

ST. ALOYSIUS CATHOLIC SCHOOL

2018-2019

ATHLETICS HANDBOOK

The St. Aloysius Catholic School Parent/Student Handbook is incorporated in this Handbook by reference. These provisions are considered a contractual agreement between St. Aloysius Catholic School and each student and parent as well as with each coach of a school athletic team.

**An athletic contest is a game.
Winning the contest is important, but
Winning in life is much more important.**

DIOCESE OF BATON ROUGE PHILOSOPHY OF SCHOOL-SPONSORED ATHLETICS

The greatest strength of the elementary and middle Catholic schools of the Diocese of Baton Rouge is the opportunity and responsibility of the administration of each school to consider and use the uniqueness of its circumstances to provide the best Catholic education possible for its students. Within this basic tenet, the first priority of such schools is the overall development and growth of each of our students - spiritually, socially, mentally, emotionally, and physically. School-sponsored intramural and interscholastic athletic programs provide a medium by which students can develop an awareness of their abilities, learn and improve athletic skills, acquire the true meaning of and practice sportsmanship, be a part of a team effort, and have experiences which form foundations for life, particularly in the student's self-esteem and feeling of belonging.

Such programs should emphasize the positive accomplishments of the individual through recognition and praise, development of skills and understanding of the game through instruction and positive constructive criticism, and increased understanding of group effort and interaction toward a common goal. Athletics should be a component of and interact with the spiritual, social, and academic components of the overall school program. Administration, faculty, staff, coaches, parents, and fans are necessary components in nurturing a positive Catholic athletic experience. Schools with interscholastic programs should participate in leagues or programs consistent with this philosophy and that of the individual school.

ST. ALOYSIUS ATHLETICS

St. Aloysius Catholic School offers special athletics which are organized for the inter-school competition and which are extracurricular. The purpose of athletics is not only to build strong bodies, but to develop strong Christian character. Students who represent St. Aloysius Catholic School should show good sportsmanship at all times and in all places.

Students who participate in school athletics must:

- 1. Put forth effort in academic work.*
- 2. Be cooperative with teachers and coaches.*

(Excerpt from Parent/Student Handbook)

Academics - Students must maintain an overall "C" average (74 .5% and above) in the subject areas which receive number and letter grades for the nine weeks. Eligibility will be based on the next reporting period and will only be reevaluated at the next reporting period.

The results of the previous year's fourth nine week's report card grades will be used to determine eligibility for sports played throughout the first nine weeks of the school year. Each subsequent report card will determine eligibility for the entire nine weeks period that follows.

Discipline

1. *Students in grade five who receive six disciplinary referrals will be **suspended from the next contest and all practices prior thereto**. Any subsequent referral after the sixth will result in suspension **from the next contest and all practices prior thereto**.*

2. *Students in grades six, seven and eight who receive two major referrals, one major referral and three minors, or six minor referrals will be suspended **from the next contest and all practices prior thereto**. Any subsequent referral will result in further suspension **of one contest or three contests, and all practices prior thereto**, depending on whether the referral is a major or a minor.*

The administration reserves the right to remove any student from sports eligibility should a serious incident occur during the school day or at a sports or school related activity.

No student may participate in a scheduled practice or sports event on the same day that the student is absent, checks out for the day or is suspended from school.

(Excerpt from Parent/Student Handbook)

A Winning Purpose - Our athletic program must

- (1) Demonstrate the values, attitudes, and behavior that reflect and are consistent with the teachings of Jesus Christ.
- (2) Enhance the educational experience of players by teaching self-sacrifice, discipline, and good sportsmanship.
- (3) Foster cooperative attitudes through teamwork.
- (4) Emphasize that player improvement in skills and development of confidence take precedence over a favorable win-loss record.

A Winning Philosophy - We WIN when our players by participating in our athletic program:

- (1) Grow in faith.
- (2) Succeed academically.
- (3) Develop pride in themselves and in their teammates, team, school, and church parish.
- (4) Develop respect for rights and privileges of teammates, coaches, opponents, and officials.
- (5) Develop a sense of responsibility to the team and teammates.
- (6) Develop a desire to excel and be the best they can be.
- (7) Mature mentally, emotionally, physically, and socially.
- (8) Become willing to make personal sacrifices, putting team achievement ahead of personal achievement.
- (9) Enjoy the spirit of competition.
- (10) Accept victory and defeat with dignity.
- (11) Become leaders on and off the field.

ATHLETES

ST. ALOYSIUS SPORTS CODE

***The Player** - I am humble in victory and gracious in defeat. I respect my coach and the officials and accept their authority without question. I represent my school with class. I develop character by working toward a goal over time. I will not quit! (Excerpt from Parent/Student Handbook)*

Fundamentals for St. Aloysius Athletes

Faith, family, team, then me.
Treat others like I want to be treated.
Do what is right even when no one is looking.
Do my best.
Never, never, never give up.

St. Aloysius Athlete's Prayer

HEAVENLY FATHER,
Thank You for this day.
Thank You for your gifts which enable me to play this sport.
Help me to use your gifts through practice and teamwork.
Help me to compete to the best of my ability.
Let me play well, but fairly.
Help me to persevere, to never quit, to never give up.
Grant me moments to rejoice, but not at the expense of my teammates or opponents.
If we have victory, allow me to be happy; if we are denied, keep me from envy.
Help me to remember that sport is just a game.
Keep me and the other players safe from injury.
Help me to learn something that matters each day
If through playing this sport, I set an example, let it be a good one.
In the name of your Son, Jesus Christ.
Amen

Participation The commitment to a school team is for the entire season and paramount to any activity or event other than a family, church, or other school sponsored activity. A player should not participate in another sport or on another team that will require the player to miss required practices and contests in a school sport. Any practice or contest missed due to such reasons will be considered an unexcused absence. If a player misses three or more practices or contests without extenuating circumstances, his or her continued eligibility in that sport and in future sports will be reviewed by the coach, athletic director, and school administration.

Responsibilities Each player is to:

- (1) Comply with regulations and policies of St. Aloysius Catholic School and St. Aloysius Church Parish, the Parent/Student Handbook, this Handbook, and CSAA rules, as applicable.
- (2) Maintain academic and discipline standards.
- (3) Set realistic performance goals.
- (4) Meet his/her obligations to the team and coach.
- (5) Accept the authority of the coach to determine strategy and player selection.
- (6) Attend all scheduled practices and contests. If not able to make a scheduled practice or contest, advise the coach in advance.
- (7) Get to practices and contests on time, be properly dressed, have the necessary equipment, and be prepared to participate with enthusiasm.
- (8) If on medical or excused leave, attend all practices/contests at the discretion of the coach.
- (9) Inform the coach of any physical disability or ailment that may affect the player's safety or the safety of others.
- (10) Avoid behavior or practice that endangers the health or well-being of other players.
- (11) Properly maintain and return all uniforms and equipment provided by the school.
- (12) Help maintain field, court, gym, or track restrooms, locker rooms, and adjoining areas during and after practices and contests.
- (13) Exhibit high standards of personal behavior, attitude, honesty, integrity, and sincerity.
- (14) Be positive and supportive of our coaches and teams, the athletic director, the athletic program, the school administration, and other team members.
- (15) Remember that sports participation is an opportunity to learn and have fun.
- (16) Encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for, and cooperation with, all other players, teams, coaches, officials, and fans at every practice or contest.
- (17) Concentrate on skill development, competing fairly, playing hard, doing your best, and never quitting.

COACHES

ST. ALOYSIUS SPORTS CODE

The Coach - *I teach my players much greater lessons than simply how to win. I create a positive environment that allows players to develop confidence as well as a competitive spirit. I lead by example at practice and in games. I am fair in my evaluation of skills and my efforts to develop skills. I lead players and spectators to respect officials by setting a good example. (Excerpt from Parent/Student Handbook)*

Adult Responsibility in Extracurricular Activities - *There are anxiety levels related to sports as well as other extra-curricular activities. Being able to minimize stress is of great importance. As students participate in these activities, adults should be aware of the child who has a tendency to be more anxious than the average child. Emphasis on the child's efforts rather than on doing something without error is very important. This reassures the child that worthiness as a human being is centered not so much in "winning" but in a willingness to do one's best. Coaches, parents and moderators are expected to observe the policies of St. Aloysius Catholic School and the CSAA regulations. (Excerpt from Parent/Student Handbook)*

Minimum Qualifications A head coach must be at least 18 years of age, a high school graduate, and diocesan certified. Assistants must be high school students or older and diocesan certified.

Certification under diocesan policy requires:

- (1) Completing and submitting a Catholic Diocese of Baton Rouge Application.
- (2) Reading the Code of Ethics, and signing/submitting the Acknowledgment Form.
- (3) Completing the Safe in Place Training Program online and submitting the certificate.
- (4) Undergoing a background check with the State Police.

Also annual concussion information course certification is required by law.

Selection Head coaches are selected by the athletic director, with the approval of the principal. Assistants are selected by head coaches, with the approval of the athletic director and principal.

The primary factors considered in the selection of coaches are:

- Evidenced Christian values
- Depth of character and personality
- Ability to communicate with athletes
- Technical knowledge of sport
- Commitment to teaching players the fundamentals of the sport
- Commitment of time for practices and contests

A parent will not serve as head coach of a team which includes the parent's child, unless that coach has been head coach at St. Aloysius prior to the child's participation or unless, after effort

has been made to secure a coach without success, a qualified parent is available.

A coach shall:

- (1) Carry out the ideals of St. Aloysius Catholic School and the expectations of good sportsmanship.
- (2) Be knowledgeable of, accept, comply with, and enforce the mission, philosophy, and guidelines of St. Aloysius Catholic School; the philosophy of the Diocese of Baton Rouge; the philosophy, guidelines, rules, regulations, policies, and procedures of the CSAA, as applicable; the St. Aloysius Catholic School Parent/Student Handbook, this Handbook; and the St. Aloysius Coach's Manual.
- (3) Manage all activities of the team.
- (4) Communicate with the athletic director on a regular basis to evaluate the team, team members, and assistant coaches, and implement approved changes.
- (5) Convey the ideals of St. Aloysius Catholic School and the expectations of good sportsmanship to assistant coaches.
- (6) Recruit assistant coaches, subject to approval of the athletic director.
- (7) Inform all prospective volunteer assistants of the need for prior diocesan certification.
- (8) Attend pre-season and parent orientation meetings.
- (9) Attend league coaches meetings.
- (10) Provide health services for team members, but not hand out medications to players.
- (11) Do best to provide a safe playing situation for the team members.
- (12) Distribute pertinent information to, and secure forms and fees from, team members.
- (13) Assist in assignment and maintenance of uniforms and equipment, and in retrieving uniforms and equipment allocated to the team and team members.
- (14) Inspect all equipment and uniforms and seek repair or replacement as needed.
- (15) Assist in pre-contest field, court, or track set-up and post-contest field, court, or track take-down or clean-up at home contests.
- (16) Be responsible for the field, court, or track area during practice.
- (17) Be responsible for the conduct of team members and assistant coaches before, during, and after all practices and contests.
- (18) Keep and leave all facilities in clean and safe condition after practice.
- (19) Perform duties subject to the overall direction of the athletic director, and if an assistant coach, to the specific direction of the head coach.

PARENTS

ST. ALOYSIUS SPORTS CODE

The Parent - *I am the guiding force behind my child's attitude. What is said about coaches and teammates is reflective of my intent to mold positive character in my child. I will support the efforts of my child more than the results. I will do my part to encourage a positive environment off the field as well as on the field. (Excerpt from Parent/Student Handbook)*

Adult Responsibility in Extracurricular Activities - *There are anxiety levels related to sports as well as other extra-curricular activities. Being able to minimize stress is of great importance. As students participate in these activities, adults should be aware of the child who has a tendency to be more anxious than the average child. Emphasis on the child's efforts rather than on doing something without error is very important. This reassures the child that worthiness as a human being is centered not so much in "winning" but in a willingness to do one's best. Coaches, parents and moderators are expected to observe the policies of St. Aloysius Catholic School and the CSAA regulations, as applicable. (Excerpt from Parent/Student Handbook)*

Parent Participation - *Parents should see that students are on time for practice and are picked up at the designated time.*

Parents are expected to share in the responsibility of manning the concession stand and in the collection of admission charges.

Parents should assist students in properly maintaining team uniforms.

(Excerpt from Parent/Student Handbook)

Parents play an important role in their child's sports experience. Parental participation is a necessary but parental cooperation is essential. However, if in the opinion of the administration, parent behavior seriously interferes with the athletic process, a parent may be banned from practices and contests and/or the student may be denied participation in St. Aloysius athletics.

Parents should:

- (1) Assist their child in maintaining academic and discipline standards.
- (2) NOT force their child to participate in sports.
- (3) Accompany their child to orientation and informational meetings.
- (4) Help their child meet his/her obligations to the team and coach.
- (5) Help their child set realistic performance goals.
- (6) Demand that their child treat other players, teams, coaches, officials, and fans with respect.
- (7) Emphasize to their child that skill development, competing fairly, and doing one's best are more important goals than winning.
- (8) Inform the coach of any physical disability or ailment or any uniform or equipment condition, that may affect the safety of their child or others.
- (9) Not encourage any behavior or practice that would endanger participating players.
- (10) Not coach their child or other team members at a practice or contest, unless a team coach.

- (11) Ensure that their child attends all scheduled practices and contests. If the child is not able to make a scheduled practice or contest, advise the coach in advance.
- (12) Ensure that their child gets to practices and contests on time, is properly dressed, has the necessary equipment, and is picked up after the practice or contest on time.
- (13) Attend contests to support their child and the team.
- (14) Not leave a child or other player at practice or a contest without another parent or adult responsible for the child or player.
- (15) Supervise other children under their care at the practice or contest.
- (16) Properly maintain and return all uniforms and equipment provided by the school.
- (17) Assist in keeping all school athletic facilities in a clean and safe condition.
- (18) Observe the regulations and policies of St. Aloysius Catholic School and the CSAA.
- (19) Remember that children participate in sports to have fun and the game is for the players.
- (20) Show respect and courtesy, and demonstrate positive support, for all players, teams, coaches, officials, and fans at each practice or contest.
- (21) Accept the authority of the coach to determine strategy and player selection. Should the parent desire to talk to the coach, it should be done at a mutually agreed upon time and place.

FANS

THE ST. ALOYSIUS CONDUCT CODE

The Spectator - *I show respect toward the officials, coaches and players of both teams. I come to the game to support my team. I supervise children under my care at the athletic event. I will never drop students off unsupervised at an athletic event. I am aware that my behavior sets an example for ALL to see. (Excerpt of Parent/Student Handbook)*

Adult Responsibility in Extracurricular Activities - Spectator Conduct - *Fans should cheer a good play, avoid negative comments, be supportive. Fans should allow the coach to perform his/her duty. Parent/coach issues should be discussed away from the playing field or gym. Fans should not criticize the opponents' players, coaches, or other fans. Student athletes must learn the respect due others. It is not fair to ask students to show good sportsmanship if adults do not act in a sportsmanlike manner. Parents and coaches should be leaders by their actions.*

Fans should not criticize game officials. They are dedicated individuals who love youth sports. They will, on occasion, make mistakes, but they should not be subjected to abuse from spectators.

Children who are spectators must be in the charge of a supervising adult when they attend a sports event. No student or younger child should be at an athletic event as a spectator without a parent or responsible adult present. Children are not allowed to roam the campus. (Excerpt from Parent/Student Handbook)

Fan support can be a very positive force in an athletic contest or practice by appreciating and commending good effort and skill no matter which individual/team exhibits it.

SCHOOL ATHLETIC PROGRAMMING

Students participating on non-school sports teams are to give first priority to school teams.

ADMINISTRATION

The school athletic program is administered by the athletic director under the general supervision of the principal. There is a program liaison at school for on-site coordination.

I. CATHOLIC SCHOOL ATHLETIC ASSOCIATION (CSAA)

We participate in the Catholic School Athletic Association of the Diocese of Baton Rouge. The CSAA provides an organized structure of interscholastic athletic programs for the students of the Diocese to participate. The CSAA emphasizes fair competition, developing character and good sportsmanship, and building teams as moral communities. There are three divisions: Varsity, Junior Varsity, and Developmental.

VARSIITY

The program includes basketball (6th through 8th grade boys and girls), tackle football (5th through 8th grade boys), and volleyball (6th through 8th grade girls).

BOYS' BASKETBALL The **season** begins in mid November and concludes in February. **Practices** are held Monday, Tuesday, and Thursday after school based on coach and gym availability. **Tryouts** are held as Varsity rosters are limited to no more than 10 players per team. League **games** are limited to no more than 14. In addition, each team may play in one or two tournaments. League games are played on weekday evenings and Saturday mornings; tournaments are held on weekday evenings and weekends. In the 6th and 7th grade leagues, each player must play at least one full quarter of the game. Each player is issued a **uniform** (game shirt and short) which is to be returned after the season. **Fee - \$110.**

Age\Grade Eligibility - The 6th grade team is open to 6th graders who will be at least 10 on September 30th and who will not become 13 prior to September 1st. The 7th grade team is open to 7th graders who will not become 14 prior to September 1st. The 8th grade team is open to 8th graders who will not become 15 prior to September 1st. However, a boy repeating the 8th grade may not participate if he has previously played CSAA Varsity basketball as an 8th grader.

BOYS' FOOTBALL The **season** begins in mid August and concludes in mid November. **Practices** may be held Monday, Tuesday, Thursday, and Friday after school and on Saturday morning. League **games** are limited to seven and are played on Sunday afternoons. Each player is issued a **uniform** consisting of a red game jersey, helmet, shoulder pads, and other pads which are to be returned after the season. Each player also receives a white practice jersey, pants, chin

strap, mouthpiece, and red game socks which may be retained by the player after the season. Each player must provide his own shoes. **Fee - \$145.**

Age\Grade\Weight Eligibility - The 6th Grade team is open to 6th graders who will be at least 10 on September 30th and who do not become 13 prior to September 1st. 5th graders will be included on the 6th grade rosters; however, if numbers are sufficient, the 5th grade will have a separate team. The 8th Grade team is open to 7th and 8th graders who will not become 15 prior to September 1st. However, a boy repeating the 8th grade may not participate if he has previously played CSAA Varsity football as an 8th grader. NOTE that in 5th-6th grade, anyone weighing more than 140 pounds, and in 7th-8th grade anyone weighing more than 150 pounds, is restricted to playing a down lineman position.

GIRLS' BASKETBALL The **season** begins in mid August and concludes in mid November. **Practices** are held Monday, Tuesday, and Thursday after school based on coach and gym availability. **Tryouts** are held as Varsity rosters are limited to no more than 10 players per team. League **games** are limited to no more than 14. In addition, each team may play in one or two tournaments. League games are played on weekday evenings and Saturday mornings; tournaments are held on weekday evenings and weekends. In the 6th and 7th grade leagues, each player must play at least one full quarter of the game. Each player is issued a **uniform** (game shirt and short) which is to be returned after the season. **Fee - \$110.**

Age\Grade Eligibility - The 6th grade team is open to 6th graders who will be at least 10 on September 30th and who will not become 13 prior to September 1st. The 7th grade team is open to 7th graders who will not become 14 prior to September 1st. The 8th grade team is open to 8th graders who will not become 15 prior to September 1st. However, a girl repeating the 8th grade may not participate if she has previously played CSAA Varsity basketball as an 8th grader.

GIRLS' VOLLEYBALL The **season** begins in mid February and concludes in early May. **Tryouts** are held as Varsity rosters are limited to no more than 12 players per team in the 6th and 7th grades and no more than 10 players on the 8th grade team. **Practices** are held Monday, Tuesday, and Thursday after school based on coach and gym availability. League **matches** are limited to no more than 14. In addition, each team may play in one or two tournaments. League matches are played on weekday evenings and Saturday mornings; tournaments are held on weekday evenings and weekends. In the 6th and 7th grade leagues, each match will consist of three games, regardless of outcome, and each player must play at least one full game of the match. Each player is issued a uniform shirt which is to be returned after the season. Each player is to provide black shorts to be worn with the uniform shirt. **Fee - \$110.**

Age\Grade Eligibility - The 6th grade team is open to 6th graders who will be at least 10 on September 30th and who do not become 13 prior to September 1st. The 7th grade team is open to 7th graders who will not become 14 prior to September 1st. The 8th grade team is open to 8th graders who will not become 15 prior to September 1st. However, a girl repeating the 8th grade may not participate if she has previously played CSAA Varsity volleyball as an 8th grader.

Participation - Girls who are participating in St. Aloysius track are not eligible to participate in the St. Aloysius volleyball program.

Junior Varsity (6-8)

The program, based upon team and league feasibility, includes basketball (6th through 8th grade boys and girls) and volleyball (6th through 8th grade girls). The program is not available to any eligible player who is listed on a CSAA Varsity roster in the same sport.

BOYS' BASKETBALL The **season** begins in December and concludes in March. Practices are held on weekends based on coach and gym availability. League **games** are scheduled at participating schools and are played on weekday evenings and Saturday mornings. In addition, each team may play in one or two tournaments which are held on weekday evenings and weekends. Each player must play at least one full quarter of the game. Each player is issued a **uniform** (shirt and short) which is to be returned by the player after the season. **Fee - \$110.**

Age\Grade Eligibility - The 6th grade team is open to 6th graders who will be at least 10 on September 30th and who will not become 13 prior to September 1st. The 7th grade team is open to 7th graders who will not become 14 prior to September 1st. The 8th grade team is open to 8th graders who will not become 15 prior to September 1st. However, a boy repeating the 8th grade may not participate if he has previously played CSAA Varsity basketball as an 8th grader. In addition, each player must be St. Aloysius-eligible, be CSAA-eligible, and have participated in the CSAA Varsity team tryouts.

Teams. If numbers warrant, multiple teams will be formed. Each team will have a separate coach and separate league schedule. A team roster will have a minimum of seven players.

GIRLS' BASKETBALL The **season** begins in mid August and concludes in mid November. Practices are held on weekends based on coach and gym availability. League **games** are scheduled at participating schools and are played on weekday evenings and Saturday mornings. In addition, each team may play in one or two tournaments which are held on weekday evenings and weekends. Each player must play at least one full quarter of the game. Each player is issued a **uniform** (shirt and short) which is to be returned by the player after the season. **Fee - \$110.**

Age\Grade Eligibility - The 6th grade team is open to 6th graders who will be at least 10 on September 30th and who will not become 13 prior to September 1st. The 7th grade team is open to 7th graders who will not become 14 prior to September 1st. The 8th grade team is open to 8th graders who will not become 15 prior to September 1st. However, a girl repeating the 8th grade may not participate if she has previously played CSAA Varsity basketball as an 8th grader. In addition, each player must be St. Aloysius-eligible, be CSAA-eligible, and have participated in the CSAA Varsity team tryouts.

Teams. If numbers warrant, multiple teams will be formed. Each team will have a separate coach and separate league schedule. A team roster will have a minimum of seven players.

GIRLS' VOLLEYBALL The **season** begins in February and concludes in early May. Practices are held on weekends based on coach and gym availability. League **matches** are played on weekday evenings and Saturday mornings and are played at participating schools. In addition,

each team may play in one or two tournaments which are held on weekday evenings and weekends. Each match will consist of three games, regardless of outcome and each player must play at least one full game of the match. Each player is issued a uniform shirt which is to be returned by the player after the season. Each player is to provide black shorts to be worn with the uniform shirt. **Fee - \$110.**

Age\Grade Eligibility - The 6th grade team is open to 6th graders who will be at least 10 on September 30th and who do not become 13 prior to September 1st. The 7th grade team is open to 7th graders who will not become 14 prior to September 1st. The 8th grade team is open to 8th graders who will not become 15 prior to September 1st. However, a girl repeating the 8th grade may not participate if she has previously played CSAA Varsity volleyball as an 8th grader. In addition, each player must be St. Aloysius-eligible as to academics and discipline, be CSAA-eligible, and have participated in the CSAA Varsity team tryouts.

Teams. If numbers warrant, multiple teams will be formed. Each team will have a separate coach and separate league schedule. A team roster will have a minimum of eight players.

Participation Restriction - Girls participating in St. Aloysius track are not eligible to participate in the St. Aloysius volleyball program.

Developmental (3-5)

The program includes basketball (3rd through 5th grade boys and girls), tackle football (3rd and 4th grade boys), and volleyball (5th grade girls).

BOYS' BASKETBALL - 5th grade. The **season** begins in December and concludes in February. Practices are held on weekends based on coach and gym availability. League **games** are scheduled at participating schools and are played on weekday evenings and Saturday mornings. In addition, each team may play in one or two tournaments which are held on weekday evenings and weekends. Each player must play at least one full quarter of the game. Each player is issued a **uniform** (shirt and short) which is to be returned by the player after the season. **Fee - \$110.**

Age\Grade Eligibility - The 5th grade team is open to 5th graders who will be at least 10 on September 30th and who do not become 12 prior to September 1st. In addition, each player must be St. Aloysius-eligible, be CSAA-eligible.

Teams. If numbers warrant, multiple teams will be formed. Each team will have a separate coach and separate league schedule. A team roster will have a minimum of seven players.

BOYS' BASKETBALL - 3rd and 4th grades. Team rosters are developed by coaches. The **season** begins in December and concludes in February. Practices are held on weekends based on coach and gym availability. League **games** are scheduled at participating schools and are played on weekday evenings and Saturday mornings. In addition, each team may play in one or two tournaments which are held on weekday evenings and weekends. Each player must play at least one full quarter of the game. Each player is issued a **uniform** (shirt and short) which may be

retained by the player after the season. **Fee - \$110.**

Age\Grade Eligibility - The 4th grade team is open to 4th graders who will be at least 9 on September 30th and who do not become 11 prior to September 1st. The 3rd grade team is open to 3rd graders who will be at least 8 on September 30th and who do not become 10 prior to September 1st. In addition, each player must be St. Aloysius-eligible, be CSAA-eligible.

Teams. If numbers warrant, multiple teams will be formed. Each team will have a separate coach and separate league schedule. A team roster will have a minimum of seven players.

BOYS' FOOTBALL The **season** begins in mid August and concludes in mid November. Practices may be held Monday, Tuesday, Thursday, and Friday after school and on Saturday morning. League **games** are limited to seven and are played based upon field availability at participating schools. Each player is issued a red game jersey and white practice jersey. Each player must provide white helmet, shoulder pads, white pants, chin strap, mouthpiece, and shoes. **Fee - \$110.**

Age\Grade\Weight Eligibility - The 4th Grade team is open to 4th and 3rd graders who will be at least 8 on September 30th and who do not become 11 prior to September 1st. In addition, each player must be St. Aloysius-eligible and be CSAA-eligible. NOTE that anyone weighing more than 120 pounds is restricted to playing a down lineman position.

GIRLS' BASKETBALL - 3rd and 4th grades. Team rosters are developed by coaches. The **season** begins in mid August and concludes in mid November. Practices are held on weekends based on coach and gym availability. League **games** are scheduled at participating schools and are played on weekday evenings and Saturday mornings. In addition, each team may play in one or two tournaments which are held on weekday evenings and weekends. Each player must play at least one full quarter of the game. Each player is issued a **uniform** (shirt and short) which is to be returned by the player after the season. **Fee - \$110.**

Age\Grade Eligibility - The 5th grade team is open to 5th graders who will be at least 10 on September 30th and who do not become 12 prior to September 1st. The 4th grade team is open to 5th graders who will be at least 9 on September 30th and who do not become 11 prior to September 1st. The 3rd grade team is open to 5th graders who will be at least 8 on September 30th and who do not become 10 prior to September 1st. In addition, each player must be St. Aloysius-eligible, be CSAA-eligible.

Teams. If numbers warrant, multiple teams will be formed. Each team will have a separate coach and separate league schedule. A team roster will have a minimum of seven players.

GIRLS' VOLLEYBALL - 5th grade. The **season** begins in February and concludes in early May. Practices are held on weekends based on coach and gym availability. League **matches** are played on weekday evenings and Saturday mornings and are played at participating schools. In addition, each team may play in one or two tournaments which are held on weekday evenings and weekends. Each match will consist of three games, regardless of outcome and each player must play at least one full game of the match. Each player is issued a uniform shirt which is to be returned by the player after the season. Each player is to provide black shorts to be worn with the uniform shirt. **Fee - \$110.**

Age\Grade Eligibility - The 5th grade team is open to 5th graders who will be at least 10 on September 30th and who do not become 12 prior to September 1st. In addition, each player must be St. Aloysius-eligible as to academics and discipline, be CSAA-eligible.

Teams. If numbers warrant, multiple teams will be formed. Each team will have a separate coach and separate league schedule. A team roster will have a minimum of eight players.

Participation Restriction - Girls participating in St. Aloysius track are not eligible to participate in the St. Aloysius volleyball program.

II. General (5-8)

CROSS COUNTRY Practice begins in mid August and meets begin in September and conclude in mid-November. Practices are generally held on Monday, Wednesday, and Thursday at 5:30 pm to 7:00 pm and, if no meet is scheduled, on Saturday mornings at Highland Park. The team participates in about eight meets. Each player is issued a uniform (shirt and short) which is to be returned after the season. **Fee - \$75.** Meets are held on Saturday mornings, except for the Metro Meet which is usually held on Monday afternoon at the end of the season.

Age\Grade Eligibility - The team is open to 5th to 8th graders who will be at least 10 on September 30th and who do not become 15 prior to September 1st.

SWIMMING Practice begins in August with meets in September and October. Practices are held after school on Monday-Thursday. The team participates in four meets. **Fee - \$90.** The first meets are held on Friday afternoons and the final championship meet is held on Saturday morning.

Age\Grade Eligibility - The team is open to 5th to 8th graders who will be at least 10 on September 30th and who do not become 15 prior to September 1st.

TRACK The **season** begins in mid February and concludes in late April. **Practices** are generally held on Monday, Tuesday, and Thursday from 6 p.m. to 8 p.m. The team participates in at least four Saturday or Sunday **meets**. Each player is issued a **uniform** (meet shirt and short) which is to be returned after the season. **Fee - \$75.**

Age\Grade Eligibility - The 6th grade team is open to 5th and 6th graders who will be at least 10 on September 30th and who do not become 13 prior to September 1st. The 8th grade team is open to 7th and 8th graders who will not become 15 prior to September 1st. However, a player repeating the 8th grade may not participate if the player has previously participated in track as an 8th grader.

Participation Restrictions - Girls who are participating in the St. Aloysius track program may not play volleyball.

GENERAL INFORMATION

AWARDS The CSAA does not keep standings, have championships, or issue awards.

However, St. Aloysius Catholic School does have the Scholar-Athlete Award. The school presents this award to an eighth-grade boy and girl who have maintained the highest grade point average in the seventh and eighth grade and who participated in each major CSAA Varsity sport (basketball and football for boys and basketball and volleyball for girls) in both the seventh and eighth grades, and has a minimum overall B (85.5%) average.

CONCUSSION LAW As a condition of participation in any athletic activity, each athlete and the athlete's parents or legal guardian must sign a concussion and head injury information sheet which provides adequate notice of the state law requirements which must be satisfied in order for an athlete who has or is suspected to have suffered a concussion or head injury to return to play. In addition, each coach must submit certification of completion of the prescribed on-line CDC course on concussion information.

Under the Concussion Law, a coach must immediately remove any athlete from a game, competition, or practice if any of the following occurs:

- (1) The athlete reports any defined sign or symptom of a concussion and is reasonably suspected of having sustained a concussion.
- (2) The coach or official determines that the athlete exhibits any defined sign or symptom of a concussion and he reasonably suspects that the athlete has sustained a concussion.
- (3) The coach or official is notified that the youth athlete has reported or exhibited any defined sign or symptom of a concussion and is reasonably suspected of sustaining a concussion by any a licensed, registered, or certified medical health care provider operating within their respective scope of practice or any other licensed, registered, or certified individual whose scope of practice includes the recognition of concussion symptoms.

If an athlete is removed from play and the signs and symptoms cannot be readily explained by a condition other than concussion, the coach must notify the athlete's parent or legal guardian and must not permit the athlete to return to play or participate in any supervised team activities involving physical exertion, including games, competitions, or practices, until the athlete is evaluated by a health care provider and receives written clearance from the health care provider for a full or graduated return to play.

FORMS REQUIRED [The forms may be obtained from the school's "Athletics" web page, the athletic director, or the school office.]

- (1) Sports Participation Form which must be completed and signed and includes

Registration, Consent, Medical Authorization, Acknowledgment, and Wavier.

- (2) Sports Contract including Parent/Athlete Concussion Information
- (3) Uniform, Conflicts, and Shirt Order Form.
- (4) Medical History Evaluation/Health Examination Form. Prior to participation in a sport contest, a completed medical history/health examination form must be signed and submitted indicating the player has taken and passed a medical exam within at least the prior 365 days. A medical history/health examination form must be on file for every player who participates in athletics during the school year.

GRIEVANCE PROCEDURE The principal and athletic director are available to discuss program, sport, coach, or player problems or concerns. However, players and parents are urged to first discuss the problem or concern with the coach, where applicable and practicable. If further discussion is warranted, do so with the athletic director. Finally, if the matter is still not resolved, the principal should be contacted.

MEDICATION TO PLAYERS Coaches are not to administer any medication to a player.

REVENUES AND EXPENDITURES

<u>Area</u>	<u>Revenues</u>	<u>Expenditures</u>
<u>Basketball</u>	Player fees (\$110) Gate (\$4.00 9 th grade up) Concession sales	League team fee (\$60) League player fee (\$25 each) Uniform/Equipment Officials fees Tournament entry fees Concession supplies Gym/Scoreboard maintenance
<u>Cross Country</u>	Player fees (\$75)	Uniform/Equipment Meet fees
<u>Football</u>	Player fees (\$145 - 5th-8th) Player fees (\$110 - 3rd-4th) Gate (\$4.00 9th grade up) Concession sales	League team fee (\$60) League player fee (\$25 each) Uniform/Equipment Officials fees Concession supplies Field/Scoreboard maintenance

<u>Area</u>	<u>Revenues</u>	<u>Expenditures</u>
<u>Swimming</u>	Player fees (\$90)	Meet fees Insurance Pool rental
<u>Track</u>	Player fees (\$75)	Uniform/Equipment
<u>Volleyball</u>	Player fees (\$110) Gate (\$4.00 9 th grade up) Concession sales	League team fee (\$60) League player fee (\$25 each) Uniform/Equipment Officials fees Tournament entry fees Concession supplies Gym/Scoreboard maintenance
<u>General</u>	Vending machine sales	Concession permit Concession products Paper supplies Postage Sam's Club membership

The school provides the use of field and gym facilities without charge. Program expenditures require the signature of the athletic director and the principal.

RULES OF PLAY Copies of playing rules for the various sports may be viewed at the school office or through the athletic director.

SANCTIONS

- I. Failure to comply with any aspect of the St. Aloysius Catholic School Parent/School Handbook or the St. Aloysius Athletics Handbook may result in consequences as deemed appropriate by the principal in consultation with the athletic director.
- II. The site supervisor is charged with the safe and orderly conduct of those in attendance at athletic functions. The site supervisor may exclude from the venue any person who, in the site supervisor's judgment, disrupts that safety and/or order. The police may be called to insure safety and order should it be deemed necessary by the site supervisor.
- III. The consequences of (I) include, but are not limited to, the following:
 - (1) Warning—Verbal or written warning by the athletic director or principal.
 - (2) Suspension—Suspension from attendance at St. Aloysius sporting events for a period of time to be decided by the principal up to the remainder of the season.
 - (3) Exclusion—Person is no longer eligible to attend an St. Aloysius sporting event.

- IV. The principal may employ consequences for a single incident or a series of incidents as is deemed appropriate to the situation. The principal is the final authority in such matters.
- V. In addition, any fan, parent, coach, or staff member ejected from a contest will be prohibited from attending or participating in the next contest of the same sport and team.

SCHEDULING CONTESTS AND PRACTICES Contests are scheduled by the CSAA based upon team and gym or field availability. Participation in non-CSAA contests and tournaments at other schools is determined by the athletic director. Practices are scheduled based on the contest schedules and coach and gym, field, pool, or track availability.

Any off-campus practice or contest, other than a CSAA approved regularly scheduled contest, must be approved in advance by the athletic director and principal.

TEAMS Eligible players will be given an opportunity to participate at their grade/age level. However, if no team is offered at their grade/age level, then the players may be offered participation at a higher grade/age level at the discretion of the athletic director, parents of the player, and the player.

TRANSPORTATION Parents are responsible for their child attending practices and contests. Coaches are not to transport players to and from athletic events off campus.

TRYOUTS In 6th grade, 7th grade, and 8th grade CSAA Varsity basketball and volleyball, when the number of players signing up for a team exceeds the maximum permitted number of players a team may have (10 in basketball, 12 in volleyball), tryouts will be held. If tryouts are had, all players interested in participating on any CSAA team must participate. A player must participate in a minimum of one tryout session to be considered for the CSAA Varsity team. The team will be selected by the head coach of the team, after two tryout sessions have been held. The sessions are open. Consideration will be given to a player's conflicts with practices and games.

UNIFORMS

The athletic director is responsible for the use, maintenance, replacement, and acquisition of athletic uniforms.

Players are not required to purchase sport uniforms, except that swimmers must purchase swim suits, volleyball players must purchase shorts, and 3/4th grade football must purchase pants. Prior to each sport season, the athletic director will loan out equipment, as applicable, and uniforms. Once issued, this is the uniform and number that will become part of the official team roster for the season. If the uniform does not fit properly, it will be swapped out. No player is to exchange uniforms, unless approved by the athletic director.

Players are responsible for the uniform during the sport season. The uniform is not to be altered.

Any alteration without the consent of the athletic director will result in the full price being paid for the replacement.

If at any time during the season, a uniform has a defect, report it to the athletic director immediately.

All uniforms must be properly handled while washing and drying so uniforms will last for several years. [Do not use detergent with bleach; following washing instructions on labels; wash uniforms inside out; and hand-dry uniforms.]

When the season is over, the equipment, as applicable, and the cleaned uniform is to be returned to school. The uniform (and equipment) must be placed in a bag with the player's name and the contents of the bag listed on the outside. A player's uniform must be returned by the due date. Non-compliance with this policy may result in parents being financially responsible for the full cost of a replacement uniform (and equipment).

Uniform shirts must be tucked in at all times.

Any additional items to the uniform must be approved in advance by the athletic director. Not being in proper uniform may result in the player being benched.

Sport uniform requirements:

Basketball:

Uniform (shirt and short) will be provided to be returned at the end of the season

Plain white socks

Appropriate undergarments and footwear

If undershirt is worn, must be plain, hemmed, and same color as jersey

If biking short worn, must be same color as short

No jewelry

Cross Country

Meet shirt and short will be provided to be returned at the end of the season

Plain white socks

Appropriate undergarments and footwear

Football (5-8):

Game jersey, shoulder pads, and helmet will be provided to be returned at the end of the season

Practice jersey, pants, chin strap, mouthpiece, and red game socks will be provided and may be retained by the player at the end of the season

Plain white socks

Appropriate undergarments

Appropriate footwear - cleats with rubber or molded cleats
If undershirt is worn, must be plain, hemmed, and same color as jersey

Football (3-4):

Game jersey and practice jerseys will be provided and may be retained by the player at the end of the season

Shoulder pads, helmet, pants, chin strap, mouthpiece

Plain white socks

Appropriate undergarments

Appropriate footwear - cleats with rubber or molded cleats

If undershirt is worn, must be plain, hemmed, and same color as jersey

Track

Meet shirt and short will be provided to be returned at the end of the season

Plain white socks

Appropriate undergarments

Appropriate footwear (running shoes must not have spikes more than 1/4 inch in length)

Volleyball:

Uniform (jersey) will be provided - to be returned at the end of the season

Black volleyball short

Plain white socks

Appropriate undergarments

Appropriate footwear

If undershirt is worn, must be plain, hemmed, and same color as jersey

Knee pads

No jewelry

USE OF ATHLETIC FACILITIES AND EQUIPMENT

We (St. Aloysius) are not responsible for teams using our facility that are not CSAA affiliated. Parents must take responsibility for supervision of these activities. (Excerpt from Parent/Student Handbook)

The athletic director is responsible for the use, maintenance, replacement, and acquisition of school athletic facilities and equipment under the general supervision of the principal. Use of athletic facilities and equipment is subject to (1) the needs of the athletic department, school, or church, (2) the policies and procedures of the diocese, church, and school and (3) permission of the school administration and/or pastor.

Individuals or organizations not affiliated with St. Aloysius must contact the school office, 383-3871 and complete the required form and steps to become eligible to use ay campus facility.

Use of school facilities are subject to the following:

- (1) Use is for only the specified area and at the scheduled date(s) and time(s). No other area may be used (including changing areas and/or bathrooms).
- (2) No unsupervised children at any time; do not arrive until the scheduled time.
- (3) If using an indoor area, before leaving turn off the lights and secure all doors.
- (4) Pick up all equipment, trash, personal belongings, etc., before leaving the premises.
- (5) Reservations are subject to the field/facility being used by St. Aloysius Church Parish or St. Aloysius Catholic School for special events, such as the fair, and by the school's athletic department. Particularly during football season, on wet weather days the field in front of the Administration Building may be used by the school football teams (5-8) for practice if the football field is not available.