

Saint Brigid Catholic School
Athletics and Extra-Curricular
Activities Handbook



Knights

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Saint Brigid School Athletics and Extra-Curricular Activities

Mission Statement

The mission of Saint Brigid Catholic School, in partnership with family, parish, and community is to educate and encourage students to reach their potential – mind, body, and spirit – in an inclusive environment of support, understanding, and Catholic Values.

Vision Statement

Saint Brigid Athletic program promotes the physical, mental, spiritual, moral and emotional well-being of each student and provides each student with an opportunity to be a part of a working team as member of a Catholic community.

All our students, parents, coaches and staff involved with the Saint Brigid Athletics are expected to display the school ideals of faith, sportsmanship, ethical conduct and fair play, as well as, show and encourage respect for opposing teams, groups, fellow players, coaches, advisors and officials as well as encourage a winning spirit while not losing sight of the fun while learning the fundamentals.

Attendance

Regular attendance in school is expected of all athletes. A healthy athlete should have a good attendance record. The principal and athletic director reserves the right to review all absences and allow the student athlete to participate if there is, in the administrators' judgment, a valid reason for the absence. If a student is out of school due to illness on a Friday the decision to play a student is left up to the coach.

Attendance at all games and practices is mandatory unless excused by the coach before the competition or practice. Missing a practice or game without good reason may result in non-participation. Students (any grade below C and/or poor conduct as seen on Saint Brigid report cards or progress notices) may be excused from practice to catch up on missing work arranged between coaches and agreed upon between teacher(s), parent and student.

Students are not allowed to leave practice or games without permission from the coach. Students must have parent permission to be picked up by someone other than a parent or guardian.

Student Eligibility Rules

Students are only eligible to play on a Saint Brigid School sports team if they are currently enrolled at Saint Brigid School in grades 5-8. Saint Brigid School students in grades 3 & 4 are eligible to play in the instructional league. Consideration will be given to those students who are currently enrolled in Blessed Sacrament grade 5 to ensure a full roster, as needed.

Students are expected to conduct themselves with respect and dignity at all times whether they win or lose. Participating in extra-curricular activities is also considered a privilege not a right. These activities are always secondary to academics.

Ineligibility Procedure for middle school students

- At the principal's discretion, students may not participate if they have a D or F in any core subject.
- Any student suspended for any reason may not participate.
- Any student receiving six demerits in a two week period may not participate.

Any student not meeting the above guidelines will be ineligible to participate in practice or games for one week. It is expected that during that week they will concentrate on improving their grades and complete, if necessary, any missing work. This same policy stands for any student who becomes ineligible for behavior. They will be evaluated after the week of ineligibility. If they improve their academic/behavior standing to fit the guidelines, they will be eligible to participate as a member of the team or activity.

When found ineligible the following procedure will take place:

- 1) On Monday of each week teachers in grades 6-8 will submit to the designated staff member names of students who have fallen under one of the above categories.
- 2) The student's homeroom teacher will talk to each student on Monday.
- 3) Once the students have been talked to by the teacher, the school will email each parent and coach notifying them of the ineligibility.

If they fall below the guidelines at any other time during that particular sport's season, they will again be ineligible to practice or participate in games and activities for one week. A re-evaluation will take place after the second week of ineligibility. If the guidelines have been attained, the student will be reinstated on the team or in the activity. Any student having more than two weeks of ineligibility is automatically removed from the team and may no longer participate in that sport for the remainder of the season. A student is required to be in school the whole day of a game or practice (if it falls on a weekday).

Student Athlete Responsibilities

- ***Responsibility to yourself***
Extra-curricular activities, especially sports, broaden your skills and help develop strength in character. Such an opportunity is a special gift that should be cherished.
- ***Responsibility to your school***
You contribute to your community and your school by doing your best and representing the true spirit of our Catholic School, *The Saint Brigid Knights*.
- ***Responsibility to others***
You must be a role model to others, especially to the youngest students of our school as well as the wider Catholic Community of spectators and participants.

- ***Responsibilities of an athlete or academic competitor on the field***
You must be a role model to your teammates and support them, as well as the teams you oppose.
- ***Responsibilities in the Classroom***
A good athlete is a good student who is always working on meeting his or her best potential – working toward good grades with no missing assignments and always prepared for class, including tests. Respectful attention to good academic standing as well as behavior also shows your respect for your teachers and your classmates, just as you are expected to do for your team.

Saint Brigid School Colors

Green & White

School Symbol/Mascot

Saint Brigid Cross and Knights

League Participation

Saint Brigid School participates in the Valley Parochial League. Boys and girls in grades 5th through 8th have the opportunity to play basketball. Girls in grades 6th through 8th have the opportunity to play volleyball. Saint Brigid School boys in grades 5th through 8th may play football for Nouvel Catholic Central Elementary School Saginaw. Boys and girls in grades 3 and 4 are able to play in the co-ed instructional basketball league. Students may also join the 5-8th Pompon Squad

Fundraising and Fees

A sound sports program is expensive and requires continuous updates in equipment in order to provide a sound and safe program. Equipment updates, uniforms, fees for referees, are among some of the costs incurred. Student fees or *pay-to-participate* and fundraising help to cover team league fees. Should a student be unable to play because of the fee associated with participation, such information should be directed to the Athletic Director. As a Catholic school community, we wish for all students to be able to participate despite any funding challenges and costs may be covered through the Guardian Angel Scholarship Fund.

Insurance and Physical Exams

Proof of medical insurance is required for all athletes. Athletes must have written permission from a parent/guardian as seen at the end of this handbook. It is required that an annual Sports Health Form be on file before the student begins to play.

Communication and Conflict Resolution

Athletic involvement can be highly emotional and very time consuming. From time to time conflicts and issues may arise. It is imperative that any conflict be addressed immediately and as directly as

possible so that it can be resolved promptly. Every effort should be made to resolve issues at the lowest possible level. The process to be followed is as shown:

1. Student athlete speaks to coach
2. Parent of student athlete contacts coach
3. Athlete or parent contacts the Athletic Administrator (AD). The AD will inform the coach a meeting will take place. If the discussion with an athlete or parent does not result in a satisfactory conclusion, a meeting will be scheduled with all involved parties.
4. The principal will be included and become involved

In order for a discussion between student and coach or parent and coach to be productive, the following times to approach a coach should be **avoided**:

- Either prior to or immediately following an athletic contest
- During a practice session
- During a time when other teammates are present, or
- During a time when it is apparent that there will not be sufficient time to allow for a complete or private discussion.

A 24 hour waiting period, following the contest, is strongly suggested before contacting a coach regarding the issue.

Rules and Regulations

The following rules and regulations are standardized for participants of all athletic teams sponsored by Saint Brigid School and are specifically designed to provide a healthy and safe atmosphere in which a student/athlete may participate. Recognizing that participation in athletics is a privilege in which the athlete represents his/her team, school, and community; the athlete understands that inappropriate behavior in school, out of school, in practice or in competition may result in disciplinary action as determined by the coach and/or principal.

1. To be eligible to try out, practice or compete in athletics, a student must maintain a grade of C and appropriate conduct in every subject. A student will be declared eligible or ineligible by the school principal.
2. Before a student tries out, practices or competes in athletics, he/she must have a physical exam within one year of participation dates, must indicate evidence of appropriate insurance, and must be a registered student.
3. In order to participate in a game or a practice, the athlete must attend school the day of the game or practice (or the day before if school is not in session on the game/practice day) unless she/he was previously excused by the school. He/she is expected to be in school on time the day after a game.
4. Attendance at all games and practices is mandatory unless previously excused by the coach. Athletes owing detentions are required to attend detention prior to attending practices or games.

5. Athletes suspended from school are not permitted to practice or compete during the suspension
6. Team managers are considered team members and must meet the same requirements as players.
7. Restitution for lost or damaged equipment will be made by the student to whom it was issued. That student will not be permitted to try out, practice, or compete in another sport until such restitution has been made. School equipment and uniforms will only be worn in games, practices and/or coach approved activities.
8. Use of foul language, poor sportsmanship and/or disrespect to coach or teammates will result in a one week suspension, with written notice to parents. A second offense will constitute removal from the team.
9. Use or possession of tobacco products, alcoholic beverages or drugs, or showing the effects of using these will result in the athlete being suspended from athletics and also may be subject to local law enforcement.
10. All athletes are expected to be neatly dressed when traveling to and attending games.
11. Athletes and parents understand that circumstances may later arise which require additional rules and regulations by the team coaches or school officials and agree to abide by them. Additional team rules will be given out in writing.

Athletic Code of Conduct for All Adults and Students

Saint Brigid School strives to encourage good sportsmanship throughout our athletic program and this includes good behavior during athletic contests. We expect all players, coaches and spectators at our contests to be respectful of players, coaches, officials and other spectators.

Fans are encouraged to applaud the efforts of their team and should not engage in any behavior that is critical, distracting or derogatory toward opponents or officials.

All students and adults involved in our Athletics programs including our sponsored VPL teams should understand that, as a member of our teams or school, they are representing the school and our Catholic community of schools. All regular school rules of conduct and fairness apply, while home or away.

- Treat all visitors to Saint Brigid School athletic contests both home and away as you would treat guests in your own home showing good conduct
- Use only cheers that support and uplift all teams
- Respect the integrity and support of game officials, coaching staff and fans
- Respect the integrity and support of game officials, coaching staff and fans
- Do not throw any objects or leave litter on or around playing surfaces both at home or away and care for school equipment as well as uniforms
- Communicate appropriately with coaches and respect their judgment especially when it comes to playing time
- Be a good student and live up to the academic code in order to participate
- If there is a concern speak to the coach first and then the Athletic Director

- Never engage in the use of controlled substances while playing or acting as spectator
- Students are not allowed to leave a sporting event or practice without letting the coach know, with a parent/guardian or parent's approved car pool
- Adhere to all the rules in this handbook including attendance, and academic codes

If a student/athlete is ever asked to leave an athletic contest or practice because of improper behavior, he/she will not be permitted to attend the next home contest and will be subject to other, additional penalties commiserate with the infraction and dependent upon the decision of officials, coaching staff and the administration. Such consequences may include reparation for damages as well as being prohibited from play for the remainder of the school year, all subject to the decisions of the Athletic Director in consultation with the administration of the school.

We have read and understand the Saint Brigid Catholic School Athletic and Extra-Curricular Handbook and agree to adhere to the school policies as well as the policies of the Valley Parochial League.

___ Player Expectation Form

___ Parent Expectation Form

___ \$75.00 payment

___ Sports Health Form attached

Parent/Guardian Signature _____ Print _____

Student Signature _____ Print _____

Coach Signature _____ Print _____

Athletic Director Signature _____ Print _____