

Good Shepherd Catholic School

2016 – 2017

Sports' Program Handbook



(Revised 7/14/15)
(Policy Revisions are in **red** type)

Putting Our Catholic Values Into Play

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ATHLETIC PROGRAM

Good Shepherd Catholic School subscribes to the philosophy that sports and team participation is positive venue for building mature, well-rounded individuals who to develop emotionally, intellectually, and physically. The Good Shepherd Athletic Program strives to teach the value of teamwork, mutual respect, the joy of participating, development of talent, a healthy sense of competition, self-discipline, and honesty in a religious/academic environment. All who participate in the athletic program – students, coaches, parents, and spectators – are challenged to act and react in ways consistent with Christian values. For this reason we actively participate in and support the **Catholic Youth Sports (CYS)**. Information about CYS is accessible on their web site at <http://www.catholicyouthsports.org/>.

Quick facts about the CYS league:

- Established in 1991 with 250 student-athletes.

- Today, it services over 2,000 student-athletes each year.
- Programs offered include basketball, soccer, track, volleyball, boy's flag football, girl's lacrosse.
- Competitive sports offered at the middle school level (Grades 5 - 8).
- Developmental/recreational sports offered at the grade school level (Grades PK4 - 5).
- All CYS coaches undergo a FBI background check and Safe Environment Training.
- All CYS coaches are required to attend a *Play Like a Champion* educational series workshop.

CYS has a recreational division for students in grades PK4 - 5 (Elementary Division) that offers soccer, basketball, flag football, track and girl's lacrosse. The competitive division for students in grades 5 – 8 (Middle School Division) offers basketball, soccer, track and volleyball.

CALENDAR/SCHEDULE

Elementary Division

Girls' Seasons – Coed Soccer (September through October) – Track (November through December) - Lacrosse (January through February) — **5v5 Soccer** (April through May) – Summer Basketball (April through June)

Boys' Seasons – Coed Soccer (September through October) – Track (November through December) – Flag Football (January through February) – **5v5 Soccer** (April through May) – Basketball (April through June)

Middle School Division

Girls' Seasons -- Basketball (August through October) -- **Track** (November through December) -- Soccer (**January** through February) -- **Volleyball (March** through May) -- Cheerleading (fall, winter, or full year)

Boys' Seasons -- Soccer (August through October) -- **Track** (November through December) -- Basketball (**January** through February) – **Volleyball (March** through May) – **Flag Football (March through May)**

Good Shepherd Catholic School Athletic Director – Mike Striby

The Good Shepherd Athletic Program works diligently to field winning teams and recognizes that competition is a major element in team sports. Learning the skills of a sport while developing teamwork, leadership, and good sportsmanship are integral to the program. Success cannot be measured merely in terms of wins and losses. The following questions must also be considered:

- Did we learn more about the sport?
- Did we improve our fundamental skills and conditioning?
- Did we have "FUN" together?

ELIGIBILITY

Academics

- ✓ Student-athletes must at all times maintain an overall grade point average of C in all subjects.
- ✓ Student-athletes earning below an overall grade point average of C at any point in time will receive an academic warning and participation may be limited, but are still eligible to continue playing.
- ✓ Student-athletes receiving an IP (Insufficient Proficiency) or "F" on a report card are ineligible through the next grading period.
- ✓ Student-athletes who become academically ineligible may try-out for an upcoming sport but may not participate until all academic requirements are satisfied.

Athletic Fees and Registration

Registration for CYS is on-line at <http://www.catholicyouthsports.org/>. Athlete fees are charged in order to help offset the costs of league fees, sports' banquet costs, equipment, and uniforms. Sports' fees are due in full prior to the first regular season game/meet and are non-refundable. Athletic scholarships may be available for families experiencing financial hardship. Scholarship requests must be submitted in writing to the School Administration for approval.

Behavior

The Good Shepherd Athletic Program follows the "Code of Conduct" discipline plan as outlined in this handbook. Student-athletes must adhere to all school regulations and classroom rules in order to participate. Student-athletes must demonstrate an attitude of respect and mutual consideration for teachers, coaches, classmates, and teammates at all times, both on and off the playing field.

Two or more behavioral infractions in a trimester prevent a child from sports participation. When tallying *Behaviors of a Learner* on the report card, a total score of 46 or more per trimester, prevent a student from participating in sports.

Student-athletes serving a suspension due to a behavioral infraction are prohibited from participating in team try-outs, practices, or games. Detentions take priority over all athletic activities.

Concussion and Heat-Related Illness Consent

Every student-athlete must have on file at GSCS a signed Consent and Release from Liability Certificate for Concussion and Heat-Related Illness form. The form includes general information as well as risk factors and protocols about concussions and heat-related illnesses. The form is included in the registration packet for GSCS.

PARTICIPATION

Attendance

Student-athletes must place a high priority on attending practices and games. The absence of even one member has a negative impact on the entire team.

Good Shepherd Athletics must take priority over other extra-curricular activities. Student-

athletes are allowed one (1) unexcused absence from a practice or game per season. Student-athletes with two (2) or more unexcused absences may be suspended from playing or removed from the team entirely. In the event of a prior commitment, the student-athlete must notify the head coach a minimum of 48 hours prior to missing a practice or game. Absence without prior notification (excluding illness) is considered unexcused.

Coaches

Coaches are selected by the Athletic Director in consultation with the School Administration. Coaches must be fingerprinted and have participated in the Safe Environment Program. Coaches are expected to outline all discipline policies and procedures to the team at the beginning of the season.

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 Good Shepherd School Board for review. The GSSB representative is Aida Diaz. **The decision of the Good Shepherd School Board and the administration is final.**

Practice

For practice occurring immediately after school, student-athletes report to a designated area and are then escorted to the practice facility by the coach or a school staff member. Student-athletes must stay with coaches for the entire duration of practice. Only team members are allowed in the practice facility.

At the conclusion of practice, student-athletes not picked up are escorted to the Extended Care Program and are charged for the service until the parent picks up their child. No student-athlete is to be unsupervised at any time.

TEAM SELECTION

Tryouts

Students in grades six through eight are given equal opportunity to try out for all team sports. Fifth grade students may be offered to try out for a team if there are open spots on a sixth grade team. Team members are selected based on skill level, attitude, and behavior. Tryouts are held after school hours.

Varsity Soccer The team consists of no more than eighteen (18) players. Coaches must select at least ten (10) eighth graders. Coaches are not required to select an eighth grader over a seventh grader for the remaining spots. Additional seventh graders may be chosen if there is a shortage of ten (10) eighth graders.

Junior Varsity Soccer The team consists of eighteen (18) players. Coaches select players from the seventh and sixth grades. Coaches are not required to select a seventh grader over a sixth grader. Fifth graders may be allowed to try out if there is a shortage of eighteen (18) players.

Varsity Basketball The team consists of ten to twelve (10-12) players. Coaches select ten (10) eighth graders. Seventh graders may be allowed to try out if there is a shortage of ten (10) eighth graders.

Junior Varsity Basketball The team consists of ten to twelve (10-12) players. Coaches select ten (10) seventh graders. Sixth graders may be allowed to try out if there is a shortage of ten (10) seventh graders.

JJV Basketball The team consists of ten to twelve (10-12) players. Coaches select twelve (12) sixth graders. Fifth graders may be allowed to try out if there is a shortage of ten (10) sixth graders.

Varsity Track The team consists of student-athletes in the fifth, sixth, seventh and eighth grades. Coaches are not required to select players based on grade level.

Varsity Volleyball The team consists of no more than twelve (12) players. Coaches must select at least eight (8) eighth graders. Coaches are not required to select an eighth grader over a seventh grader for the remaining spots. Additional seventh graders may be chosen if there is a shortage of eight (8) eighth graders.

Junior Varsity Volleyball The team consists of twelve (12) players. Coaches select players from the seventh and sixth grades. Coaches are not required to select a seventh grader over a sixth grader. Fifth graders may be allowed to try out if there is a shortage of twelve (12) players.

Cheerleading The teams consist of student-athletes in the fifth, sixth, seventh and eighth grades. Coaches are not required to select players based on grade level. Teams are based on cheer and dance technique, spirit, attitude toward directives, voice, and overall presentation.

UNIFORMS

Game Uniforms

For the Middle School Division student-athletes are provided a team uniform. Uniforms must be maintained in good condition and returned clean at the end of each season. Parents are responsible for additional costs to repair/replace damaged or lost uniforms.

Practice Uniforms

Student-athletes are required to wear appropriate, proper athletic clothing to practice. Individual coaches determine acceptable practice clothing.