

# Seton Catholic Elementary

## Athletic Handbook



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## **PHILOSOPHY**

The *Seton Catholic Athletic Handbook* is in effect twelve months a year for all in-season and offseason athletes in grades two through six because of the value of maintaining optimal physical and mental health at all times, and our athletes' ongoing representation of Seton Catholic Elementary throughout the calendar year.

The year-round conduct of a Seton Catholic athlete in all places shall communicate the Catholic identity of our school community and enhance the morality and educational environment of our school.

The *Seton Catholic Athletic Handbook* is our means by which to inform you of our philosophy, goals, and expectations. Please do not simply view this as a rules book, because it much more than that. It is being used as a tool to ensure that we make every effort to help our student-athletes succeed on the athletic field, in the classroom, and most importantly, in life. While our athletic staff desires to see our athletic teams win many games, our main objective is to produce productive and moral members of our society. With the guidance from our athletic staff and the support from our parents, we can certainly achieve this objective.

Seton Catholic Elementary is represented not only by our teachers, coaches, and students, but also by our families and supporters. While athletics is very competitive and many times emotions run high, it is always important to display a Christian attitude through good sportsmanship. It is important to remember that the way we present ourselves is a reflection on our school and on our faith.

With your support and observance of the *Seton Catholic Athletic Handbook* we can ensure our student athletes the best possible chance to succeed.

## **Mission and Beliefs**

The mission of the Seton Catholic Athletic Department is to provide and foster an environment in which our student-athletes have the opportunity to excel and develop their God-given talents and potential in all aspects of their life skills.

» Cardinal students, athletes, coaches, parents, and fans will conduct themselves in such a manner as to bring honor and pride to Seton Catholic.

» Cardinal athletics will foster loyalty to Seton and to one another and will develop important character traits including, but not limited to, positive work ethic, respect, perseverance, sportsmanship, and fellowship.

» Seton athletics will be an example of Christian character and Catholic traditions and beliefs.

» Seton student-athletes will be leaders in representing Seton in all they do, on the field of competition, in all academic responsibilities, and in the community.

### Expected Conduct of Athletes

An athlete should strive to be a positive influence in all he or she does. He or she works for the betterment of Seton Catholic, the family, him or herself, and the Catholic community in all endeavors.

» An athlete should strive to be a sportsman or sportswoman, one who knows the use of illegal or unfair tactics to gain an undeserved advantage is wrong.

» An athlete should plan so that energy can be devoted to studies and one's abilities can be rewarded. It is the athlete's responsibility to ensure that he or she allows time to meet the requirements both in athletics and academics.

» An athlete should appreciate that coaches, teachers, and school officials seek the best interests of all athletes as they conduct and represent the total athletic program and name of Seton Catholic.

» An athlete should treat contest officials with courtesy and respect. **An official does not win or lose a contest.** He or she officiates to ensure a fair contest for both teams.

» An athlete should care for equipment and property as if it were his or her own. If equipment or property is destroyed through practice or age, the school will replace the item. If an athlete loses, damages, or steals the item, he or she will pay for its replacement.

» At no time should an athlete use any type of electronic device (phone, iPod, etc.) during or before any Seton athletic event.

» Athletes are encouraged to participate in religious services provided by Seton and their parish communities.

### Expected Conduct of Parents

Purpose: To provide parents with rules and expectations in order to enhance players' experiences and to help them realize their playing potential. All parents are expected to adhere to the following guidelines throughout each season:

» Comply with the guidelines listed in the Seton Catholic Elementary Athletic Handbook.

» Assist players in complying with the rules/expectations specified in the Expected Code of Athletes.

» Demonstrate good sportsmanship. Disrespect, defiance, or violence directed at coaches, teammates, game officials, opposing coaches, or opposing players will not be tolerated.

» Never approach a player or a coach in or out of a playing area in a negative or confrontational manner.

- » During all practices and games:
  - a. Respect the role of coaches by refraining from coaching players.
  - b. Do not disturb or approach players or coaches (except in cases of emergency) until after the team has been released by the coach.
- » During games remain in the area that is designated for fans.
- » Represent Seton Catholic to the best of your ability. Provide positive support for the team and act appropriately during (and while traveling to/from) practices, games, tournaments, and other team functions.
- » Do everything possible to create a positive experience for everyone involved in the Seton Elementary athletic program. Violations of these may result in intervention and/or disciplinary action by the athletic director and/or principal.

### **Expected Conduct of Coaches**

First and foremost, coaches and assistant coaches must be Safe & Sacred trained, have a current criminal background check on file, and a current Code of Conduct pledge signed.

Conduct of coaches during practice and games is to be exemplary – as we expect from parents and team members. Coaches are the face of Christ during the games.

There is to be prayer before and after practices and games.

Monitor student behavior while in your care. They should at all times follow the proper student conduct as stated in this document. Be committed to their behaviors and activities. No phone calls or texting while monitoring them.

Collect all paperwork necessary before student begins practices.

Teachers/principal will monitor grades to determine eligibility of a student to play. Consider that students may practice/play unless told by teachers/principal.

Be at practices 10 minutes before practice time and stay until the last student leaves.

Create a spreadsheet of uniform sizes/numbers when distributed and be sure to collect the same sizes/numbers at the end of season. Any discrepancies are to be reported to elementary athletic director and principal.

Students may use the gym and the main floor bathrooms only. No other area is necessary.

For safety and conservation of heat, outside doors should NEVER be propped open. Have a student or assistant coach monitor the door until all players arrive.

Communicate clearly with families. Collect phone numbers ahead of time. Call or text any changes or reminders to families.

Elementary sports are for learning the sport's skill base and learning sportsmanship. To fully practice that, ALL players should play in the games at some point, no matter their level of skill.

At end of practices and games, gym floor is to be swept, doors are to be fully shut so as to lock, gym and hallway and bathroom lights turned off. Students can help with this too.

### **Athletics Available**

Elementary athletics available are: boys' and girls' basketball grades 3-6, T-ball, baseball, and softball for boys and girls in kindergarten through grade 8, and cheerleading for grades 3-6. Some sports are available for grades 5-6 through Seton Catholic High School. These include cross country, track and golf. The high school athletic director will alert families as to when and where practices will occur. Please note that grade 5-6 athletes participating in jr. high sports must adhere to the high school athletic and academic policies as well as have a physical on file before practice begins.

### **Cheerleading Requirements**

Cheerleading is available for girls in grades 3-6. It involves ongoing and consistent instruction in tumbling, cheer, dance and stunting. The following components of cheerleading must be followed:

Interest:

Must attend a scheduled informational meeting and pay a registration fee to the coach.

Must attend cheer camp held each summer.

Responsible for purchasing uniform items: shell, turtleneck/bodysuit, skirt, briefs, shoes, socks, poms, and hair ribbon.

Cheering for games runs from November – March of each year.

Attitude:

Demonstrate positive attitude toward each other, coach, and cheer advisors.

Be polite and courteous to opposing teams, fans, and officials during entire event.

Respect use of all public facilities – gym, locker rooms, restrooms, cafeteria, etc.

Attendance:

Be present at each practice as it is scheduled per year.

Be present at each scheduled game.

If it is not possible for you to attend a practice or game, please notify your cheer advisor at least 24 hours in advance.

Attire:

Practice – gym shorts, no underwear showing, T-shirt completely covering shoulders and mid-section, gym shoes.

Games – full uniform as directed by cheer coach.  
Cheer shoes – only to be worn during cheering!  
No jewelry, no make-up, no gum.  
Not properly attired – you will sit out.

**Practice:**

Attend each and every practice as scheduled.  
Have a quick snack/drink before practice begins.  
Be properly attired or be asked to sit out.  
Stunting can only happen when permitted by the cheer coach or advisors and they are present!

**Games:**

Attend each game where we are asked to cheer.  
Be in full and correct uniform.  
Arrive a half hour before game start time to warm up and practice.  
Stunt only when given permission by cheer coach/advisor and when they are present.

Should a student quit cheerleading during the season, they will not be permitted to return to cheerleading until the next school year.

### **School Attendance**

An athlete must be in school for the entire school day in order to practice, compete, or participate in any other team activities on that day. Exemptions may be granted for documented reasons such as medical appointments or funerals. A written exemption request from the parent or guardian, with documentation of the reason for absence, must be presented to the coach, athletic director, principal, or secretary before that athlete will be allowed to participate. If a student is ill on a Friday, he/she may play on Saturday.

An athlete who is absent five or more consecutive school days due to illness or injury must present written verification to the coach or athletic director from a licensed physician stating that the athlete may resume normal physical activity.

## Equipment and Uniforms

The school will provide uniforms for basketball.

- Check out procedures- uniforms will be issued at the coach's discretion
- Uniform maintenance- each athlete is responsible for his/her own uniform. Lost or ruined uniforms must be replaced. If an article is lost, a new uniform will be issued after payment is made to replace the lost article(s). **Replacement costs will be the cost of a new uniform as determined by the athletic director.**
- Check-in procedures- Uniforms will be checked in at the **conclusion of the final game of the season** unless otherwise determined by the head coach.

Baseball shirts will be provided. All other baseball uniform pieces must be purchased. Cheerleading uniforms are also to be purchased.

## Pre-game, Game, and Bench Decorum

The pre-game, game, and bench decorum are very important for unity, intensity, and preparation of the team. Once the athlete enters the gym/field/court, he/she needs to begin to focus on the game, and all athletes are to stay together as a team. **Parents are NOT allowed on the bench, in the dugout, or on the field of play at any time during the contest.** Parents are also asked to refrain from speaking to a coach while an athletic event is taking place.

## Enforcement

All coaches, teachers, administrative staff, athletes, and parents should work together to uphold and enforce the *Seton Catholic Athletic Handbook*. A possible code violation shall be reported promptly to the athletic director, who will include the athlete, parent, coach, and principal when needed in an investigation of the matter.

Upon further investigation, if it is decided that an athlete has violated the *Seton Catholic Athletic Handbook* and will be temporarily or permanently excluded from athletic participation, the athletic director and principal will inform the athlete and his or her parent/guardian of the decision and the consequences of the athlete's action(s).

## Rules and Consequences

» An athlete must be in compliance with the grade requirements to participate in Seton Catholic athletics. Midterms and report cards will be used to determine academic eligibility. Students must maintain a “C” average, have no more than one “D” and no “Fs” in any course. **Any student receiving 2 “Ds” or 1 “F” on a midterm or report card will be immediately ineligible to participate in any Seton Catholic practices or games for the current in-season sport.** Grades are checked every four and a half weeks at midterm and report card. A student will only become re-eligible for athletics if grade requirements are met on the **next** midterm or report card after the violation. Students may not practice or sit with the team during games throughout the entire period of ineligibility. This rule should convey the message that academics are top priority and should not be neglected but balanced responsibly with time and effort commitments to sports.

» An athlete shall NOT act in any unsportsmanlike way such as using foul language, disrespecting any officials, players, coaches or fans, or being involved in any type of physical altercation. Any violations\* will result in:

**First Violation:** player is removed from the game immediately

**Second Violation:** player will not be allowed to participate in the following game

**Third Violation:** required meeting with player, parents, coach, athletic director and principal to determine placement on the team

\* All violations will be tracked on a player code of conduct form and kept in the athlete’s file.

» An athlete shall not commit acts of vandalism, theft, or disrespect that affect the Seton Catholic community. Should such an offense occur, the athlete will face consequences determined jointly by the athlete’s in-season coach, athletic director, and principal. Such consequences may include suspension or dismissal from the team, depending on the severity of the offense.

» An athlete who is in violation of school rules will be disciplined according to the *Seton Catholic Student Handbook*. The athlete may face additional consequences based on his or her team’s rules set by the head coach. If an athlete is suspended from school, he or she is ineligible for athletic participation from the start of the school suspension until the end of the suspension.

» An athlete is expected to abide by all team expectations in addition to those stated in the *Seton Catholic Athletic Handbook*. These expectations may apply to facets of participation such as attendance, punctuality, conduct, dress, and haircuts.

**STUDENT/PARENT CERTIFICATION OF CONSENT TO PARTICIPATE IN THE  
SETON CATHOLIC ELEMENTARY ATHLETIC PROGRAM**

I/we have read and discussed the information published in the *Seton Catholic Athletic Handbook* and know, understand, agree, and voluntarily assent to comply with the rules as stated herein.

STUDENT CERTIFICATION: Based on the information presented in the *Seton Catholic Athletic Handbook* I believe I am eligible to represent Seton Catholic in athletics. If accepted as a member of the Seton Catholic athletic program, I agree to abide by said rules and regulations of Seton Catholic Elementary. To the best of my knowledge, I have suffered no injury or illness in the past that would hinder my participation in the athletic program.

\_\_\_\_\_  
Student Name (please print)

\_\_\_\_\_  
Parent/Guardian Name (please print)

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

**Sign and return to the Intermediate office.**