

HANDBOOK FOR STUDENT ATHLETES & PARENTS

Prince of Peace Catholic School
2017



Table of Contents

- [I. Purpose](#)
- [II. Prince of Peace Athletic Program Mission Statement](#)
- [III. Goals of the Athletics Program](#)
- [IV. Student Athlete Code of Conduct](#)
- [V. Student Athlete Expectations](#)
- [VI. Expectations of the Coaches](#)
- [VII. Parent Code of Conduct](#)
- [VIII. Parent Expectations](#)
- [IX. Sports Seasons](#)
- [X. Sports Registration Process](#)
- [XI. Student Athlete Eligibility](#)
- [XII. Equipment and Uniforms](#)
- [XIII. Practice Policy](#)
- [XIV. Game Guidelines](#)
- [XV. Playing Time](#)
- [XVI. Discipline Procedures for Student Athletes](#)
- [XVII. Parent-Coach Resolution Procedure](#)
- [XVIII. Parent Volunteer Hours](#)
- [XIX. Alcohol Consumption Policy](#)
- [XX. Disclaimer](#)
- [XXI. Appendix A](#)

I. Purpose

This *Handbook for Student Athletes & Parents* is intended to provide guidelines for those who participate in the Prince of Peace interscholastic athletic program. Most of the policies, procedures, and regulations are derived from The Archdiocese of Chicago, *Handbook For Athletics*, revised 2012.

It is expected that the parents of the student athlete will take the necessary time to review this handbook with their child, explaining the guidelines and answering any questions.

II. Prince of Peace Athletic Program Mission Statement

The mission of the Prince of Peace Athletic Program is to teach each athlete the fundamentals of each sport and give them the opportunity to develop strong, healthy, and disciplined minds and bodies. Each athlete will develop a sense of good sportsmanship, fair play, and team spirit.

III. Goals of the Athletics Program

The athletics program is an integral part of the overall program of education. The athletic program provides experiences that will help athletes to develop physically, emotionally, and mentally.

The desired results of athletic participation include the following:

- to instill in the student athlete a sense of responsibility by demanding consistently high standards of behavior and making the student athlete aware and respectful of the needs of others
- to enhance the commitment level in the student athlete by directing him/ her to an acceptance of the goals of the team and an appreciation of the needs of his/her teammates, coaches, opponents, and officials
- to nurture unselfishness in the student athlete by requiring that his/her actions on and off the playing field be consistent with the goals of the team as a whole and not be directed towards individual honors
- to generate in the student athlete a willingness to sacrifice his/her time and energy towards the fulfillment of shared goals
- to further develop senses of personal discipline on the part of the student athlete by demanding abstinence from activities that limit his/her athletic, academic, and personal potential

IV. Student Athlete Code of Conduct

- Play the game for the game's sake
- Be generous in winning and graceful in losing
- Display good sportsmanship and respect towards all opponents
- Work for the good of the team
- Accept the decisions of the officials gracefully
- Conduct yourself at all times with honor and dignity - including during and after school, games, practices, and trips to other schools and facilities
- Recognize, applaud, and encourage the efforts of your teammates and opponents
- Show respect for your coaches
- Show respect towards fans and personnel from other schools

Any athlete who does not follow the Code of Conduct may be suspended or expelled from the athletic program.

V. Student Athlete Expectations

- Follow all practice and training rules
- Give your best efforts at all times, both in practice and in games
- Unless excused by the coach, student athletes are expected to be present for and participate fully in all practices
- Provide advance notice to the coaches when you will be absent from practice or games
- Dress appropriately for practice and games. Spandex-like shorts are not allowed for volleyball.
- Follow all school and conference policies and regulations

VI. Expectations of the Coaches

Students can expect their coaches to:

- Have the ability to teach the core fundamentals of the sport
- Have a genuine interest in their health, well-being and development of their athletic skills
- Provide a physically and emotionally safe environment for practices and competition
- Exemplify honesty, integrity, fair play, and sportsmanship
- Place the athlete's needs and interests before their own

VII. Parent Code of Conduct

- I will not force my child to participate in sports
- I will remember that the game is for youth, not adults
- I will learn the rules of the game and the policies of the league
- I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy towards all players, coaches, officials, and spectators at all games and practices
- I (and my guests) will not engage in any kind of unsportsmanlike conduct (booing, taunting, etc.) or any other form of harassment towards any official, coach, player or parent
- I (and my guests) will not use any profane language or gestures
- I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes
- I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence
- I will expect that my child treats other players, coaches, officials, athletic board members, athletic directors, and spectators with respect
- I will teach my child the importance of hustle, playing fairly, and doing one's best
- I will never ridicule or yell at my child or other participants for making a mistake or losing a competition
- I will emphasize the importance of skill development over winning and losing
- I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my own child
- I will respect the officials and their authority during games, and will never publicly question their decisions

Any parent/guardian who does not follow the Parent Code of Conduct will be asked to leave the sports facility and be suspended from the privilege of attending practices and games.

VIII. Parent Expectations

- Submit all documentation and pay all fees within the established timelines
- Attend pre-season team meetings and support student athlete by attending games when possible
- Attempt to have realistic expectations and be supportive of their child's participation as well as refrain from challenging or second-guessing the style, decisions, or philosophy of the coach
- In cases where there is conflict or misunderstanding, attempt to resolve problems through proper channels
- Support athletic program by performing the necessary volunteer hours
- Follow all school and conference policies and regulations

IX. Sports Seasons

1. Fall
 - a. Girls' Volleyball
 - b. Spirit Squad
 - c. Cross country
2. Winter
 - a. Boys' Basketball
 - b. Girls' Basketball
 - c. Boys' Volleyball
 - d. Spirit Squad
3. Spring
 - a. Track

X. Sports Registration Process

The Registration Process (inclusive of but not limited to):

- Complete manual registration
- Sign and turn in all necessary forms
- Pay all sports fees

Student Athlete Eligibility

- Student athlete must have a cumulative grade point average of C- or better and no failing grade for all subjects taught. Grades will be reviewed every two weeks during the sports season. If the student does not meet the minimum average of C- with no failing grades, he or she will be suspended from participation in all interscholastic

games for a period of two weeks. The student will still be allowed to attend practice during this two-week period.

- Any student athlete receiving two behavior detention slips within a trimester will be ineligible to play for a two-week period, after which time behavior eligibility will be reviewed by teacher and principal.
- Any student athlete having more than 10 missing assignments in a week will be ineligible to play for a two-week period, after which time behavior eligibility will be reviewed by teacher and principal.

XI. Equipment and Uniforms

1. Equipment
 - The athletic board will provide all necessary equipment to provide an effective practice
2. Uniforms
 - POP Athletics will supply all uniforms which are to be returned or a lost uniform fee will apply.
 - Volleyball and Basketball will use the same uniform
 - Track and cross country will each have a specific running shirt

XII. Practice Policy

- Practice times will be established by the head coach but planned in accordance with the assistant coaches as well.
- Parents/guardians may observe practices, but no contact or interaction is allowed with the athletes
- Coaches reserve the right to ask any person to leave their practices
- Student athletes should arrive early and depart on time
- When the school cancels evening events, this also includes all practices
- No Sunday practices
- No practices during home games

XIII. Game Guidelines

- Volleyball: There is no maximum number of games an individual athlete is limited to playing during a regular season or tournament match. Lower level players may participate on their own team and then move up to play on the older squads if needed.
- Basketball: No student athlete may participate in more than 6 quarters of playing time during conference school match-ups in the regular season where consecutive games are played by the various levels. Tournaments and non-conference games are exempted from this rule. **EXCEPTION-** any team with 7 dressed players or less can “play up” younger players an **unlimited** amount of quarters.
- Players shall not wear jewelry at ANY time, **NO EXCEPTIONS.**
- Any player receiving a technical foul due to unacceptable behavior will be expected to serve a one game suspension (their next **NICC** game). Any player who receives two technical fouls in one season will be dismissed from their team.

XIV. Playing Time

- “Winning at all costs” or to the exclusion of participation of eligible players will not be tolerated.

- Grades 4-6 teams are to be considered instructional. Playing time should be equally divided among all players. All 5-6 grade players should see equal play! Fourth graders are played at the coach's discretion.
- Grades 7-8 teams are to be geared toward the competitive nature of the game. Playing time should be a reflection of ability, effort, attendance at practices, and commitment to the team. However, playing time for all is required.
- Missing practices without cause and excessive absences can result in reduced playing time.
- Playing time may be reduced as a disciplinary action, when a player loses self-control or engages in other conduct unbecoming of a Christian student athlete.

XV. Discipline Procedures for Student Athletes

Coaches are to follow the following procedures for students who demonstrate inappropriate behavior:

1. First offense - verbal warning
2. Second offense - notify parents and principal
3. Third offense - notify principal

XVI. Parent-Coach Resolution Procedure

When a parent/guardian has a concern regarding their son's/daughter's particular sports program, the protocol outlined below must be utilized to assist them in resolving their issues. It is imperative that all the steps listed below be followed in the recommended sequence for any action to be taken.

1. An appointment needs to be arranged with the coach. At no time will a parent expect the coach to discuss a player, philosophy, and/or particular strategy before, during, or after any practice and/or game. A 24 hour wait period should be observed before discussing any issue.
2. If the situation is not resolved, the parent may notify the athletic director in writing so a meeting between the coach, parent, and athletic director can be arranged to resolve the issue.
3. If the situation remains unresolved, the parent may then notify the principal so a meeting between the parent, athletic director, and principal can be arranged.

XVII. Parent Volunteer Hours

In order to keep down expenses, there is a need to have each athlete's family support the athletic board's fundraising efforts (home games and tournaments).

1. Home Games
 - For each grade level game, a minimum of three parents are needed to support admissions and concessions. On average 5 hours per athlete are required per sport. The total number of volunteer hours needed depends on the number of athletes participating in a given sport. The head coach will communicate the necessary volunteer hours.
 - To encourage each family to give their fair share of time, there will be a \$50/hour fee for each student athlete hour that is not completed by the family.
 - There is a buyout option. This option must be decided upon and communicated to the coach 2 weeks prior to the first home game.
 - These hours **do not** count toward CIP hours.

2. Tournaments

- A minimum of 5 hours is required by each athlete's family per athlete.
- To encourage each family to give their fair share of time, there will be a \$50/hour fee for each student athlete hour that is not completed by the family, there is no buyout option.
- After the first 5 hours, additional volunteer hours can count toward CIP hours (up to 5 hours).

XVIII. Alcohol Consumption Policy

- No alcohol of any kind may be distributed or consumed at school and/or parish-sponsored sporting events or athletic banquets where children are present, whether on or off campus. This policy is non-negotiable.
- Parents, relatives and guests attending games and athletic banquets are expected to follow this policy
- Expectations and restrictions are the same for indoor and outdoor activities

XIX. Disclaimer

No handbook can cover all the facets of the human condition. It is meant as a starting point which meaningful and productive results may be realized through discussion, understanding, and support.