

# St. Catherine of Alexandria Athletic Association Handbook



Founded & Adopted: 1972  
Revised: August 2022

## **Mission Statement**

The SCA Athletic Association's mission is to provide a combined spiritual, competitive and instructional athletic program as an extension of the St. Catherine of Alexandria physical education, academic program and Religious Education Program. Student participants will learn the fundamentals of each sport and be given the opportunity to develop strong, healthy and disciplined minds and bodies. Participants will also develop a sense of good sportsmanship, fair play, and team spirit.

## **Philosophy**

The SCA Athletic Association believes in the development of the WHOLE person - religious, moral, social, and academic dimensions, as well as physical development. We believe that participation in athletics is an important component for a well-rounded educational experience. We believe through participation in the SCA athletics program, student-athletes learn important values like leadership, self-discipline, integrity, teamwork, respect for rules and regulations, and the ability to participate with dignity and grace. These important values are essential in the development of the WHOLE person. Every student at SCA is encouraged to participate in the SCA athletic program.

## **Goals of the Athletic Program**

To develop good sportsmanship and fair play while learning to win or lose.

To develop new skills in a social atmosphere of mutual cooperation.

To develop physical qualities of strength, endurance, and coordination.

To serve as a wholesome means of recreation and use of leisure time.

To instill the quality of self-discipline.

To offer participation that teaches Christian citizenship traits such as fairness, cooperation, leadership, acceptance of direction and respect for others.

To help develop school spirit and loyalty.

## **Responsibilities**

The SCA Athletic Association is an extension of the parish, school, and the school's curriculum.

This program is subject to the authority of the pastor and school principal. The principal's liaison to the Board is the president.

The Athletic Association board members are volunteers. The association shall follow SCA Athletic Association bylaws, SCA school handbook, and the applicable conference/league policies for each SCA sanctioned sport, as well as the guidelines for managing an interscholastic program listed in the Archdiocese of Chicago Athletics Handbook.

## **Athletic Association Bylaws**

Bylaws will be reviewed at the end of each school year. Changes will be made and voted on in August prior to the start of any season. Bylaws may be provided upon request to the school or SCA Athletic Association.

## **Athletic Association Guidelines and Procedures**

The Athletic Association, with the approval of the Pastor and/or Principal, shall set guidelines and procedures that govern the scope and direction of the extracurricular sports programs and student participation programs.

The Athletic Association will manage and maintain the sports programs; responsibilities may include are are not limited:

- ❖ To act as a liaison between all parties - coaches, parents school;
- ❖ To set a criteria, screen, present for approval, in-service, and monitor Coaches;
- ❖ To communicate the philosophy of the Program, and ensure that is is clearly understood and followed;
- ❖ To coordinate, schedule, and supervise other Program volunteers;
- ❖ To determine league participation, the number of games and tournaments;
- ❖ To determine how teams will be slated (i.e., number of teams, splitting of teams, eligibility of teams);
- ❖ To coordinate the scheduling of practices, games and tournaments;
- ❖ To prepare and present a budget and set participation fees;
- ❖ To approve expenditures according to local guidelines;
- ❖ To develop, communicate, and maintain standards of safety;
- ❖ To develop and communicate an Emergency Plan for unexpected occurrences at games and practices;
- ❖ To establish a procedure for conflict resolution;
- ❖ To annually review and evaluate rules, regulations and eligibility standards;
- ❖ To perform any other duties to fulfill the Program objectives.

## **Parent and Coach Behavior Expectations**

### **Per the Conference**

The conference will enforce a zero tolerance policy concerning behavior of parents and coaches. Each member will implement a written code of conduct in their by laws. The hosting school will use its school's code of conduct guidelines for any infractions at their site. If a situation should need further involvement, the site parish, or official should report such an instance to the conference Executive Director and follow the guidelines as addressed in the inappropriate contact rule.

### **Code of Conduct**

The Athletic Association has developed a Code of Conduct for both Parents and Coaches. They are located in the Appendix of the Handbook.

### **Parent Volunteering**

The requirements of parent volunteering is located in the Appendix of the Handbook.



## Coaches Code of Conduct

**Interscholastic and youth sports programs play an important role in promoting the physical, social and emotional development of children. It is therefore essential for parents, coaches and officials to encourage youth athletes to embrace the values of good sportsmanship. Moreover, adults involved in youth sports events should be models of good sportsmanship and should lead by example by demonstrating fairness, respect and self-control.**

As a coach, I agree to the following:

- I must be a positive role model for the players and parents and reflect the values of a good Christian.
- I will never place the value of winning or my own personal satisfaction above the value of instilling the highest ideals of character that are consistent with a Catholic School Education. As a coach, I will emphasize to all players that, win or lose, the team and players are successful if they have tried their very best.
- I will devote time, thought, planning, and study to the rules of the game and be prepared for all games and practices.
- I am responsible for the good conduct and behavior of my players and team staff. I will not engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
- I will always emphasize that academics are the player's first priority.
- I will teach the children, primarily through his/her own behavior, that both opponents and officials must be treated with respect and dignity. A coach will not indulge in conduct that will incite players or spectators against the officials or opponents.
- I will not treat any coach, parent, player, participant, official or any other attendee with disrespect regardless of race, creed, color, national origin, sex, sexual orientation or ability.
- I will provide a sports environment for my team free of drugs, tobacco, and alcohol, and I will refrain from the use of drugs, tobacco and alcohol at all youth sports events. Special attention will be brought to these behaviors at practices, scrimmages, games, and team parties.
- I will not use abusive or profane language in front of players or spectators at youth sports events. Special attention will be brought to these behaviors at practices, scrimmages, games, and team parties.



## Parent Code of Conduct

**The purpose of the following Sports Parent/Guardian Code of Conduct is to help define appropriate parental/guardian actions that support the mission and philosophy of the St. Catherine of Alexandria Athletics Program. Parents/Guardians must read and sign this form in order for their student athlete to participate in the Athletics Program. 2022/2023 form is signed on the registration document.**

As a parent/guardian, I agree to the following:

- I will remember the game is for kids, 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 wellbeing 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 demand that my child treat other players, coaches, officials, and spectators with respect.
- I will teach my child the importance of hustle, playing fair, 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 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.
- I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches for the team.
- I acknowledge my child is a student first and an athlete second. I have read the SCA Academic and Behavior Policy and understand my child will be suspended from sports for poor academic performance and poor behavior.
- I understand my child cannot attend practice and/or games on days my child is absent from school.
- I will respect the coaches and coordinators for the time they donate, and I will never publicly confront, question or criticize them. This includes all forms of social media. I understand that it is recommended to wait 24 hours before a coach is approached with a complaint.



## St. Catherine of Alexandria Athletic Association Volunteer Hour Requirements – 2022/2023 School Year

All families of children grades 4 – 8 who play any sport are required to pay a volunteer deposit fee that will be shredded after completion of hours.

- \$150 fee is required from ALL families (3) times per year at each registration (Fall, Winter, Spring).
- An email from Signup.com will be sent to you with the list of open volunteer slots. • 6 to 8 volunteer hours is required per season, per family.
- Volunteer deposit checks will be shredded per season after completion of 6 hours.
- Coaches - All parents who coach must follow the above steps; your volunteer deposit check will be shredded upon completion of coaching per season. **For example, if your child plays all three seasons and you coach during Fall only, you are required to fulfill volunteer shifts for Winter and Spring.**
- If the required hours for the current season is not fulfilled, the \$150 volunteer deposit check will be cashed.
- Once your volunteer shift is scheduled, you must provide **48 hour notice to cancel any shift. After the 48 hour window, you are required to find your own replacement.** If you do not show up to your shift, your check will be cashed. Everyone is asked to arrive on time for all shifts. All shifts begin 45 minutes prior to the first game scheduled in our gym.
- Families may find their own replacements if they cannot fulfill a shift, however it is the family's responsibility to assure the replacement fulfills the commitment.
- As a reminder, the Athletic Association officers are volunteers as well. We appreciate your consideration.

### **FALL - Grades 4 – 8 Fall Sports Participants (Girls Basketball/Boys Football/Girls Cheerleading)**

- \$150 deposit check post-dated to November 1, 2022 is required at the time of Fall registration.
- Volunteer hours must be scheduled by October 1, 2022 or volunteer deposit checks will be cashed.

### **WINTER - Grades 4 – 8 Winter Sports Participants (Girls Volleyball/Boys Basketball)**

- \$150 deposit check post-dated to February 1, 2023 is required at the time of Winter registration.
- Volunteer hours must be scheduled by January 15, 2023 or volunteer deposit checks will be cashed.

### **SPRING - Grades K – 8 Spring Sports Participants (Co-ed Soccer/Boys Volleyball)**

- Families whose oldest child is in grades K – 3 are exempt from volunteer hour requirements. Soccer families do not have to meet the volunteer requirement. This is subject to change at any time.
- \$150 deposit check post-dated to May 1, 2023 is required at the time of Spring registration.
- Volunteer hours must be scheduled by April 1, 2023 or volunteer deposit checks will be cashed.

### **Contact:**

**If an emergency occurs the day of your shift, please contact Kelly Withers 773-841-9542**