



ATHLETIC HANDBOOK

2011 - 2012

St. Angela Merici Parish School

575 S. Walnut Ave. Brea, Ca. 92821
FAX: 714 529-7755 Phone: 714 529-6372
www.stangelabrea.org

Dear Parents, Students, and Coaches,

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

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

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

This handbook outlines the philosophy and reflects the policies of the St. Angela Merici Parish School Athletic Program for the 2011-2012 school year. Please read this document carefully, sign the attached agreement, and return it to school before attending the first practice date. The agreement states that you intend to abide by the policies of the St. Angela Merici Parish School Athletic Program during the 2011-2012 school year.

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

Working in Christ,

Mrs. Nancy Windisch- Principal

St. Angela Merici Parish School Athletics

Mission Statement of St. Angela Merici Parish School:

St. Angela Merici Parish School is an integral part of the Catholic Church's mission to proclaim the Gospel, build community, celebrate through worship and serve others.

We are committed to the belief that all students can succeed. Our mission is to develop faith-filled, active Catholics who are lifelong learners, effective communicators, responsible citizens, quality producers and integrated individuals.

Philosophy:

St. Angela Merici Parish School is a Catholic faith community comprised of clergy, administrators, teachers, staff, parents, and students, which fosters a Christ-centered environment. We integrate our religion with all aspects of living and learning.

We recognize that parents have the primary responsibility of serving as active Christian role models in the formation of their children's spiritual and intellectual development. To facilitate this parental responsibility, the St. Angela Merici community is a partnership that supports and provides opportunities for spiritual, academic, moral, physical, and cultural growth.

St. Angela Merici is committed to providing a faith-filled, student-centered environment and curriculum recognizing each individual's differences and developing their God-given talents and gifts. Each student is challenged to expand his/her intellectual abilities through a variety of successful learning experiences. Our goal is to empower each student to become a responsible, active Christian, capable of making appropriate moral decisions, facing the challenges of contemporary living.

While learning in the context of St. Angela's faith community, each student develops a realization that their Catholic faith is a way of life, which permeates all their actions and decisions.

Conference Affiliation:

St. Angela Merici Parish School participates in the Parochial Athletic League (P.A.L.). The website is www.parochialathleticleague.org Our school follows the bylaws and league regulations with all sports.

Registration Information

Nondiscriminatory Policy

Every person, as a child of God, regardless of race, condition, or age, has equal dignity and an inalienable right to an education. Therefore, no qualified student will be denied admission to this school on the basis of sex, race, color, or national origin.

Procedure for Registration

A student can become a full, participating member of a St. Angela athletic team once the following requirements are met:

1. Student and parent/guardian have completed and returned St. Angela Athletic Emergency Form
2. Student and parent/guardian have read the St. Angela Athletic Handbook and signed the Athletic Contract

Emergency information Card

St. Angela students wishing to participate in a sport must fill out a St. Angela Merici Emergency Card. This form is accessible at the end of this handbook, in the main office of the school or on our website. Emergency forms must be completed and returned on or before the deadline set before the first tryout/practice date. Any student who decides to participate on a team after the deadline should see the Athletic Director before attending practice. Deadlines are not intended to prevent a student from participating on a sports team, but they are necessary to make sure that team sizes do not become too large to allow for proper instruction of participants. An emergency form needs only be completed one time during the school year.

Fees

All sports offered at St. Angela Merici Parish School have a fee of \$75.00 for each sport, except cheerleading. This cost pays for the sports equipment, uniforms, tournament fees and snack bar.

General Information

Levels of Competition

Development of the skills fundamental to each sport receives primary emphasis on each athletic team offered at St. Angela. Each team experience, however, may be slightly different depending on the level at which the team is competing.

LEVEL	A	B
	Teams at this level strive to prepare students for high school athletics	Teams at this level serve as transitions from the developmental level to varsity level teams.
COMMITMENT REQUIRED	<p><i>High</i> Students and families must commit to 5 events a week—practice, games, scrimmages, etc.</p> <p>*attendance at Saturday practices and practices during holiday breaks may be requested.</p>	<p><i>Moderate</i> Students and families must commit to 4-5 events a week—practice, games, scrimmages, etc.</p> <p>*attendance at Saturday practices and practices during holiday breaks may be requested.</p>
TRYOUTS	Yes	<i>Varies</i> according to interest and capacity
COMPETITION	Officiated games against other PAL schools as well as occasional non-conference games. Season ends with a post season tournament.	Officiated games against other PAL schools as well as occasional non-conference games.
PLAYING TIME	At discretion of teams' coach(es).	Coaches will make every effort to play every team member in each game.
SKILLS EMPHASIZED	<ul style="list-style-type: none"> -Advancing game strategies -Leadership skills on and off the field/court -Individual fundamentals reinforced and extended 	<ul style="list-style-type: none"> -Importance of team cohesion -Individual fundamentals introduced and reinforced -Formal game strategies introduced

Athletic Teams at St. Angela Merici School

St. Angela Merici Parish School offers the following sports as recognized by the Parochial Athletic League to students in grades 5 - 8 (unless otherwise noted):

SEASON	GIRLS	BOYS
Fall	<i>Volleyball</i> <i>Cheerleading</i>	<i>Flag Football</i>
Winter	<i>Basketball</i> <i>Cheerleading</i>	<i>Basketball</i>
Spring	<i>Softball</i>	<i>Volleyball</i>

Tryouts

Announcements of tryout dates will be announced over morning announcements, global email, all call notice, weekly newsletter and website. Students in grades 5 through 8 may tryout for any St. Angela sports team.

Coaching Expectations and Requirements

Coaches are first and foremost educators, and must work in coordination with the parents who are the primary educators of children. At all times, coaches must be examples of Christ the Teacher who serve as role models for student-athletes to emulate. They must be messengers of the school mission and ensure that athletic programs embody the Catholic characteristics prevalent at St. Angela Merici School.

Conduct of Coaches

Coaches are called to be models and witnesses to their faith each day, and as such, coaches are expected to uphold high standards of conduct in and out of season.

Language

Language should be appropriate and constructive at all times. Coaches are expected to not only monitor their own language, but they should also set and enforce standards of appropriate language for their athletes. This includes, but is not limited to swearing, harassment, exclusionary language, sexual innuendo, personal attacks, and unsportsmanlike gestures.

Treatment of Opponents

Although opponents are not a part of our school community, they are members of the larger body of Christ and should be treated as such. Coaches should model such respect for their athletes and should instruct players on how to welcome their opponents and all visitors in a way that conveys a sense of hospitality and community.

Prayer

Athletic experiences play an important role in the spiritual formation of students at St. Angela Merici Parish School. Coaches, as team leaders, are chosen not just to be mentors and role models for student-athletes, but also to be witnesses. Prayer should become an intentional component to a team's culture, not just a rushed event before or after a game or practice. Rather than emphasizing winning, prayers should focus on embodying the spirit of Christianity.

Holding Tryouts

In a Catholic school, it is essential to demonstrate respect for all members of the school community. There is not an expectation that all students will be able to be members of a team, but when cuts are necessary, students should be treated fairly and with compassion. Coaches should provide individualized feedback to players rather than simply posting a list of team members. When individuals fail to make a team, alternative team roles should be considered, if possible.

Coaching Duties

In addition to serving as witnesses and models of faith, St. Angela coaches are expected to fulfill the following duties:

- Plan out practices and games
- Supervise athletes at all times until they are picked up from practices/games
- Condition athletes properly
- Assess athletes' readiness for practice & competition
- Instruct properly on what to do and what not to do
- Maintain safe playing conditions
- Provide proper equipment
- Communicate practice and game schedule to athletes and parents
- Select, train, and supervise assistant coaches
- Pray before and after game
- Positive attitude on the field/court-always
- CPR/First Aid Card
- Attend P.A.L. Scheduling meetings
- Report Game scores immediately
- Student Injuries- fill out accident form

Communication with Athletes and Parents

St. Angela coaches should establish clear procedures and guidelines for communication with athletes and parents that align with the philosophy and mission of St. Angela School. E-mail should be used only to communicate basic information, such as time and location of games and practices. Discussions of concerns should always be done in person. If a face-to-face meeting is not possible, a phone call is acceptable. Before meetings, establish clear agendas and communicate that certain topics will not be discussed. Coaches do not have to discuss playing time, coaching strategies and specific plays, or information pertaining to other athletes.

Awards and Recognition

The St. Angela Merici Athletics Program hosts an annual Sports Award Night at the conclusion of the spring season. Coaches are expected to attend the evening to publicly introduce their players and summarize their season. Recognition of athletes, however, should be utilized throughout the season as a means of personal athlete formation and team-building. Particular recognition of athletes should embody the goals and philosophies of the athletic department and program, not only physical talent. Some areas of recognition may include one's academics, sportsmanship, and Catholic nature/spirituality.

Student Expectations and Requirements

Students and parents should recognize that participation in the athletic program is not a right of all students, but rather a privilege to those selected individuals who possess the ability, attitude, disposition, cooperative spirit, and desire to represent the St. Angela Merici community in a favorable way. By joining the school's athletic program, a student becomes a representative of his/her team and of St. Angela School.

Eligibility and Probation

In order to participate in any extra-curricular activity, a student must maintain acceptable behavior and be working to his/her ability. A student must maintain a B in conduct and a 2.0 GPA. If the student does not uphold these standards he/she will be placed on probation.

Probation indicates that a student may still participate in the activities but must make an extra effort to improve. If there is no improvement in a two-week period, than a suspension will follow.

Suspension entails:

1. No participation in meetings, rehearsals, practice or other activities or functions.
2. No participation in games or performances.
3. Turning in uniform or script/costume.

Reinstatement in the activity will be granted at the end of the two week suspension period if the student receives a notice of improvement from the teacher(s) If the grades do not improve in the two week period, the suspension will be extended for another two week period. If there is no improvement, the student will be suspended from the activity for the remainder of the season.

Evaluating Probationary Improvement

A student-athlete remains a full, participating member of a team if his/her grades at the end of the probationary two-week period reflect a passing average or better in every class, and the student-athlete maintained conduct in keeping with the St. Angela Student-Parent Handbook and the teachings of the Catholic Church.

Ineligibility

A student-athlete will be considered *INELIGIBLE* for interscholastic sports at St. Angela School should there be no improvement after the two-week probationary period. *Ineligibility* means

that a student-athlete may NOT participate in interscholastic athletics at St. Angela for the remainder of the season. This will result in the removal of the student from the team's roster.

All student-athletes are allowed one (1) probationary period per school year. Should a student-athlete fail to meet the academic and behavior standards outlined above more than once during a school year, he / she will be considered ineligible and will no longer be permitted to participate in interscholastic sports at St. Angela School for the remainder of the school year.

Student-Athlete Expectations

A student-athlete's behavior is governed by the same rules, regulations, and procedures that apply to all students as set forth in the St. Angela Parent-Student Handbook. Each student-athlete is expected to demonstrate and encourage in others behaviors that reflect good sportsmanship.

Attendance

All student-athletes must be marked as present in school on the day of practice or a game in order to participate. A student must be in school for 4 hours to participate.

All student-athletes must recognize the time commitment made to a team. One is expected to attend all practices and games. If one cannot attend a practice or game, please make sure the coach has been notified *in advance*. Consequences for a missed practice or game will be informed by the team rules as outlined by the coach / team at the beginning of the season in addition to the natural consequences that result from missing practice instruction or game experience.

Dress Code/Uniforms

Student-Athletes are highly visible representatives of the school and, as such, are responsible for using good judgment in their overall appearance. All teams, regardless of level, have a responsibility to ensure that their game attire speaks volumes of their class and excellence. All game shirts will be tucked in. No player should make modifications to his or her uniform. Athletes are to wear a school issued uniform and treat their uniform with respect.

Uniforms must be returned to the athletic director within seven (7) days of the last game. Progress reports and/or report cards may be withheld until the uniform is returned. If a uniform is not returned, parents are responsible for the cost of replacing the uniform.

Sportsmanship

All student-athletes are expected to represent St. Angela School in an exemplary manner. This behavior is expected both on and off the court or field. Student-athletes are expected to display the best of Christian courtesy and manners to all officials, coaches, opposing coaches, players, and spectators. At all times good sportsmanship is the rule, not the exception. The penalty for unsportsmanlike behavior during a practice or game will be left to the discretion of the coaches for each sport along with input from the athletic director. This can range from sitting out at practice to a one-game suspension. In extreme cases when an athlete has been ejected from a game, multi-game suspensions and dismissal from the team may be appropriate. The athletic director and principal will make the final decision following a meeting with the athlete, coach, and parent.

Expectations of Parents and Stakeholders

Ways to Support your Student-Athlete

1. **Be present** – Show up to games, cheer, and support our teams!
2. **Be positive** – Children learn from modeling. When talking about the game, season, performances and decision-making, please share the gift of a positive outlook on life! Make sure that your child knows that win or lose, he/she is loved and supported.
3. **Encourage independence** – Encourage student-athletes to be responsible for the care of their athletic gear and to be prepared for practices and games. In addition, student-athletes should speak directly with their coach about any questions and/or concerns.

Transportation

All parents are asked to help provide transportation for games. Drivers must be 21 years of age in order to transport students to extra curricular activities. Drivers must be fingerprinted, have taken the safety training class, a copy of Driver's License on file in the office and a copy of the insurance policy.

ALL PARENTS WHO HAVE AN ATHLETE, MUST BE FINGERPRINTED!!

Removal from Team – Parent Decision

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

Revisions/Modifications to Policy

The Principal may make changes to any policies outlined in this handbook as needed, and has the final decision with regards to any policy. Changes will be made public in the weekly Wednesday letter.

The Principal has the authority to remove a student or cancel a season if student-athletes or parents are not adhering to St. Angela Merici Parish School standards.



Athletic Contract

Please initial each statement below to acknowledge your agreement to this contract. Then sign the form at the bottom and return to the Athletic Director to be eligible for participation.

As a St Angela Merici Student-Athlete...

___ I will strive to give my best to the team in every practice and every game.

___ I will be on time for all practices and games.

___ This experience is an opportunity to learn not only _____ (sport), but also teamwork with all its inherent responsibilities. There will be times when I will follow someone's lead and there will be times when I must assume that lead – I always have a contribution to make to my team.

___ I will take my coaches' directions and comments as constructive suggestions, which make me a better athlete and my team a successful unit.

___ Practice is where I learn the concepts of the game. How I apply those concepts in mind and body in practice will carry over into the game situation.

___ I will always play hard, but always will be a fair sport whether we are winning or losing the game, realizing that everyone on my team and my opponent's team is playing for fun and the competitive experience.

___ I will carry these principles to my schoolwork and my family life with the realization that these are of greatest importance and take precedence to any sport.

___ I will be an example of Christ in all my actions on and off the field/court of competition.

Player Signature: _____ Date: _____

Parent Signature: _____ Date: _____

PLEASE RETURN THIS FORM TO THE ATHLETIC DIRECTOR