

All Souls Catholic School

Wildcats - Athletic Handbook

Dear Parents,

The Athletic Board takes great pleasure in submitting this summary of our athletic program. Please review it and keep it for future reference.

The athletic program at All Souls Catholic School seeks to supplement our academic programs by encouraging physical activity, school spirit, teamwork and sportsmanship. The success of the program is directly dependent upon parent support. Many parents have contributed considerable time as coaches, board members, fundraisers and committee people to make this program a success. This contribution is greatly appreciated by the members of the board.

This handbook highlights our current programs and policies. We think you will find it useful. Please feel free to contact any of the Athletic Board members if you have any questions.

Respectfully yours,

Athletic Board
All Souls Catholic School

NONDISCRIMINATION POLICY

All Souls School, mindful of its mission to be witness to the love of Christ in all, admits students of any race, color, national and/or ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students at the school. All Souls does not unlawfully discriminate on the basis of race, color, nation and/or ethnic origin, age, sex, or disability in the administration of educational policies, hiring practices, scholarship and loan programs, athletic programs, or other school-administered programs.

All Souls School Athletic Program

This handbook describes the philosophy and general rules and guidelines of the All Souls Sports Program. The Principal and Pastor have the final say in the interpretation and application of these rules and the administration of the Program.

Philosophy

The athletic program is an integral part of the total educational and growth experience at All Souls School.

The All Souls Athletic Program strives to foster good sportsmanship and teamwork in all phases of athletic endeavors both by mature guidance and Christian example.

The All Souls School Athletic Program is a value-centered program reflecting Gospel values and concern for the individual in a larger society.

The All Souls Athletic Program stresses the concepts of individual conditioning and effort, fundamentals, sportsmanship, teamwork, participation and competition while maintaining a good academic standing.

The philosophy of All Souls Athletic Program accordingly strives:

- To guide the students in integrating the values of respect for one's body, loyalty, cooperation, respect for others, and fitness in their lives.
- To provide a positive atmosphere in which both students/athletes and coaches enjoy the athletic activity.
- To help student athletes develop physical coordination and to learn to play the sport in a correct manner.
- To develop school spirit and pride.
- To expose students to a variety of situations which will aid them in developing sportsmanship, teamwork, self control and character.

Programs

Children attending All Souls Catholic School are given the opportunity to participate in the athletic programs as an extracurricular activity. League play in these programs is controlled by the PPSL (Peninsula Parish School League).

Athletic Programs available are as follows:

Boys

4th Grade - Baseball, Basketball

5th Grade - Track (training, when available)

5th through 8th Grades - Baseball, Basketball, Track

Girls

4th Grade - Volleyball, Basketball

5th Grade - Track (training, when available)

5th through 8th Grades - Volleyball, Basketball, Track

7th & 8th Grade - Cheerleader

Game Participation

In all grades every child who is on a team will play in every game. However, any child who misses practice without a valid excuse may forfeit his/her right to play in the next game. Parents, whenever possible, should advise the coach beforehand when their child is going to miss practice and why.

Conduct

To be eligible for the athletic program, students must meet all the behavior and academic standards set forth in the Parent Handbook.

A coach may also restrict a child from participation because of poor conduct while at practice or at any athletic program activity. Students who miss practice without a valid excuse or have discipline problems may also be restricted from participation by the coach or the Athletic Director. Coaches must notify the parents and Athletic Director when any player has been restricted from participation.

If a student is absent from school, he/she may not attend practice that day or play in a game scheduled for that day. **If a student quits a team without the approval of the Athletic Director at any time after initial sign-ups, he/she may be restricted from participation in the next sport. The Administration may also restrict a student from participating in sports. All sports fees are non-refundable.**

ACADEMIC

Parents have the primary responsibility to monitor their child's academic effort/progress.

SCHOOL POLICY:

It is the policy of All Souls School that students who participate in the school sports/cheerleading program must maintain satisfactory standards of school work, homework, conduct, and effort. Those students who are negligent in any of these areas may be suspended from any or all sports/cheerleading for at least a two week period on the recommendation of the teacher to the parents and principal.

Awards

An award system has been established to encourage children to participate in athletic activities and to represent All Souls Catholic School in team competition. The system includes recognition for participation and a trophy/ribbon system for achievement.

Starting at the 5th grade, each student will receive a block when he/she has completed participation in two given sports. The students will then receive a symbol for each additional sport they participate in.

Trophies will be awarded as follows:

1) CHAMPIONSHIP TROPHIES

Awarded to each team member on a division or league championship team and to any student who wins first place in a track and field event at the Spirit Festival. All Souls Athletic Board will provide individual trophies to All Souls team members whose team finishes first in a PPSL tournament. (No individual trophies are awarded by the PPSL).

2) RIBBONS

Will be given to play-off team members other than first place teams.

3) MOST VALUABLE PLAYER TROPHY (8TH GRADE ONLY)

Will be awarded to a team member who is voted best athlete by his/her teammates. In the event of a tie the deciding vote will be cast by the head coach. Because track is an individual sport, the MVP will be decided by the Head Coach.

4) PATCHES

Will be awarded to all championship team members.

Uniforms

Uniforms will be loaned to each child who participates in a sport provided that all the fees have been paid. Uniforms will be distributed prior to the start of league play and will be the only uniform to be worn without the approval of the Athletic Board and Administration.

Parents should see to it that uniforms are clean and washed for each game. Uniforms should be washed according to the following instructions:

Machine wash separately in lukewarm water
Do not Bleach, Dry Clean, or iron. Drip Dry Only.

Uniforms are for game use only and are not to be used for practice under any circumstances.

Uniforms should be returned to the coach within one week of the last game. A \$50.00 charge will be levied if uniforms are not returned within this time frame. Anyone failing to return a uniform will not be allowed to participate in the next sport.

Fees

A fee will be charged for each program in which a child participates. The amount of the fee is set by the Athletic Board. A fee of \$50.00 will be charged for uniforms which are lost or returned in poor condition.

Parent Participation

To be successful, our Athletic Program requires the participation of all parents who have children in the program. Parents should get their children to and from all games and practices on time. The coaches are not responsible for driving the children or taking care of them before or after the games or practices.

Parents are encouraged to attend all games and support their children's efforts. However, they must stay in the stands unless invited by the coach to come on to the field or court.

Coaches, assistant coaches, and people interested in working in the program are always needed. All coaches must be fingerprinted and watch a video on sexual harassment before they begin coaching.

Coach Participation

- 1) Head Coaches must be at least 18 years of age.
- 2) Coaches must be picked without regard to race, color or gender.
- 3) Coaches will be present and supervise athletes at all times when students are practicing or competing under the auspices of the school (unsupervised practices are not permitted on school premises and are not under the auspices of the school).
- 4) Coaches will arrive on time to practices and will end practice at the designated time. Coaches will stay after the practices or games until all students have been picked up or have left the premises.
- 5) Coaches are responsible to demonstrate good sportsmanship and to offer mature guidance to the student athletes. While coaching, coaches should not engage in the sports activity with the students. Rather, coaches are present to offer supervision and to teach the fundamentals of the sport.
- 6) Coaches are not to make excessive physical demands on the student athlete. A reasonable amount of physical activity may be given in order to condition the athlete.

Medical Permission

Student athletes must present doctor's authorization to play any sport. Students will not be allowed to participate without this release.

Fundraising Activities

The athletic program is supported entirely by team participation fees and fundraising activities. No funds are derived from school tuition. Several fundraising activities are held during the year, and all parents are requested to support them. There shall be no team fundraisers without prior approval of the Athletic Board and the Principal.

Splitting of Teams/PPSL Team Formation

It may be necessary to split teams depending on class size and the necessity of fielding a varsity team. Students in the 5th through 8th grades must be placed on teams according to ability. The ability will be evaluated by their coaches and impartial judges. Students in the 4th grade **MAY NOT** be divided according to ability. The objective is to have teams of equal ability.

Procedure For Grievance

Any parent with children participating in the Athletic Program may petition the Athletic Board to air grievances concerning the athletic program.

- 1) The parent must first discuss the matter with the coach handling the particular sport for which the grievance is being presented.
- 2) In the event that a satisfactory solution to the grievance is not obtained by following procedure above (1), the parent shall then present the grievance to the Athletic Board.
- 3) In the event that a satisfactory solution to the grievance is not obtained by following above procedures (1,2), the parent may then present the grievance, in written form, to the Principal and Pastor.

Athletic Board Meeting

The athletic program is run by the Athletic Board of All Souls School. The Board meets at 7:00 p.m. on the second Wednesday of each month in the faculty room. The meetings are open to all parents. However, it is requested that anyone wishing to attend a meeting contact a board member in advance so their matter may be put on the agenda prior to the meeting.

All Souls Athletic Code of Ethics For Athletes and Parents

It is the duty of all concerned with athletes to emphasize the proper ideals of sportsmanship, ethical conduct, and fair play. Athletes and parents are expected to respect the integrity and judgment of officials, to show courtesy to visiting teams, and to recognize that an athletic contest is only a game, the purpose of which is to promote the physical, mental, moral, social and emotional well-being of the individual athletes.

Athlete's Code

1. I will emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
2. I will show courtesy to visiting teams and officials.
3. I will understand thoroughly the rules of the game.
4. I will remember that an athletic contest is only a game.
5. I will refrain from the use of profanity.
6. I will give complete allegiance to my coach who is the sole instructional authority for my team. I will discourage fans, fellow students, and parents from undercutting my coach's authority.
7. I will refrain from criticism of my teammates.
8. I will refrain from any activity that may incite spectators.

INFRACTIONS OF THE ABOVE WILL JEOPARDIZE YOUR ATHLETIC ELIGIBILITY.

Parents' Code

1. I will emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
2. I will remember that the athletic contest is only a game.
3. I will show courtesy to visiting teams and officials.
4. I will not criticize officials, direct abuse or profane language toward them, or undermine their authority.
5. I will not indulge in criticism that would undermine the authority of the coach.
6. I will direct all of my criticism to the All Souls Athletic Board.
7. I will keep a positive outlook on the athletic program.
8. I will not enter onto the field or court, stand on the sidelines, or yell from the bleacher to coach or provide instructions for my son/daughter or other members of the team.

**INFRACTIONS OF THE ABOVE WILL JEOPARDIZE YOUR ATTENDANCE AT
FUTURE ALL SOULS ATHLETIC CONTESTS!**

**Please Note: All athletes and parents are also responsible to adhere to the
Archdiocesan Code of Christian Conduct as stated in the Parent/Student Handbook.**

ALL SOULS ATHLETIC ACTIVITIES RULES

1. Failure to attend two consecutive practices without good cause may prohibit you from playing the next game.
2. Failure to attend four practices during the season without good cause will prohibit you from being a member of the team for the remainder of the season. (see #13)
3. Coaches must be notified in advance if you are not able to attend scheduled practices or games. Failure to do so may result in the consequences listed in Rules 1 and 2 above.
4. All players are required to take instructions, constructive criticism, and direction from their coaches for the good of learning the sport.
5. All players are to arrive at the game at least 45 minutes prior to the start of the scheduled meet.
6. If players need a ride to the away meets, they are to inform their coaches at least 24 hours in advance.
7. Parental attendance is encouraged at all meets; however, attendance at practice is not required.
8. Showing up to practice on time is also important so your coach can get his/her program started in the limited time he/she has on the track.
9. Players should take care of all the schools' and Park & Recreation equipment.
10. Parents should be aware of what time practices start and finish. Please be there to pick your child up on time.
11. All uniforms are to be turned in one week after the season is complete.
12. If a player "drops out" of a sport before the last scheduled game without good cause, he/she will forfeit his/her participation in the next sport.

ALL SOULS VOLLEYBALL RULES

1. Failure to attend two consecutive practices without good cause may prohibit you from playing the next game.
2. Failure to attend four practices during the season without good cause will prohibit you from being a member of the team for the remainder of the season. (see #13)
3. Coaches must be notified in advance if you are not able to attend scheduled practices or games. Failure to do so may result in the consequences listed in Rules 1 and 2 above.
4. All players are required to take instructions, constructive criticism, and direction from their coaches for the good of learning the sport.
5. All players are to arrive at the game at least 45 minutes prior to the start of the scheduled meet.
6. If players need a ride to the away meets, they are to inform their coaches at least 24 hours in advance.
7. Parental attendance is encouraged at all meets; however, attendance at practice is not required.
8. Showing up to practice on time is also important so your coach can get his/her program started in the limited time he/she has on the track.
9. Players should take care of all the schools' and Park & Recreation equipment.
10. Parents should be aware of what time practices start and finish. Please be there to pick your child up on time.
11. All uniforms are to be turned in one week after the season is complete.
12. If a player "drops out" of Volleyball before the last scheduled game without good cause, he/she will forfeit his/her participation in the next sport.

ALL SOULS TRACK RULES

1. Failure to attend two consecutive practices without good cause may prohibit you from playing the next game.
2. Failure to attend four practices during the season without good cause will prohibit you from being a member of the team for the remainder of the season.
3. Coaches must be notified in advance if you are not able to attend scheduled practices or games. Failure to do so may result in the consequences listed in Rules 1 and 2 above.
4. All players are required to take instruction, constructive criticism, and direction from their coaches for the good of learning the sport.
5. All players are to arrive at the game at least 45 minutes prior to the start of the scheduled game.
6. If players need a ride to the away game, they are to inform their coaches at least 24 hours in advance.
7. Parental attendance is encouraged at baseball games; however, attendance at a practice is not required.
8. Showing up to practice on time is also important so your coach can get his/her program started in the limited time he/she has on the field.
9. Players should take care of all the schools' and Park and Recreation equipment: i.e. throwing helmets or bats is unacceptable.
10. Parents should be aware of what time practices start and finish. Please be there to pick your child up on time.
11. All uniforms are to be turned in one week after the season is complete.
12. If a player "drops out" of Track before the last scheduled meet without good cause, he will forfeit his participation in the next sport.

ALL SOULS BASKETBALL RULES

- 1) Failure to attend two consecutive practices without good cause may prohibit you from playing the next game.
- 2) Failure to attend four practices during the season without good cause will prohibit you from being a member of the team for the remainder of the season.
- 3) Coaches must be notified in advance if you are not able to attend scheduled practices or games. Failure to do so may result in the consequences listed in Rules 1 and 2 above.
- 4) All players are required to take instruction, constructive criticism, and direction from their coaches for the good of learning the sport.
- 5) All players are to arrive at the game at least 45 minutes prior to the start of the scheduled game.
- 6) If players need a ride to the away game, they are to inform their coaches at least 24 hours in advance.
- 7) Parental attendance is encouraged at baseball games; however, attendance at a practice is not required.
- 8) Showing up to practice on time is also important so your coach can get his/her program started in the limited time he/she has on the field.
- 9) Players should take care of all the schools' and Park and Recreation equipment: i.e. throwing helmets or bats is unacceptable.
- 10) Parents should be aware of what time practices start and finish. Please be there to pick your child up on time.
- 11) All uniforms are to be turned in one week after the season is complete.
- 12) If a player "drops out" of Basketball before the last scheduled game without good cause, he will forfeit his participation in the next sport.

ALL SOULS BASEBALL RULES

- 1) Failure to attend two consecutive practices without good cause may prohibit you from playing the next game.
- 2) Failure to attend four practices during the season without good cause will prohibit you from being a member of the team for the remainder of the season.
- 3) Coaches must be notified in advance if you are not able to attend scheduled practices or games. Failure to do so may result in the consequences listed in Rules 1 and 2 above.
- 4) All players are required to take instruction, constructive criticism, and direction from their coaches for the good of learning the sport.
- 5) All players are to arrive at the game at least 45 minutes prior to the start of the scheduled game.
- 6) If players need a ride to the away game, they are to inform their coaches at least 24 hours in advance.
- 7) Parental attendance is encouraged at baseball games; however, attendance at a practice is not required.
- 8) Showing up to practice on time is also important so your coach can get his/her program started in the limited time he/she has on the field.
- 9) Players should take care of all the schools' and Park and Recreation equipment: i.e. throwing helmets or bats is unacceptable.
- 10) Parents should be aware of what time practices start and finish. Please be there to pick your child up on time.
- 11) All uniforms are to be turned in one week after the season is complete.
- 12) If a player "drops out" of Baseball before the last scheduled game without good cause, he will forfeit his participation in the next sport.

SAMPLE ANNUAL SIGNATURE CARD

It is important that each student and parent/guardian read the Athletic Book. Parents share the responsibility for their children's understanding the philosophy of the school athletics program and the rules that flow from that philosophy. It is expected that each student and parent/guardian will make a sincere effort to comply with the regulations and support the Christian nature of the athletic program.

ALL SOULS ATHLETIC BOOK

It is important that each student and parent/guardian read the Athletic Book. Parents share the responsibility for their children's understanding of the philosophy of the school athletics' program and the rules that flow from that philosophy. It is expected that each student and parent/guardian will make a sincere effort to comply with the regulations and support the Christian nature of the athletic program.

Each year you are asked to review this book at the beginning of the school year. We ask that the parent/guardian and child sign below and return a copy of this page to the Athletic Board. These signatures will be kept on file during the year.

We have read and accepted the All Souls Athletic Book. We have reviewed the material in this book with our child/children.

Parent/Guardian Signature

Print Last Name

Student Signature (s)

Date

All Souls Sports Tips for Parents

All Souls offers the opportunity for students to participate in several sports as part of PPSL (Peninsula Parish School League).

Girls:

Volleyball

Basketball

Track & Field (Starting in 5th grade)

Boys:

Baseball

Basketball

Track & Field (Starting in 5th Grade)

All Souls team name: Wildcats

All Souls team colors: Blue and White

Coaches:

Coaches for each team are volunteers. Usually a parent from that grade will volunteer to coach a team. On occasion, a former student or former parent will come back to coach a team. Parents, please seriously consider volunteering to coach or assist with coaching a team. Without terrific parents like YOU, All Souls wouldn't have an athletic program. Contact the All Souls Athletic Board for information.

Parent Participation:

Other than coaching, there are several ways parents contribute to the success of their child's team. Please bring your child to practice on time, and be there to pick up your child at the designated time.

At games, parents are the "supporting team". Please cheer for your child's team. Refrain from "coaching your child from the stands. The players have to listen to their coach and focus on what is happening on the court or field. Please treat the other team with courtesy. If we are hosting, treat them as our guests. If we are visiting, we must be respectful of our hosts.

Parents also supply snacks after games. Coaches, or "Team Moms" often will make up a "Snack Schedule" so the responsibility to bring snacks will rotate among the players' families during the season. Healthy snacks and drinks are always appreciated!

Athletic Program Picnic:

Every fall, the 4th and 5th grade families organize the Athletic Program Picnic. This is a fun event that also raises funds for our All Souls Athletics. If you are going to be a 4th or 5th grade parent next year, please step up to help make this event successful. It is a great

way to meet people, support the program, build enthusiasm, and many hands make the work lighter!!

Practices:

Practices are scheduled based on gym or field availability. The coaches don't have much control over practice schedules.

Try-outs:

In order to keep the teams to a size that allows each player to have a good amount of playing time, occasionally, each grade may field two or three teams in one sport. Try-outs would be held in this case. The goal is to match the skill level of the students and put them on a team where they have the best opportunity to play well, safely and grow in their ability.

4th Grade:

When in 4th grade, these teams are considered "training" teams. Scores are NOT kept, and certain allowances are made to keep the game moving so the players have a positive experience (for example: volleyball players move up closer to the net to serve the ball, in baseball the coach pitches the ball).

5th Grade:

In this year, scores are kept and there is more emphasis on game rules so the players get to know the game better.

6th Grade:

This is the first year teams are eligible for the PPSL playoffs and championships.

7th and 8th Grades:

At this level, the players are expected to know the game well.

Proper conduct on and off the field/court is expected at all times. Parents, coaches and players all represent All Souls.

Athletic Program Fundraisers:

The All Souls Athletic Program is self-sufficient. No school funds are used to support the sports program. There are a few special events that raise much needed funds for our sports program:

The Athletic Program Picnic: hosted by the 4th and 5th grade. Held in the Fall.

The Spaghetti Dinner: Usually held in late November.

The Crab Feed: Dinner and Dance. Held just before the Super Bowl.

The Golf Tournament: Golf and Dinner. Held in May

Spirit Events:

These are to build enthusiasm for our school, not just athletics. Do your best to attend the All Souls Jamboree (usually held in April) where each grade does their best to demonstrate their school and class spirit! There is also the Spirit Festival (usually held at a local Bay Area college in May) where all the schools compete in cheering, track and field, and school spirit!

If you have any questions about All Souls Athletics, please send a note to the **All Souls Athletic Board** through the school. Please include your name and phone number, or email address. Someone will be in contact with you within the week.

Go Wildcats!!