school's facilities should be reported promptly to the AD. Coaches are responsible for ensuring that the school's facilities are properly cared for while under their control.

PRACTICE

For the purpose of this policy, "athletic event" is defined as a contest, practice or other scheduled meeting of team members.

In grades 5-6, no more than two (2) athletic events per sport during the school week (Monday through Thursday). Exceptions to these guidelines may be granted by the AD with the approval of the principal.

In grades 7-8, no more than two (2) athletic events per sport during the school week (Monday through Thursday). Exceptions to these guidelines may be granted by the AD with the approval of the principal.

During Achievement Testing or other crucial study/examination periods, the AD and principal may cancel, limit or reschedule athletic events (including practices) as appropriate.

As long as a student remains in good academic standing, the decision of how many extracurricular activities in which the student participates and the time commitment required for these activities, rests with the student-athlete's parents.

CONTESTS

The minimum playing time is 25% per contest. Exceptions to this rule are as follows:

1. Enlarged roster sizes may affect the minimum playing time policy. Efforts to limit squad sizes will be addressed by the formation of additional teams (if facilities, coaches, etc. are available).
2. A coach may recommend that a student-athlete be held out of a contest/practice for disciplinary reasons associated with misconduct (disrespect, insubordination, etc.). The coach must inform the student-athlete, parents, and AD in writing and/or verbally regarding his/her recommendation. The AD will have the final decision.
3. Student-athletes may also be withheld from contests/practices due to habitual tardiness or failure to attend practices/games provided such situations are not the result of illness or other reason beyond the student-athlete's control.
4. A student-athlete may be held out of a contest at the discretion of the coach, and/or AD when safety of the student-athletes is concern.
5. On the varsity level only, if a regular season game is crucial to a playoff position or potential championship, the coach may ask the AD to modify this requirement.
6. Post-season contests are exempt.
7. Student-athletes may ultimately be dismissed from a team with the approval of the AD and the principal.
8. Immediately upon quitting a team, and without a legitimate reason, a student-athlete will be placed on probation for a period of one full season of play and starting at the time of leave.
9. Student-athletes cannot participate at another Catholic school without approval from the SBS Athletic Director.

DIVISION/FORMATION OF TEAMS

In grades 5-6, formation of teams will be formed in accordance with DPL rules. Student-athletes may be grouped by position and assigned to a team, or by other similar selection processes defined by the AD. This process will be supervised by the AD with the assistance of other coaches. There are no tryouts for grades 5-6 (unless otherwise noted by the DPL such as 6th grade D1/D2 basketball and 6th grade D1/D2 volleyball), though the process will include evaluations of players.

In grades 7-8, Red (A) and Black (B) teams will be formed in accordance with DPL rules. Tryouts for the "A" team will be conducted under the supervision of the AD with the assistance of other coaches. There are no tryouts when player numbers are low.

PARENTS AND SPECTATORS

Just as the school has certain expectations for student-athletes and coaches, expectations also exist with respect to parents and other spectators. These include the following guidelines:

- Know and demonstrate the fundamentals of good sportsmanship at all times.
- Do not applaud errors by opponents or penalties assessed against them.
- Do not heckle, jeer, or distract the opposing team or its coaches.
- Do not criticize student-athletes on all teams.
- Avoid profane language and obnoxious behavior that is contrary to good Christian values and sportsmanship.
- Censure fellow spectators whose behavior is inconsistent with the mission and philosophy described in this handbook.
- Respect the judgment and strategy of the coaches.
- Parents and spectators should not challenge coaches during games or practices. If you have a grievance it should be addressed outside the game/practice environment. Unresolved issues should be reported to the sport coordinator and the AD.
- Parents and spectators should refrain from protesting calls of game officials to the point where the team or the school is shown in a poor light.
- You must be aware that the DPL reserves the right to levy fines against schools whose parents/spectators fail to comply with DPL rules. Any such fines levied against SBS may be passed on to the offending spectator or appropriate parent. Other sanctions may be imposed by the school, with or without DPL action, against parents/spectators who fail to comply with these rules.
- Parents are responsible for picking up trash and disposing of it in area receptacles. Parents should clean up school facilities and areas used by teams after each event.

In addition to complying with the rules above, parents are required to support the athletic program in various ways.

- Parents should ensure their student-athlete arrives at the appointed time for practices/games ready to participate. Parents should promptly pick up their child at the end of practices/games. Parents should notify coaches as early as possible if their child will miss a practice/game.
- Parents of student-athletes are required to work a shift(s) in the concession stand. Shifts will be assigned to parents at the beginning of the season. You may trade shifts with another parent, but you will be responsible for ensuring that your assigned shift is worked. Parents who coach their child in the specified sport are exempt from this requirement.

STUDENT ATHLETE DISCIPLINE PROCEDURES

In the event that a problem arises between a coach, student athlete and/or parent, every effort should be made to resolve the problem on an individual basis. Communication of the problem to the student athlete and a resolution should be pursued between the coach, athlete and/or parent. If the situation cannot be resolved on an individual basis or the conduct of the student athlete is so serious that more severe action becomes necessary, a report must be made in writing to the athletic director. The athletic director will review this report and appropriate action will be taken, including the possibility of suspension from participation in the athletic program. The athletic director will consult with the school principal, if necessary, to fully address the problem.

GRIEVANCE PROCEDURES

Individual or team grievances are to be handled in the following manner:

1. Discuss the issue with the coach.
2. Discuss any unresolved issue with the Athletic Director.
3. Unresolved issues may be brought to the Principal for review.

YOUTH SPORTS OPPORTUNITIES

There are various opportunities for youth (PK-4) to participate in sports throughout the community. Following is contact information for various leagues in the area:

YMCA –White Rock: 214-328-3849
Play Up a Child: Basketball league for 3rd and 4th grades
(see SBS AD for phone number)

YOUTH SPORTS PRACTICE

For the purpose of this policy, “athletic event” is defined as a contest, practice or other scheduled meeting of team members.

In grades PK-4, it is suggested that no more than one (1) athletic events per sport during the school week (Monday through Thursday).

YOUTH SPORTS CONTESTS

In grades PK-4, coaches will follow the rules established by the association/league in which the team plays.

YOUTH SPORTS DIVISION/FORMATION OF TEAMS

In grades PK-4, teams will be formed in compliance with the rules and regulations of the association/league in which the team plays. Individuals should contact the various organizations for registration deadlines and other pertinent information.

YOUTH SPORTS SAFE ENVIRONMENT PROGRAM

Coaches, team managers and other team representatives must conform to the SBS Safe Environment Program if one or more of the following criteria are met:

- The team is registered under the “St. Bernard” name.
- The team wears uniforms bearing the name “St. Bernard” or “SBS”.
- The team practices at an SBS facility.

For more information regarding the Safe Environment Program, please contact Coach Weaver at 214.321.2897 or via e-mail at rweaver@stbernardofclairvaux.org

A Prayer to See God in Youth Sports

We pray for young athletes...

Who through sports, develop important values such as loyalty perseverance friendship and sharing.

We pray for coaches...

Who appreciate the gifts of all players and have Respect for the game, who place players before Winning and value sportsmanship.

We pray for officials...

Who inspire fair play and protect the integrity of the game and players.

O God, we pray for all who participate in games: may their hearts be open to see your presence in and through sports; may their minds remember the element of fun reflective of your Spirit; may their bodies reflect the gracefulness and wonder of your creation. Let all who play the games be enriched by your presence in the gym, locker rooms, and on the fields. Amen

By Ed Hastings