

HOLY TRINITY ATHLETICS



ATHLETIC HANDBOOK 2011-2012

Holy Trinity Catholic School
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Dear Parents, Students, and Coaches,

"[I] consider sports as an instrument of education when it fosters high human and spiritual ideals; when it forms youth in an integral way in values such as loyalty, perseverance, friendship, solidarity and peace.

Surmounting differences of cultures and ideologies, sports offers an ideal occasion for dialogue and understanding among peoples, for building the desired civilization of love. To put into practice these values, based on the dignity of the human person, in face of possible interests that might darken the nobility of sports itself."

- Pope John Paul II (Sept. 16, 2002)

As a school community, we all must consider the appropriate role of athletics here at Holy Trinity. Our athletic program adds another dimension to our school community. Athletics serve to unify all individuals, including coaches, student-athletes, and families in a spirit of peace.

This handbook outlines the philosophy and reflects the policies of the Holy Trinity School Athletic Program for the 2009-2010 school year. Please read this document carefully, sign the attached agreement, and return it to school before attending the first practice date. The agreement states that you intend to abide by the policies of the Holy Trinity School Athletic Program during the 2009-2010 school year.

Thank you for doing your part to help positively affect and develop the lives of all athletes by building a peaceful environment within the Holy Trinity School Athletic Program

In peace,

Julie Hanik
Athletic Director

Holy Trinity School Athletics

Mission of Holy Trinity School Athletics:

The Holy Trinity School Athletic Program dedicates itself to the pursuit of excellence in athletics within the framework of a Catholic community and in accordance with its primary role as an educator and spiritual guide. The athletics program is committed to providing opportunities for each individual student-athlete to reach his/her highest potential while developing the qualities and spirit of a Catholic Christian.

Philosophy:

“Do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run so as to win. Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one.”

Corinthians 9:24-25

As a Catholic school, Holy Trinity upholds Christian values and principles. Though our athletic teams strive to win in the sense of having the best score, we recognize the real value of Catholic school athletics is realized only if it fosters the development of the human person—both in spirit and in body—by cultivating Christian character, strengthening personal integrity and responsibility, and promoting the pursuit of excellence in all endeavors.

Participation on a team is a privilege. With this privilege come responsibilities in the areas of preparation, attitude, sportsmanship, and academics. These responsibilities exist both in and out of school, both in athletic and non-athletic settings. We recognize the need for God’s support and guidance in meeting these responsibilities.

Fees

All sports offered at Holy Trinity School have different costs required for operation. These fees vary each school year. Once a team and/or activity rosters are determined, the business office will bill you accordingly. There will be no refunds after the first day of participation.

Athletic Teams at Holy Trinity

Holy Trinity School offers the following sports to students in grades 5 - 8 (unless otherwise noted):

SEASON	GIRLS	BOYS
Fall	<i>Volleyball Cross Country</i>	<i>Volleyball Cross Country</i>
Winter	<i>Basketball</i>	<i>Basketball</i>
Spring	<i>Track and Field</i>	<i>Track and Field</i>

*Intramurals are offered as a club team. Club teams provide students opportunities to participate in a sport that is not sponsored by any athletic conference. Skill development is emphasized with opportunities for athletes to grow and develop a greater understanding while being competitive. Commitment level and playing time varies according to grade level and number of participants.

Coaching Expectations and Requirements

Coaches are first and foremost educators, and must work in coordination with the parents who are the primary educators of children. At all times, coaches must be examples of Christ the Teacher who serve as role models for student-athletes to emulate. They must be messengers of the school mission and ensure that athletic programs embody the Catholic characteristics prevalent at Holy Trinity School.

Goal Setting

When working with Holy Trinity student-athletes, a successful coach will work towards goals in the following three dimensions: team, personal, and school.

Team Goals

Holy Trinity coaches build a team by:

1. Advancing the athletes' understanding of their role as members of the communal body of Christ.
2. Creating a positive and memorable experience that will be cherished by the student-athlete for the rest of his/her life.
3. Teaching the specific and unique skills of this sport to the very best of his/her abilities by using all means, methods, and resources available.
4. Teaching the skills of healthy competition that will prepare athletes and the team to succeed.

Personal Goals

Holy Trinity coaches grow as individuals by:

1. Modeling character, sportsmanship, self-discipline, and a lived faith.
2. Appreciating the moments of grace throughout a season, at times of winning and losing.
3. Becoming a lifelong learner of their sport.
4. Maintaining perspective in and throughout all athletic endeavors, realizing teachable moments exist in all experiences.
5. Fostering positive relationships with all school community stakeholders.

School Goals

Holy Trinity coaches contribute to the school community by:

1. Infusing the school mission in all athletic activities.
2. Promoting academic excellence as an essential component in the development of student-athletes.
3. Committing to effective communication with administrators, teachers, parents, and athletes.
4. Supporting the development of student-athletes as leaders and role models in the greater school community.
5. Creating a culture of school unity and spirit as exemplified through sportsmanship, positive fan participation, and respect for all.

Conduct of Coaches

Coaches are called to be models and witnesses to their faith each day, and as such, coaches are expected to uphold high standards of conduct in and out of season.

Language

Language should be appropriate and constructive at all times. Coaches are expected to not only monitor their own language, but they should also set and enforce standards of appropriate language for their athletes. This includes, but is not limited to swearing, harassment, exclusionary language, sexual innuendo, personal attacks, and unsportsmanlike gestures.

Treatment of Opponents

Although opponents are not a part of our school community, they are members of the larger body of Christ and should be treated as such. Coaches should model such respect for their athletes and should instruct players on how to welcome their opponents and all visitors in a way that conveys a sense of hospitality and community.

Prayer

Athletic experiences play an important role in the spiritual formation of students at Holy Trinity School. Genuine and lasting spiritual development is only possible through careful and conscientious preparation by those in leadership positions. Coaches, as team leaders, are chosen not just to be mentors and role models for student-athletes, but also to be witnesses. Prayer should become an intentional component to a team's culture, not just a rushed event before or after a game or practice. Rather than emphasizing winning, prayers should focus on embodying the spirit of Christianity. Coaches are encouraged to build and create spiritual traditions into their approach to coaching at Holy Trinity.

Coaching Duties

In addition to serving as witnesses and models of faith, Holy Trinity coaches are expected to fulfill the following duties:

Plan out practices and games	Supervise athletes at all times until they
Condition athletes properly	are picked up from practices/games
Assess athletes' readiness for practice & competition	Instruct properly on what to do and what not to do
Ensure cleanliness of facilities	Provide proper equipment
Communicate practice and game schedule to athletes and parents	Select, train, and supervise assistant coaches
	Maintain safe playing conditions

Communication with Athletes and Parents

Holy Trinity coaches should establish clear procedures and guidelines for communication with athletes and parents that align with the philosophy and mission of Holy Trinity School. E-mail should be used only to communicate basic information, such as time and location of games and practices. Discussions of concerns should always be done in person. If a face-to-face meeting is not possible, a phone call is acceptable. Before meetings, establish clear agendas and communicate that certain topics will not be discussed. Coaches do not have to discuss playing time, coaching strategies and specific plays, or information pertaining to other athletes.

Student Expectations and Requirements

Students and parents should recognize that participation in the athletic program is not a right of all students, but rather a privilege to those selected individuals who possess the ability, attitude, disposition, cooperative spirit, and desire to represent the Holy Trinity community in a favorable way. By joining the school's athletic program, a student becomes a representative of his/her team and of Holy Trinity School.

Eligibility and Probation

We expect student-athletes to maintain academic and behavioral standards in keeping with the Holy Trinity School Handbook and the teachings of the Catholic Church. These regulations and procedures apply while on school premises, during practices and competitions, and in the public arena. A student will be considered *ELIGIBLE* to participate in interscholastic athletics at Holy Trinity School if their most recent academic report reflects:

- ❖ A passing grade in each subject, and may be receiving no more than one D in any class
- ❖ A *Satisfactory* grade or better in all special subjects
- ❖ A *Satisfactory* grade or better in conduct for all subjects

A student-athlete will be considered *ON PROBATION* should their most recent academic report reflect any one or a combination of the following academic grades or conduct:

1. One failing grade in any subject, or more than one D in any subject area
2. Below *Satisfactory* in any special subjects
3. Below *Satisfactory* conduct in any subject
4. Out of school suspension

Probation is one, two (2)-week period* during which a student-athlete works to improve his/her grades and/or conduct. During this two-week period, a student is still considered a full, participating member of the athletic team, but *time should be spent wisely in improving one's grades*. Student-athletes are encouraged to seek extra help from those teachers in courses where he/she is struggling either before school or after school. Holy Trinity School faculty and staff are always willing to assist students in their academic studies.

Evaluating Probationary Improvement

A student-athlete remains a full, participating member of a team if his/her grades at the end of the probationary two-week period reflect a passing average or better in every class, and the student-athlete maintained conduct in keeping with the Holy Trinity School Handbook and the teachings of the Catholic Church.

Ineligibility

A student-athlete will be considered *INELIGIBLE* for interscholastic sports at Holy Trinity School should there be no improvement after the two-week probationary period. *Ineligibility* means that a student-athlete may NOT participate in interscholastic athletics at Holy Trinity for

the remainder of the season. This will result in the removal of the student from the team's roster.

All student-athletes are allowed one (1) probationary period per school year. Should a student-athlete fail to meet the academic and behavior standards outlined above more than once during a school year, he/she will be considered ineligible and will no longer be permitted to participate in interscholastic sports at Holy Trinity School for the remainder of the school year.

Student-Athlete Expectations

A student-athlete's behavior is governed by the same rules, regulations, and procedures that apply to all students as set forth in the Holy Trinity School Handbook. Each student-athlete is expected to demonstrate and encourage in others behaviors that reflect good sportsmanship.

Attendance

All student-athletes must be marked as present in school on the day of practice or a game in order to participate. Please see the *School Handbook* for what constitutes an absence.

All student-athletes must recognize the time commitment made to a team. One is expected to attend all practices and games. If one cannot attend a practice or game, please make sure the coach and/or athletic director has been notified *in advance*. Consequences for a missed practice or game will be informed by the team rules as outlined by the coach/team at the beginning of the season in addition to the natural consequences that result from missing practice instruction or game experience.

Dress Code/Uniforms

Student-Athletes are highly visible representatives of the school and, as such, are responsible for using good judgment in their overall appearance. All teams, regardless of level, have a responsibility to ensure that their game attire speaks volumes of their class and excellence. All game shirts will be tucked in. No player should make modifications to his or her uniform. Athletes are to wear a school issued uniform and treat their uniform with respect. Uniforms must be returned to the athletic director within seven (7) days of the last game. Progress reports and/or report cards may be withheld until the uniform is returned. If a uniform is not returned, parents are responsible for the cost of replacing the uniform.

Medical Clearance/Injured Athletes

Athletic participation physical exams must be completed prior to seventh grade. An eighth grade physical exam is required for first time participants. Fifth grade physical exams apply for fifth and sixth grade play. If a student athlete was treated by a physician for an injury, the athlete needs a note from the physician certifying they are able to participate and to what extent. An injury report must be given to the coach as well as the Athletic Director.

Sportsmanship

All student-athletes are expected to represent Holy Trinity School in an exemplary manner. This behavior is expected both on and off the court or field. Student-athletes are expected to display the best of Christian courtesy and manners to all officials, coaches, opposing coaches, players, and spectators. At all times good sportsmanship is the rule, not the exception. The penalty for unsportsmanlike behavior during a practice or game will be left to the discretion of the coaches for each sport along with input from the athletic director. This can range from sitting out at practice to a one-game suspension. In extreme cases when an athlete has been ejected from a game, multi-game suspensions and dismissal from the team may be appropriate. The athletic director and principal will make the final decision following a meeting with the athlete, coach, and parent.

Expectations of Parents and Stakeholders

“It is incumbent upon parents to cooperate closely with the school teachers to whom they entrust their children to be educated; in fulfilling their duty teachers are to collaborate closely with parents who are willingly heard and for whom associations or meetings are to be inaugurated and held in great esteem.” (Code of Canon Law, 796)

Holy Trinity School coaches and administrators respect the primacy of the parents as the first teachers of their student-athletes, and will partner with parents in the formation of student-athletes. Parents and other members of the community play a vital role in the holistic education of children including students’ participation in school-sponsored athletics. Together, all stakeholders should actively work to ensure that the Catholic mission and identity of Holy Trinity School permeates the athletics program.

Top Five Ways to Support your Student-Athlete

1. **Be present** – Show up to games, cheer, and support our teams!
2. **Be positive** – Children learn from modeling. When talking about the game, season, performances and decision-making, please share the gift of a positive outlook on life! Make sure that your child knows that win or lose, he/she is loved and supported.
3. **Encourage independence** – Encourage student-athletes to be responsible for the care of their athletic gear and to be prepared for practices and games. In addition, student-athletes should speak directly with their coach about any questions and/or concerns.
4. **Observe the “24 Hour Cushion”** – As do all good educators, Holy Trinity coaches will naturally and deliberately reflect on game situations and decisions. Please allow coaches the time they need to process their decisions before approaching them with any questions. As stated above, coaches need not discuss playing time, coaching strategies and specific plays, or information pertaining to other athletes.
5. **Model Holy Trinity’s behavior expectations for visiting spectators** – Take pride in our athletic program and model for visitors how we...
 - i. cheer for our team rather than against our opponents.

- ii. respect the integrity and authority of game officials.
- iii. allow coaches to coach without criticism from the spectators.
- iv. help clean up at the end of athletic events.

Zero Tolerance Policy

The game shall be stopped by the game officials when parents/spectators display inappropriate and disruptive behavior with/towards referees or other spectators of the game. The officials will identify violators to the coaches for the purpose of removing parents/spectators from the spectators' viewing and game area. Once removed, play will resume. Lost time will not be replaced and violators will no longer be allowed at any athletic event. This inappropriate and disruptive behavior shall include:

- Use of obscene or vulgar language in a boisterous manner to anyone at anytime
- Taunting of players, coaches, officials, or other spectators by means of baiting, ridiculing, threat of physical violence or physical violence
- Throwing of any object in the spectators' viewing are, player's bench or playing surface, directed in any manner as to create a safety hazard.

These rules apply to any family member, friend, or relative who comes to the game to see the student-athlete play. In the event that any one person refuses to leave the area when instructed by an official or if any of the above mentioned actions/violations continue when asked to stop, penalties up to and including forfeiture of the game may result.

Transportation

Transportation to/from practices and games is the sole responsibility of the parents. Please ensure that your student-athlete is picked up promptly at the end of each practice/game.

Removal from Team – Parent Decision

The principal, athletic director and coaches will respect and support the decision of a parent to remove his or her child from a team for any reason. However, once the child is removed, he or she may not return to that team for the remainder of the sport season.

Revisions/Modifications to Policy

The Principal and Athletic Director may make changes to any policies outlined in this handbook as needed, and has the final decision with regards to any policy. Changes will be made public.

The Principal has the authority to remove a student or cancel a season if student-athletes or parents are not adhering to Holy Trinity School standards.

ATHLETIC CONTRACT

Please initial each statement below to acknowledge your agreement to this contract. Then sign the form at the bottom and return to the Athletic Director to be eligible for participation.

Please circle all the sports you will participate in during the 2011-2012 school year....

Cross Country(fall) Volleyball(fall) Basketball(winter) Track & Field(spring)

As a Holy Trinity Student-Athlete...

___ I will strive to give my best to the team in every practice and every game.

___ I will be on time for all practices and games.

___ I will not miss a practice or game because of another outside sport or extra-curricular activity unless approved by the coach or athletic director.

___ This experience is an opportunity to learn not only the sport, but also teamwork with all its inherent responsibilities. There will be times when I will follow someone's lead and there will be times when I must assume that lead – I always have a contribution to make to my team.

___ I will take my coaches' directions and comments as constructive suggestions, which make me a better athlete and my team a successful unit.

___ Practice is where I learn the concepts of the game. How I apply those concepts in mind and body in practice will carry over into the game situation.

___ I will always play hard, but always will be a fair sport whether we are winning or losing the game, realizing that everyone on my team and my opponent's team is playing for fun and the competitive experience.

___ I will carry these principles to my schoolwork and my family life with the realization that these are of greatest importance and take precedence to any sport.

___ I will be an example of Christ in all my actions on and off the field/court of competition.

Player Signature: _____ Date: _____

Parent Signature: _____ Date: _____

PLEASE RETURN THIS FORM TO THE ATHLETIC DIRECTOR