

ST. MICHAEL'S SCHOOL POLICY OF AFTER-SCHOOL SPORTS (P.A.S.S.)

- Updated Fall 2014 -

ST. MICHAEL'S SCHOOL AFTER-SCHOOL SPORTS MISSION STATEMENT

St. Michael's School is committed to developing students not only mentally and spiritually, but also physically. In addition to regular physical education classes that are part of the curriculum, the North County Parochial League (NCPL) After-School Sports Program provides a complimentary avenue for our students to develop critical life skills such as sportsmanship, working together as a team towards a common goal, and accepting victory graciously and defeat with dignity. At the Junior Varsity level the goals of the program are skills development, belonging to and participating on a school sports team, and camaraderie. The goals of the program at the varsity level are to refine skills, play competitively as a team, practice good sportsmanship, and foster school spirit.

While engaging in sports has many positive aspects, it must be understood that participation in the After-School Sports Program is a privilege and not a right. St. Michael's School will strive to accommodate every student who wants to participate in a sport.

PHILOSOPHY OF THE NORTH COUNTY PAROCHIAL LEAGUE

"Sports, well understood and practiced... contribute to the development of the whole person because it demands generous effort, careful self-control, mastery of self and respect for others, complete commitment and team spirit. These values contribute to the building up of tomorrow's well-ordered society which we have characterized as the 'civilization of love'." - Pope Paul VI

The purpose of the NCPL After-School Sports Program is to teach and exemplify the basic human and Christian values of sportsmanship, cooperation, and teamwork. Its goal is to help foster friendships, provide leadership opportunities, and help the students develop a positive attitude toward sports and athletic competition. The NCPL After-School Sports Program is not "win at all costs."

1. NUMBER OF TEAMS. St. Michael's School will usually not split same-grade teams into two teams (especially at the varsity level), even though a team may be large and playing time will be affected. We know through experience that splitting teams by ability can cause divisiveness. If teams must be split, then they will be split evenly.

2. TEAM FORMATION. When there are a sufficient number of students in any given grade wishing to play a sport, and if enough coaches volunteer, the team will be formed by grade level. Each athlete must have a signed permission slip on file with the school office prior to the first practice session.

When participating in tournaments outside of the league (e.g., the Saint Augustine Basketball tournament), our school will field competitive teams. Playing time at tournaments is not guaranteed. Junior Varsity tournament teams will be comprised of players from 6th grade and may also have a few 5th graders. Varsity tournament teams will be comprised of players from 8th grade and may also have a few 7th graders. The additional players will be chosen by the Athletic Director with input from the coaches.

3. BEHAVIOR STANDARDS. Athletes must exemplify good sportsmanship toward teammates, coaches, officials, and opponents during games and practices. Failure to do so could lead to suspension from games and practices for a set period of time, or even dismissal from the team. Determination would be made after consultation with the pertinent parties involved (e.g., Coach, Athletic Director, parents, teachers, administration). The length of the suspension will be determined by the principal and enforced by the coach.

4. RESPONSIBLE BEHAVIOR GRADE. Students must maintain a Responsible Behavior grade of a “C” (no more than two Saturday detentions). Upon receiving a second Saturday detention during an academic semester, an athlete will be suspended from their team for two weeks. Upon receiving a third Saturday detention an athlete will be removed from his or her team for the rest of the season.

5. ACADEMIC ELIGIBILITY. In order to be eligible to participate in the After-School Sports Program at St. Michael's School, students must meet the academic standards stated below. Students must maintain a “C” (73%) overall average in the **six core academic subjects** (Religion, Literature, Language Arts, Science, Math, and Social Studies) with no “F” (below 60%) grades in **any** subject at the time First Quarter Report Cards are issued. Thereafter, eligibility will be checked at Progress Reports and when first quarter report cards are issued. A student on academic probation will be removed from his or her team for the remainder of the season. Students must be academically eligible at the time teams are formed in order to participate during a season.

6. NUMBER OF ATHLETES. The established minimum number of players per team is as follows:

- Volleyball—8 players
- Flag Football – 10 players
- Basketball—7 players
- Soccer – 13 players

The general rule-of-thumb is there must be at least two more players than are required on the field or on the court in order to field a team. The final decision will be at the discretion of the Athletic Director and head coach.

7. PLAYING-TIME STANDARDS. It is the expectation that every student-athlete in good standing play in every game. Coaches have the discretion to allot playing time based on the following factors:

- Attendance at practice
- Following directions
- Good sportsmanship
- Effort
- Positive attitude

Athletes who do not meet the above standards will not be guaranteed playing time.

The league does not require that athletes get an equal amount of playing time. The expectation at St. Michael's is that our Junior Varsity athletes will play a fairly equal amount of time in each game. Depending on the game, however, some Junior Varsity players will play more than others. Over the course of a season playing time should even out.

Our Varsity teams are competitive and play to win. Depending on the game, some Varsity players will play more than others. While every Varsity athlete in good standing will play in every game, playing time will be determined by coaches with the success of the team in mind. Playing time at the Varsity level is not guaranteed, but every effort will be made to provide all athletes the opportunity to compete over the course of the season.

An athlete who has not attended school on a game day will not be allowed to participate in the game.

8. COACHES. Coaches are volunteers and will be selected by the Athletic Director from those individuals who have expressed a desire to coach. Teams with over 12 players should have two coaches present at games and practices.

- All coaches will be familiar with the St. Michael's sports policy and be committed to implementing it
- Coaches will stress the concepts of teamwork and good sportsmanship by both instruction and example
- Coaches will not criticize the opposing coach, players, or referee in front of their players
- At the beginning of each season, the coach will advise the players and parents of his/her rules and expectations
- The coach, or a parent selected by the coach, will communicate with the team to schedule practices and coordinate drivers for away games
- Coaches may hold a parent meeting before the season
- All coaches be live-scan fingerprinted cleared

9. PARENT RESPONSIBILITIES.

- Be supportive of the program and coaches
- Do not criticize the coach, referees, program, or athletes in front of the children
- Follow the conflict resolution steps in the Sports Policy
- Remember that the coaches are volunteers
- Reinforce the positive
- Be supportive of the athletes and their commitment to being on time and attending all practices and games
- Encourage your child with positive words and your presence
- Do not coach your child before, during, or immediately after the game
- Be responsible for seeing that your children are supervised before and after practices
- Pick up children promptly after practices and games
- Do not permit siblings in the gym during practice
- All away game drivers who transport children other than their own must be live-scan fingerprint cleared

10. COMMUNICATION AND CONFLICT RESOLUTION. It is important in a successful program to keep the lines of communication open. Here is the appropriate order of steps to take in the event of a problem:

1. The athlete should speak directly to the coach
2. The athlete and parent (or parent only) should speak to the coach
3. If the problem continues, the parent or coach may go to the Athletic Director
4. The Athletic Director will bring the issue to the league, specific school, or principal as necessary

Parents should refrain from speaking to coaches immediately before, during, or after games, unless it's a quick compliment.

It is recommended that concerns be brought up in person, not via email.

Depending on the nature of the problem, a 24 hour cooling-off period may be appropriate before taking any of the above steps.

11. PRACTICES. At no time should practices be held on Sundays.

8th grade teams may reserve practice facilities first, followed by 7th grade teams, then 6th grade teams, and finally 5th grade teams.

Teams may not begin practicing until permission forms for that team are turned in.

12. EXTRA-CURRICULAR CONFLICTS. Students wishing to participate on a St. Michael's team must resolve any conflicts with respect to other commitments to the extent possible in favor of the St. Michael's after-school sports program. Students must sign the attached acknowledgment, committing to attend practices and games. Repeated absences from practices, or unsatisfactory behavior, could lead to suspension from games and practices for a set period of time or even dismissal from the team.

13. UNIFORMS. Students will purchase a uniform for boys flag football, boys volleyball, and boys soccer (the same jersey will be worn for those sports) and for girls volleyball and girls soccer (the same jersey will be worn for both sports). Students will purchase a separate uniform for basketball. The Athletic Director will choose the jersey numbers to ensure that duplicate numbers do not occur.

Uniform jerseys may be worn to school on game days. Uniforms may not be altered in the following ways: removal of sleeves or collar, writing on the uniform, or adding patches, sparkles, etc.

14. EARLY DISMISSAL. NCPL games begin at 3:30 p.m. Early dismissal for athletes playing away games will be at 2:30 p.m. Siblings in grades K-3 from the North Campus may not be signed out early. Siblings on the South campus may be signed out at the South campus office.

15. DRIVING TO AWAY GAMES. Parents wishing to drive children other than their own to away games must have current driver information and live scan clearance on file in the South Campus office. Parent drivers will meet the athletes at the South Campus gate and will leave St. Michael's School from the parking area at the South campus field. All drivers should share cell phone numbers. The coach, or the coach's designee such as the Team Mom, will supply the school office with a carpool and cell phone number list for that day's game. Directions to away games are available on the league website.

16. ATHLETIC COMMITTEE. The administration will select a cross-section of eight parents to advise on general sports issues as they arise. The committee will review the Sports Policy during the school year and may recommend changes, to be approved at the discretion of the administration.

