

Dear SJSE Parents:

We, the Athletic Board, would like to thank you for letting your son/daughter participate in SJSE Athletics. We would like to take this opportunity to share with you our philosophy of sports at SJSE.



5th/6th Grade Sports

During this time, it is important that all children learn the fundamentals of their sport. To create this learning environment, we expect your coach to play every player. Equal playing time is not a requirement. In 5th grade, this may be done by creating two teams, divided equally based on talent. No team should be deemed "better" than the other. In 6th grade, the athletes may be divided into blue and white teams, one team having the more advanced athletes and the other having the less advanced.

7th/8th Grade Sports:

During this time, we are preparing our children for High School sports. They should be learning specific roles and responsibilities that follow their sports. To ensure this, your coach has the right to conduct "try-outs" to clarify which players can perform to this task. 7th/8th grade sports are focused on being more competitive. Participation at this grade level may vary among players. Remember, the focus of 7th/8th grade sports is to ready them for High School sports.

Your Athletic Board works hard to create a wonderful opportunity for your children to enjoy and participate in sports. While your child is participating in sports, should you feel that something is not being done correctly or is unsportsmanlike, we would like to outline your vehicles for communication:

- 1.) Observe the 24-Hour Cushion as outlined in the section entitled "Top Five Ways to Support Your Student-Athlete" on page 9 of this manual.
- 2.) Contact your Coach after a practice.
- 3.) If, after trying the above methods of communication, you should feel that your concern has not been resolved, you may issue your concern personally with the Athletic Board:

President: Kevin Burns/Bill Miller
Secretary: Julie McNamara
CYO Representative: Mike Gigli
At Large: Tim Rooney
Concession:

Vice-President: Bill Martin
Treasurer:
At Large: Brian Cook
Uniform Coordinator: Karen Hellinger

Again, thank you for your support of Athletics at SJSE School. We look forward to a great sporting season. God Bless!

St. Joseph – St. Elizabeth Ann Seton School Athletic Philosophy

St. Joseph – St. Elizabeth Ann Seton is committed to offering an athletic program that facilitates the spiritual, emotional, and physical growth of our young athletes. We will provide our athletes with the opportunity to:

- Utilize the talent and ability that God has given
- Develop good sportsmanship, teamwork, and individual responsibility
- Prepare a foundation for future development as an athlete, young woman or young man
- Demonstrate integrity and quality in all that they do

ATHLETIC GOALS

- To build Self-Esteem
- To build Character
- To develop Skill
- To develop a positive Self-Discipline
- To develop Self-Motivation
- To expand interest in Lifetime and Leisure Activities
- To provide opportunity for Personal and Social Growth

At the 5th & 6th Grade Level, additional goals include:

- To develop Basic Skills
- To allow students to participate in practices and games (This may be done by providing additional scrimmage time after regularly scheduled games)
- To learn the value of Team Play
- To learn to win and lose with Respect.
- To instill a desire to Succeed in all endeavors, including Competitive Play.

At the 7th & 8th Grade Level, additional goals include:

- To enhance Skills and Techniques
- To develop specific Positioning and Game Skills
- To learn the value of each role on a Team
- To prepare for High School sports – Skills, Positioning, & Discipline
- To develop a lifelong appreciation of athletics
- To instill a desire to Succeed in all endeavors, including Competitive Play.

ATHLETIC PROGRAMS AVAILABLE

<u>Program</u>	<u>Season</u>	<u>Boy Teams</u>	<u>Girl Teams</u>
Cheerleading	Year-Round		5 th , 6 th , 7 th , 8 th
Football	Fall	5 th & 6 th 7 th & 8 th	
Volleyball	Fall		5 th , 6 th , 7 th , 8 th
Basketball	Winter	5 th , 6 th , 7 th , 8 th	5 th , 6 th , 7 th , 8 th
Soccer	Spring	5 th & 6 th 7 th & 8 th	5 th & 6 th 7 th & 8 th
Softball (Fast Pitch)	Spring		5 th , 6 th , 7 th , 8 th
Track	Spring	5 th , 6 th , 7 th , 8 th	5 th , 6 th , 7 th , 8 th

In the event that there are not enough athletes to fill a team, the coach of that team may ask athletes from a grade below, or above, to move to that team. This must be a voluntary move and approved by the student-athlete and his/her parents. Players and coaches should make the decision based on what is best for the **team**. When grades are required to be combined, the higher grade level becomes the foundation for the team. (i.e. if 7th and 8th grade combine for a sport, they must compete at the 8th grade level)

In the 5th and 6th grade levels, there will be a maximum of two teams per grade per sport, based on the number of athletes and coaches available.

In the 7th and 8th grade levels, there will be a maximum of one team per sport.

Athletic Association Budget

St. Joseph – St. Elizabeth Ann Seton School’s athletic programs have an annual budget in excess of \$7,500.00. The cost of this budget is partially funded by an athletic fee of \$30 per player per sport, including cheerleading, (except football which has a fee of \$45).

*Fees are subject to change each year based on the cost of the programs offered. This fee helps cover equipment and uniforms and other fees. The athletic fee needs to be given to the coaches at the beginning of each season. Checks should be made payable to St. Joseph – St. Elizabeth Athletic Association. We have tried to keep this fee affordable; we do not want to discourage participation due to the fee. If you are having financial difficulty, please contact the Athletic Director or the principal.

In addition to the athletic fee, one annual fundraiser is used to support the athletic program. The treasurer of the SJSE Athletic Association oversees a monthly drawing held in November through May. Five winners each month receive a cash prize. Tickets for these drawings are sold in September.



Coach's Code of Conduct

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 to Catholic characteristics prevalent at SJSE School. 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.

Goal Setting

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

Team Goals

SJSE 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 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

SJSE 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

SJSE 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 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.

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 as SJSE 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 in their approach to coaching at SJSE School.

Conduct of Athletes

Student-athletes are responsible for developing the necessary self-discipline to attain and maintain the appropriate mental and physical condition required for peak performance.

School Citizenship, Leadership and Personal Sacrifice

Another major responsibility student-athletes assume is to our school; since more is expected of athletes than other students in matters of school citizenship, leadership, and personal sacrifice, athletes will be expected to make a sincere effort to achieve and maintain a satisfactory scholastic standing in the classroom. Additionally, student-athletes' conduct both on and off the field contribute to judgments made by students and the community about our school, and as such athletes are required to engage only in activities which bring credit to yourself, your family, and your school. It is also imperative for student-athletes to understand that they are role models for younger athletes, and it is natural that they imitate your attitudes and actions.

Attendance

1. Athletes are responsible for being present at all set meetings, practices, and games unless excused by a physician, or by having obtained prior consent from the coach. An unexcused absence could result in disciplinary action by the coach.
2. Student-Athletes who are sent home from school for any health reasons, may not participate in any after school practices, games, or meetings on that day. For a student-athlete to be eligible for activities, they must be at school by the conclusion of the lunch period, unless school has been missed for other circumstances, i.e. funerals, dental exams.

Attitude

A student-athlete's appearance, language, and actions have a direct influence people's opinion of the athlete personally, as well as their general opinion of our school. Once a student has become a member of a team, they should strive to do all that they are capable of, and all that is expected of them. **Coaches have the authority to bench or suspend a student-athlete should they exhibit negative behavior or poor attitude.**

CYO Policies

As a SJSE student-athlete, you must adhere to all CYO policies that apply to your division. CYO policies are given to the Head Coach of each sport.

Dress and Appearance

Student-athletes are expected to take pride in their personal appearance. He/she should attempt to appear as good off the field as on. Whenever an athlete is before the public, their appearance is a reflection of our school and community.

1. All student-athletes' are to maintain a clean and neat outward appearance, and must conform to their sport, and to CYO and school rules.
2. The CYO and SJSE Athletic Association do not allow jewelry of any kind (earrings, bracelets, necklaces, rings, watches, or body-piercing) at practice or sporting events.
3. Sports Bras are only to be worn under clothing at practices and games.
4. Your sport uniform should be worn only for sporting events and other pre-approved school events.

Good Study Habits

Education is they key to success in the future. Adequate study time is required to achieve good grades. The primary responsibility of all student-athletes is that of a student first, athlete second.

Injuries

Any and all injuries should be given immediate attention. The coach should be notified of any injury or illness as soon as possible.

Substance Abuse

The use of alcohol, tobacco, and non-professionally prescribed drugs and/or medications will not be tolerated either during our out of season. No drinking of alcoholic beverages, use of tobacco, or possession and/or use of narcotics is strictly prohibited at all times. Substance abuse will result in disciplinary action administered by the Principal.

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 and meetings are to be inaugurated and held in great esteem.”

(Code of Canon Law, 796)

SJSE 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 SJSE 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 athletic practices and games. In addition, all 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, SJSE coaches will naturally and deliberately reflect on all game situations and decisions. Please allow coaches the time they need to process their decisions before approaching them with any questions. Coaches need not discuss playing time, coaching strategies and specific plays, or information pertaining to other athletes.
5. **Model SJSE’s Behavior Expectations for Visiting Spectators** – Take pride in our athletic program and model for visitors how we:
 - a. Cheer for our team rather than against our opponents.
 - b. Respect the integrity and authority of game officials.
 - c. Allow coaches to coach without criticism from the spectators.
 - d. Help clean up at the end of athletic events.

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.

The principal has the authority to remove a student or cancel a season if student-athletes or parents are not adhering to SJSE standards.



Eligibility Rules

St. Joseph – St. Elizabeth Ann Seton School is concerned with helping all students reach their full potential, both spiritually and academically. Realizing that extracurricular activities encourage personal growth by challenging students to be the best they can be, we encourage students to participate in extracurricular activities over and above their regular curricular requirements.

However, participation in the extracurricular activities offered at SJSE is a privilege for which reasonable standards are established and enforced for the educational and personal welfare of the subjects and demonstrate self-discipline while simultaneously undertaking the extra demands upon time and energy required by these activities, they should concentrate their time and effort on their academic studies. SJSE School sets forth minimum academic standards and conduct requirements. **Please refer to the SJSE School Handbook for Guidelines on Eligibility. The Athletic Association fully supports the school's policy on eligibility.**

Physical Examinations

Physical Examinations are required prior to the first practice in the SJSE athletic program. The physical form must be completed by a physician and submitted to the Athletic Director PRIOR to the first practice. Physicals must be dated after May 1st for the following school year (example: physicals must be dated after 5/1/2010 to participate during the 2010/2011 school year).

Insurance Coverage

The CYO requires insurance coverage for all athletes in its program. The Fort Wayne/South Bend Diocese provides student insurance for all students that cover athletic practices and games. This is secondary insurance, not primary coverage. If you carry no medical insurance, this insurance would be primary coverage, but only as described by the policy. The fee for this insurance is included in every student's book fees.

Scholarships

At the end of each school year, the St. Joseph – St. Elizabeth Ann Seton Athletic Association sponsors a scholarship, which is awarded to an eight grader who plans to attend a local Catholic high school. The award is based on athletic ability, Christian attitude, sportsmanship, and leadership abilities.

Fort Wayne Catholic Youth Organization (CYO) Policy

SJSE is a member of the CYO, and thus follows all the rules and regulations set forth by the CYO Board. The CYO provides each Head Coach a copy of the policy booklet during each perspective sports coach's meetings.

Athletic Association Organization / Responsibilities

Athletic Association Committee

The Athletic Association Committee is a volunteer committee, which works together to provide an athletic environment that stimulates the growth of all student-athletes at SJSE School. Each person on the board is dedicated to assisting with all responsibilities of the athletic board. These responsibilities include evaluation of the program, assisting with fund-raisers, and any other duties as designated.

Athletic Association Committee Definition:

1. Establishes and governs and monitors the adherence to the policies of the athletic program.
2. Approves and recommends the annual athletic budgets
3. Holds open forum meetings for the discussion of the athletic concerns of the coaching staff and student athletes.
4. Annually updates the Athletic Handbook
5. Reviews all coaching applications, and approves all head and assistant coaches. The head coach selects his or her assistants from the pool of approved applications. Approval of an application is dependent on Diocesan background check, and completion of all school requirements for volunteers.

President

The President is directly responsible to the principal. The primary responsibility of the President is the administration and supervision of the athletic program at SJSE School. The President will provide the leadership necessary for the day-to-day operation of the athletic department.

President Definition:

1. Directs the operation of the athletic program.
2. Assists in approving and supervising coaches.
3. Evaluates the athletic program and athletic staff.
4. Collects athletic fees, consents and physicals from the coaches.
5. Maintains list of coaches and rosters.
6. Fulfills the duties of the Vice President when none is available.

Vice President

The Vice President provides assistance in organization and communication with the coaches and athletes.

Vice President Definition:

1. Assists in approving and supervising coaches.
2. Provides communication to coaches.
3. Collects equipment from coaches (IE: clipboards, first aid kits, ball bags).

4. Maintains first aid kits.

Treasurer

The Treasurer is primarily responsible for the tracking of moneys that flow through the Athletic Association

Treasurer Definition:

1. Coordinates annual athletic budget.
2. Approves routine expenses.
3. Maintains income and expense records.
4. Prepares annual reports.
5. Oversees the annual fundraiser.

Secretary

The Secretary assists the President with all athletic association functions.

Secretary Definition:

1. Plans and/or delegates all Athletic Association functions.
2. Maintains calendar and notes on all athletic board functions.
3. Maintains updates to Athletic Handbooks.
4. Distributes minutes and other communications for newsletters, bulletins, coaches, etc.

School CYO Representative

The School Representative shall represent SJSE School at all CYO meetings.

School CYO Representative Definition:

1. Attend scheduled Fort Wayne Catholic Youth Organizations (CYO) meetings.
2. Be the liaison for the SJSE Catholic School, representing coaches and parents at CYO meetings.
3. Vote on motions pertaining to CYO issues.
4. Shall inform the SJSE Athletic Association of all CYO Policy changes and CYO deadlines.

Teacher Representative

The Teacher Representative assists the Board with any school communication.

Teacher Representative Definition:

1. Report Student Grades for eligibility.
2. Shall communicate to the SJSE Athletic Association any school schedule changes and/or school handbook revisions.

At Large Board Members

Board can appoint At Large Members to assist in assist and develop ideas that will strengthen the school's athletic program. Members will attend Board meetings, share past experiences, and assist in various athletic events.

Members who help the Athletic Association Committee:

Sport Coordinators

1. Assist Athletic Association with planning and coordinating of their prospective sport.
2. Communicate to Athletic Association equipment needs for season.

Uniform Coordinator

1. Distributes uniforms to athletes.
2. Collects the uniforms at the end of each season.
3. Coordinates the purchasing of new uniforms

Concession Stand Coordinator

1. Responsible for staffing and supplying concession stand

Head Coach/Assistants

All coaches at SJSE are volunteers. Coaches shall be responsible to the President for the total operation of their respective sports programs. All coaches shall act as the official representatives of the school as they carry out their athletic responsibilities. All coaches will be responsible for the normal duties required of competition, those duties described in the coach's job description, and/or any duties delegated by the President.

Head Coach/Assistants Responsibilities:

1. Represent the school in interscholastic activities
2. Conduct their work within the framework of the goals of the school, the policies and procedures of the department of athletics, and the regulations of the SJSE Policy Handbook for Coaches, diocesan policies and state statutes.
3. Determine team selection fairly and provide personal feedback to the cut player for future improvement.
4. Strictly enforce eligibility rules.
5. Consider athletics as part of the total education program, encouraging student-athletes to work to their maximum ability in academics as well as in sports.
6. Exhibit proper and exemplary behavior at all times.
7. Implement the Code of Conduct for all athletes.
8. Are entirely responsible for the supervision and guidance of students in their charge.

Additional Athletic Information

First Aid Kits

First Aid Kits are available to all coaches. The Vice President will issue these to coaches. First Aid Kits are to be returned at the end of the season; please let the Vice President know what needs to be replaced.

Pictures

The coach needs to schedule a time for team and individual pictures – preferably at the beginning of the season. Scheduling a time with another team will save time for the photographer. Coaches can check the coach’s checklist sheet for the name and phone number of the photographer.

Uniforms

Student Athlete is responsible for turning in their uniform timely and in good condition at the end of each participated sport. If damaged, student athlete is required to pay for the replacement cost of the uniform.

Each student athlete is required to sign a uniform agreement outlining the policy.



Contact List

Athletic Board for 2010-2011

Co-Presidents: Kevin Burns & Bill Miller

Vice President: Bill Martin

Treasurer: Kathy Baehl

Secretary: Julie McNamara

Parish CYO Representative: Mike Gigli

Additional Board Members:

At Large: Tim Rooney

At Large: Brian Cook

At Large: Joe Leja

At Large: John Reibold

Teacher Representative: Deb Brough

Uniform Coordinator: Open

Sport Coordinators:

Football – Mike Gigli

Volleyball – Susan Lee

Boys Basketball – Tim Rooney

Girls Basketball – John Reibold

Softball – Monica Swick

Soccer-

Track-

Cheerleading-

CYO Address:

Fort Wayne CYO

P.O. Box 445

Monroeville, IN 46773

Phone/Fax: 260-623-6007



SCHOOL CONFERENCE

CYO – Catholic Youth Organization

SCHOOL NICKNAME

*Panthers
Football- Knights*

SCHOOL COLORS

*Blue & White
Football – Red & Black*



An Athlete's prayer **An Athlete's Prayer**

I thank You, O Lord, for giving me a body which is specially fit and strong, and for allowing me to use it well.

In my training: Help me never to shirk the discipline which I know is necessary and beneficial for me.

When I compete with others: Help me, win or lose, to compete fairly. When I am fortunate enough to be the victor, keep me from boasting, or gloating; when I lose, or finish something less than 1st. Prevent me from sulking or making poor excuses...to myself, my teammates and my coach.

Above all else, do not allow me to become conceited with this gift of strength and expertise which is in my body; but rather aid me to express my thankfulness for this gift in all areas of my life outside the arena.

Give me, Lord, the wisdom to understand that my talent as an athlete is something which can and will fade with the passage of time...and then motivate me to cherish these days and years as a distinct blessing from you.

I ask Your blessing in my life, as one who passes through time toward You. In the name of Christ Jesus I pray. Amen.

TEN COMMANDMENTS

FOR PARENTS WITH ATHLETIC CHILDREN

- I. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive enforcement.
- II. Try your best to be completely honest about your children's athletic capability, their competitive attitude, sportsmanship and actual skill level.
- III. Be Helpful, but don't coach them on the way to the rink, pool or track or on the way back or at breakfast and so on. It's tough not to, but it's a lot tougher for children to be inundated with advice, pep talks and often critical instruction.
- IV. Teach them to enjoy the thrill of competition, to be "out there trying", to be working to improve their skills and attitudes. Help them to develop the feel for competing, for trying hard, for having fun.
- V. Try not to relive your athletic life through your children in a way that creates pressure; you fumbled, too, you lost as well as won. You are frightened, you backed off at times, and you were not always heroic. Don't pressure them because of your lost pride.
- VI. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc. with your athlete.
- VII. Don't compare the skill, courage or attitudes of your children with other members of the team, at least within their hearing.
- VIII. Get to know the coach so that you can be assured that the philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under this leadership.
- IX. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
- X. Make a point of understanding courage and the fact that it is relative. Some of us can climb mountains and are afraid to fight. Some of us will fight but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear but a means of doing something in spite of fear or discomfort. The job of the parents of athletic children is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "My parents really helped, I was lucky in this."

Center for Sports Psychology, Colorado Springs, Colorado