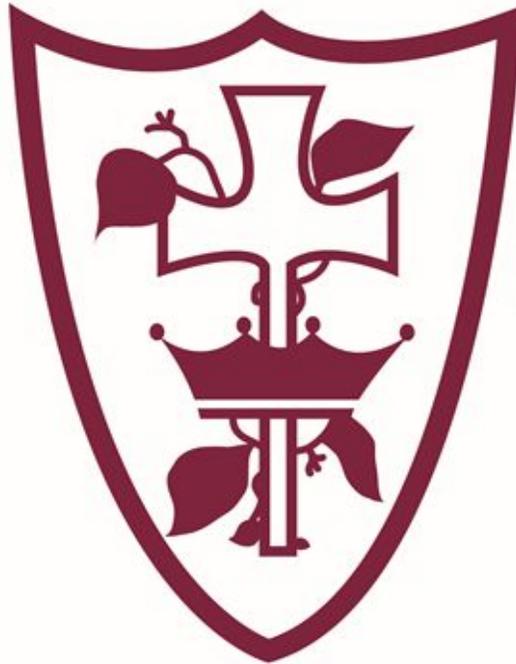


St. Martha
Catholic School



ST. MARTHA CATHOLIC SCHOOL

MIDDLE SCHOOL

ATHLETIC HANDBOOK

2017 – 2018

"St. Martha Catholic School provides an excellent Catholic education by developing mind, heart, and spirit as we share in community to form witnesses who transform the world."

PHILOSOPHY OF THE MIDDLE SCHOOL ATHLETIC PROGRAM

The philosophy of the Middle School Athletic Program at St. Martha Catholic School is in accordance with the school's overall mission statement. It is the primary goal of St. Martha Catholic School that the education of students is centered on the development and formation of the whole Christian person.

St. Martha Catholic School recognizes that an important component of a student's well-being is that of physical development. In addition, it is important for students to develop socially as they learn to work in a team situation and to practice good sportsmanship. The goal of the athletic program is to produce young men and women of strong character, develop and cultivate school spirit, gain athletic ability, and strive to be successful in the competitive society in which we live.

INTRODUCTION

St. Martha Catholic School offers competitive sports for both boys and girls in middle school, including: cross country, co-ed soccer, boys and girls basketball, girls volleyball, boys baseball, girls softball, track and co-ed rugby. The athletic program falls under the jurisdiction of the school, and is administered by the Principal and the Athletic Director. The St. Martha Catholic School athletic program is governed under the Galveston-Houston Catholic Athletic Association (GHCAA) and adheres to their guidelines. A (\$100.00) fee is charged per student, per sport to assist in covering the costs of the athletic program.

Participating in the St. Martha Catholic School athletic program is a privilege, not a right. Students earn the privilege of participating through hard work, dedication, desire, and self-discipline. The school, in cooperation with the students and parents, will make a reasonable effort to hold participating students to personal, academic, and discipline standards. Students, athletes, spectators, coaches, and instructors represent the school, and they are expected to be worthy representatives. Students may not try out for a sport if they are on academic probation. In addition, participation requires a commitment by the student to attend all practices and games with the exception of an excused absence (funeral, illness, etc.) Parents must call/email the Athletic Director in the event a student is ill and will miss a practice.

STUDENT ELIGIBILITY REQUIREMENTS

Enrollment

Students must be enrolled and attend St. Martha Catholic School.

Grade Level Requirements

Students in grades 6, 7, and 8 are eligible to try-out for participation in athletics. 5th graders may have the opportunity to participate on a developmental team for basketball and also run up as a 6th grader during track and cross country seasons.

Age Requirements

Students on the varsity team may not turn 15 before September 1. Students on the junior varsity team may not turn 14 before September 1. Eighth graders may only play on the Varsity teams as per GHCAA guidelines and sixth graders will typically only play on the C or Junior Varsity team. Seventh graders can play on either.

Physical Examinations

All students must have a physical examination to participate in the athletic program. The Archdiocesan Physical Form plus the 2 pg Medical History Forms must be completed, signed by a physician and be on file with the Athletic Director prior to practicing for the sport. The physical examination must be on June 1 or after of that school year.

Financial Obligations

Families must be current with all school fees and tuition in order for students to be able to participate in athletics. Parents must pay an athletic fee of \$100.00 for each sport in which a student participates by a specified date. Athletic fees are non-refundable.

Attendance

Students who leave school during the school day or are absent due to illness may not participate in the day's athletic practice or game.

Expectations

Students are expected to follow the guidelines set by the coach. These include: proper behavior, enthusiasm, promptness, grooming, dress, attendance at practice and warm-ups. Students are expected to attend all practices, games, and meetings called by the coach. If a student is to miss a game or a practice, the coach or athletic director must be notified in advance. Students who miss practices and/or games may lose playing time in future games.

Academic and Behavior Eligibility

Students will be placed on probation for academic grades below 75 and behavior grades of U on their Progress Report Cards and/or Report Cards. When on probation, students are expected to attend tutoring before or after school. Students on academic probation will be allowed to remain participating in the practices, however, tutoring will always take precedence when the times conflict. They will not be allowed to play in games for 2 weeks after the distribution of the progress/report cards (or if this is a non-game period, they will not be allowed to play in the first game). If their grades have improved to passing when the probation time is completed, they will be reassessed. Students that fail to turn in homework assignments or are falling behind on major projects will not be allowed to participate in athletic practices which will jeopardize their playing time.

Ineligibility Following Progress and Report Cards

- Begins the Monday following the distribution of progress/report cards
- Continues for 2 weeks of ineligibility until grade improves to 75 or better
- Weekly monitoring until the next grading period
- Ineligible students are not allowed to participate in games or tournaments, but may attend practices as long as tutoring is attended
- Students with a U in conduct will be permanently benched for the remainder of that sport.

Team Try-Outs

Athletic teams will have open try-outs for each sport and cuts will be made at the discretion of the Athletic Director in conjunction with the school coach. St. Martha Catholic School will attempt to field a varsity and junior varsity team for all sports when participation demands and practice time and space allow. At the Varsity playing level, the goal is for these teams to be more competitive. Therefore, ability will designate playing time and not all team players may play during games. Coaches will endeavor to play all athletes on each team, but not necessarily in every game.

Sportsmanship

Any student athlete whose conduct, dress, public or private remarks, or any other display of behavior of unsportsmanlike conduct that might discredit the school, may cause the student athlete to be declared ineligible for athletic competition or participation. Any parent volunteer in a coaching position is also held responsible to the same standards.

Athletes, spectators (including parents and invited guests) and coaches are expected to conduct themselves with behavior consistent with Christian principles. Rude, abusive language, and conduct may result in expulsion from the sports arena as well as other discipline deemed appropriate.

Any decisions of ineligibility will be in consultation with the Athletic Director and Principal and will be final.

ATHLETIC CODE

The Coach's Code

- Treating athletes based on what is best for the education, general welfare and health of the student.
- Willingness to motivate, help and improve student skills through constructive criticism fair to the philosophy of the athletic program.
- Adhering to in season and out of season GHCAA practice regulations.
- Assigning a team parent to arrange phone trees, email lists, etc.
- Coaches will not tolerate the use of performance enhancing drugs by athletes and will inform the school administration upon knowledge of such drug use.

The Student Athlete Code

- Accept and understand the seriousness of responsibility, and the privilege of representing the school and the community.
- True and fair to philosophy of the athletic program.
- Live up to the standards of sportsmanship established by the school administration and the coaching staff.
- Learn the rules of the game thoroughly.
- Treat opponents the way you would like to be treated.
- Wish opponents good luck before the game and congratulate them in a courteous manner following either victory or defeat.
- Respect the integrity and judgment of game officials. The officials are doing their best to help promote you and your sport.
- It is the student's responsibility to maintain grades and conduct.
- Dedicate self to strong effort for improvement of skills, team spirit, and sportsmanship.
- Christian behavior and attitude should be exemplified at all times and no profanity should be utilized at any time.

● The Spectators Code

- Spectators are at the athletic event to support the team and to enjoy the skill and competition; not to intimidate or ridicule the other team or its fans.
- Remember that school athletics is a learning experience for students and that mistakes are sometimes made.
- Praise student athletes in their attempt in order to help them improve
- Learn the rules of the game.
- Show respect for the opposing players, coaches, and spectators
- Respect the integrity and judgment of game officials.
- Recognize and show appreciation for an outstanding play by either team.
- Use only cheers that support and uplift the teams involved.
- Be a positive role model at events through your own actions.
- Respect the buildings and property of the facilities that are used by picking up trash and following rules as displayed.
- Ensure the safety of children who are spectators by supervising inside and outside of the facilities.

Team Selection

The Athletic Director in conjunction with the school coach is responsible for the team selection process for the individual sport. Expectations for participation will be explained to students prior to tryouts being conducted.

Team Meeting

Coaches may hold preseason meetings. When a meeting is called, attendance of at least one parent is mandatory. This requirement must be met prior to the student being allowed to participate in competition as sports season guidelines and expectations are discussed. Students will be provided with an electronic copy of the Athletic Handbook, fee requirements, practice schedules, game schedules, and game maps by the Athletic Director.

Practices/Games

Students are expected to attend all practices, games, and meetings called by the coach. A student will be excused only for illness, funerals or prior approval of the coach. Students who miss practices, games, or meetings may lose playing time in future games. Students are not guaranteed playing time in every game. In order to have a successful team, play time and position played will be at the coaches' discretion.

Transportation

Parents are responsible for the transportation of their child to and from athletic practices/games. In the event of weekend competitions/tournaments, parents are responsible for arranging transportation. Students must be picked up immediately at the practice/game conclusion with definite plans prearranged.

Injuries

The Athletic Director, coach and school nurse must be notified in the event of any injury.

Uniforms and Equipment

School issued uniforms and equipment are to be used for all St. Martha Catholic School games, competitions and special activities. The wearing of team uniforms for PE classes and personal social activities is not permitted. Care must be taken to keep uniforms and equipment in good condition and they must not be worn except for school games. At the end of the season, all uniforms and equipment must be returned to the school in a plastic labeled bag with the player's name.

A student's report card may be withheld at Progress/Report Card distribution if uniforms have not been returned. Students who leave a team before the end of a season must return uniforms and equipment immediately. Students are responsible for furnishing their own socks, shoes, kneepads, and shin guards.

This form only needs to be turned in for ONE sport.

Please return this page to the school office

Before your athlete begins their first sport

Family name (please print)

Parental Acknowledgement Form

Athletic Handbook 2017 – 2018

Please sign, date and return this acknowledgement form to your child's teacher. Your signature indicates that you have read the handbook. It also means that you have discussed with your child(children) the appropriate items from the handbook and that you and your child(children) agree to abide by the school procedures, regulations and policies discussed in the is handbook.

St. Martha Catholic School and/or the principal retain the right to amend the handbook for just cause. Parents will be given prompt notification if any changes are made.

Signature of Parent/Guardian

Date

Name of Parent/Guardian (Please Print)