

## ST. JOSEPH SCHOOL ATHLETIC PROGRAM

The St. Joseph School Athletic Committee has adopted general athletic policies that govern the participation of students in the 5<sup>th</sup> – 8<sup>th</sup> grade interscholastic sports programs. The St. Joseph School students and the parents are expected to read and abide by these general athletic policies, as well as the specific policies that govern each sport.

The objectives of the athletic program at St. Joseph are:

- To instill the concepts of team play and individual responsibilities as a team member;
- To emphasize the ideals of sportsmanship, Christian conduct and fair play;
- To encourage leadership, use of initiative and good judgment by team members;
- To institute the realities of team sports competition; and
- To provide a positive, challenging, rewarding and fun experience for the players, parents and coaches.

The following policies and guidelines are set forth to assure the accomplishment of these objectives:

1. All students of St. Joseph School are eligible to participate in each sport at their grade level. There are no limits on the size of teams, provided that a sufficient number of coaches volunteer in relationship to the number of students who participate. If there are not a sufficient number of coaches, the Athletic Committee will advise.
2. There shall be a single boy's team and a single girl's team at each grade level. All children who desire to participate shall be placed on the respective roster. If the number of participants exceeds twice the number of players on a starting squad, the Athletic Committee and coaches may determine that an additional team may be established.
3. If more than one squad is established at the fifth/sixth grade, the squads will be divided equally on a talent level determined by the Athletic Director, the president of the Athletic Committee (or his/her designee) and the Athletic Committee basketball/volleyball coordinator(s). Qualified independent evaluators may be used in conjunction with the above numbers.

If more than one squad is established at the seventh/eighth grade levels, "Gold" and "Silver" squads will be established based on the ability levels at the start of each season, consistent with Lake County Catholic Conference policy. Prior to the season, squad evaluations will be conducted by the Athletic Director, the president of the Athletic Committee (or his/her designee) and the Athletic Committee basketball/volleyball coordinator(s). Qualified independent evaluators may be used in conjunction with the above members.

4. To ensure meaningful athletic participation consistent with the level of competition and to ensure the continued vitality of the St. Joseph sports program, the following general rules concerning player participation will be enforced:

## Basketball

### 5<sup>th</sup> Grade

-substantially equal playing time for each player over the course of the season including tournaments. For information on forfeiture of playing time, refer to Section 9.

This level is developmental but seeks to introduce the concept of differentiated playing time while maintaining a strong emphasis on participation over winning. Significant playing time differentials (the definition of which will vary depending upon the number of players) should be avoided.

In the event that there are 16 or more players on a team, the team may be split into two squads of substantially equal number of players. This will allow all players to get more minutes of playing time in individual games and eliminate the extremely difficult task of coaches trying to allocate limited minutes of total game time among a large number of players. A coach with a large squad may choose to limit the number of players who suit up for each game to provide more quality playing time for all players over the course of the season. However, the coach is responsible for ensuring that equitable playing time is provided to all team members.

### 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Grades

-no minimum playing time requirements for each game, minimum of one fourth of season including tournaments. For information on forfeiture of playing time, refer to Section 9.

The above represents minimum requirements. Coaches, parents and players must remember that meaningful participation is an important element of the success and vitality of St. Joseph sports program over the years. Accordingly, it is understood that coaches will seek to provide playing time in excess of these minimums.

## Volleyball

### 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Grades

-no minimum playing time requirements for each game, minimum of one fourth of season including tournaments. For information on forfeiture of playing time, refer to Section 9.

Though the minimum play rule is not easily followed in volleyball due to the non-use of a game clock, the coaches' best effort is expected when administering playing time based on games/matches in a season. Coaches, parents and players must

remember that meaningful participation is an important element of the success and vitality of St. Joseph sports program over the years. Accordingly, it is understood that coaches will seek to provide playing time in excess of these minimums.

5. Team coaches shall be adults. At the 7<sup>th</sup>/8<sup>th</sup> grade levels, head coaches may not be parents of team members unless qualified non-parents cannot be recruited. Parents may serve as head coaches at the 5<sup>th</sup>/6<sup>th</sup> grade levels as well as assistant coaches at all levels. The head coaches can select assistant coaches with approval from the coordinator. If the head coach is unable to select an assistant coach, one could be appointed to him/her.

Previous experience in coaching a youth sports team and knowledge of the rules, regulations, strategies and other aspects of the sport are desirable, but not required. Coaching clinics are run by several area schools through which the basics of the game of coaching a youth sports team can be learned. Enthusiasm, love and concern for youngsters and a desire and commitment to pursue the objectives of the program are the only requirements.

6. The responsibilities of the coaches include:

- Planning and running practice sessions
- Planning and implementing game strategies, including player rotations/squad rotations
- Maintaining attendance records, rosters, score books, etc. and reporting the game scores to the St. Joseph Athletic Director
- In cooperation with the Volunteer Coordinator, recruiting “team parents” to assist with gym supervision, scoreboard operations
- Having a thorough knowledge and understanding of, and commitment to the ethical standard of St. Joseph School and the Lake County Catholic Conference
- Concern for the safety and well-being of the participants.

7. The responsibilities of the players include:

- Dedicating themselves to the achievement of high academic standards and conducting themselves in accordance with the behavioral standards of St. Joseph School
- Regular attendance at practice and games

- Commitment to learning and improving skills, to give always their best efforts, to be team players and to practice good sportsmanship at all times
- Abiding by school and conference ethical standards, rules and regulations

8. The responsibilities of the parents include:

- Arranging for their child to attend games and practices regularly, and to arrive and be picked up promptly
- Assisting in carrying out Team Parent responsibilities duties at home games
- Abiding by school and conference ethical standards, rules and regulation
- Abiding by the proper line of communication for issues such as coaching philosophy, playing time, etc. The proper line of communication: first the coach; second, coordinator of the sport; third, the Athletic Director.

Please remember that as a parent with a child participating in athletics at St. Joseph, there are certain responsibilities. Coaches are volunteers to the program. They will put in many hours over the course of the season to provide the best program possible. Please give them your support and encouragement during the season.

9. Players are expected to attend all practices and games except in the case of illness, family vacation or other excusable absence. If a child is involved in an organized activity during the sports season outside of St. Joseph, practice/game conflicts are sure to arise. Missed practices or games will impair the development of skills and knowledge of the player. Team development may also be negatively affected. Players are strongly encouraged to make a commitment to place their St. Joseph team in front of other organized activities. If the choice is otherwise, every effort will be made to accommodate the child. However, there will be no exceptions made to the rules concerning forfeiture of playing time for missing practices or games.

- Players who are absent from school for illness during the day may not participate or attend practices or games.
- Players who miss practices or games or who consistently “goof around” during practices will forfeit some or all of their playing time for the game following the infraction.
- Players who are not meeting St. Joseph academic or behavioral standards (as advised by the Athletic Director to the student/parent) will forfeit all of

their playing time for the specified length of time. To the extent possible, coaches shall inform the player and parents of impending problems and of the consequences due to the suspension. Players suffering the consequences of an infraction are not able to participate in games or practices during the length of infraction.

10. Should a player be unable to attend a practice or game, the player or parent should advise one of the coaches in advance.
11. Coordination of practice time and game schedule will be the responsibility of the Athletic Director. A written schedule of practices and games is to be provided to the coach, players and parents as soon as it is available.
12. There shall be a fee for participation on a St. Joseph team. The fee level is set by the Athletic Committee, taking into account items such as conference fees, referee fees, average annual equipment expenditures, uniform costs, etc.
13. The president of the Athletic Committee will schedule a meeting for all parents involved in a particular sport. This meeting is mandatory for all coaches and parents/guardians. The appropriate Coordinator will notify the coaches of the date, place and time of the meeting. There will be an introduction meeting for volleyball and basketball at the appropriate time before the seasons begin. A separate agenda will be established for these meetings to cover the major issues and needs to ensure a successful season.