

ST. CORNELIUS **ATHLETIC GUIDELINES**

COUGAR Athletic Teams and Squads (Varsity and Junior Varsity Teams)

Purpose: To develop sportsmanship qualities in team members and compete with students of other schools in various games of competition.

Qualifications: All students who have met the eligibility requirements and who have the skill and time needed for the sports are expected to:

- Treat opponents with respect and shake hands after contests
- Respect the judgment of contest officials, abide by the rules of the contest, and display no behavior that could incite fans
- Cooperate with officials, coaches, and fellow participants to conduct a fair contest
- Seriously accept the responsibility and privilege of representing the school and community
- Display a positive attitude at all times
- Live up to the high standards of sportsmanship established by the Athletic Department of St. Cornelius School and CYO (Catholic Youth Organization)

Selection Process

Previous and prospective team members are selected on ability and on attitude that must be cooperative for a team unit. The selection process of a prospective team member is done by observance of the team from their tryout period. No one is guaranteed a position on a team because of past participation. Tryouts may occur during another team sport season. **Tryouts will be held over a two day period for one to one and a half hours. Tryouts are for the players only! The coach will determine the date and time.** The names of the participants that have made the team will be posted outside the Large Hall on the bulletin board after the selections have been made.

Cheerleading Squads

Purpose: To promote school spirit and enthusiasm at school rallies, games, and competitions year-round.

Qualifications: A panel of judges chooses students with spirit, ability, and attitude for cooperative cheerleading.

Athletic Fees and Responsibilities

The school athletic fee is \$75 per sport per student. This is non-refundable. Permission forms will be handed out before the first practice/tryout and must be signed and turned in by the first practice/tryout. Students will not be allowed to participate in a practice or game without all permission forms. They will be unable to participate in a game unless the fee is paid.

Pancake Breakfast

The Pancake Breakfast is held on Sunday at the end of January during Open House.

Every athlete, including cheerleaders, and a parent is required to work a predetermined shift at the breakfast. There is a possibility of an athlete and parent working a different shift. There are 3 shifts for parents and 2 for the athletes. Everyone will be assigned a shift and job assignment. If an athlete cannot work the breakfast, a letter must be turned in to the A.D. to be excused. (No exceptions) The athlete and parent will be required to work in some other capacity. 10 tickets @\$8 each must be sold/purchased. No tickets may be returned! Tickets cannot be sold that morning. No replacement tickets will be given if they are lost. The \$80 for the tickets must be turned in by the morning of the breakfast, or the athlete is ineligible to participate in sports for the rest of the school year, or for the next season. (Even if you do not work the breakfast, \$80 must be turned in!) If a student does not work the breakfast and later decides to play a spring sport, the athletic fee is \$200. (No exceptions) If a student does not participate in the breakfast 2 years in a row, they will not be permitted to play on any team at St. Cornelius School. (No exceptions)

More information regarding participation and requirements will be provided prior to the Pancake Breakfast.

Eligibility

In order to participate in any athletic team or squad, students must maintain a GPA of 2.5 (no F) in the following core academic subjects: English, Religion, Reading, Spelling, Math, Social Studies, and Science, and a minimum of B- (no C) in behavior and work habits. P.E. and Music grades will affect behavior and work habits.

A student's ineligibility, due to poor grades, begins the day the report card is issued and remains in effect until the next report card, or progress report. The student will not be allowed to participate in any tournaments.

If a student has a diagnosed learning disability, or is not learning disabled but does not do well consistently in a particular subject, an outline for what the student needs to do to remain eligible must be given.

If a student is suspended from school for any reason, he/she is immediately deemed ineligible to participate in a team sport, and must wait for the end of the trimester to be reinstated. (The athletic fee is non-refundable)

Athletic Attire

Athletic uniforms are property of St. Cornelius Catholic School and are loaned to students for the athletic season. A \$50 deposit for uniforms is required and will be returned upon the return of an undamaged uniform. A \$20 non-refundable fee is required for volleyball and track uniforms.

Students may wear athletic uniforms to school on their team's game days. Uniforms are not to be worn during school masses if the student is going to be on the altar. They may change after mass.

Practice Attire

Please follow the school free dress code found in the school calendar i.e. girls are not to tie their shirts with a rubber band or roll their shorts and boys and girls are not to wear tank tops. Shoes must have proper arch support and must tie.

Off Campus Athletic and Activities Transportation

Many activities, competitions, and athletic events (i.e. practices and games) are held off campus. The school does not provide transportation. Adult drivers must be at least 25 years of age, possess a valid Class C drivers license and be insured. Permission slips will be provided and the driver will need to submit his/her drivers license and auto insurance to the school office to transport other students than their own.

It is optimal for parents to provide transportation to all practices and athletic events. The school does not sanction students walking to these locations.

Supervision

Every coach is responsible to remain with his/her team or squad until the last student is picked up by a parent/guardian. No student should be left unsupervised on campus.

If a parent/guardian is late in picking up their child, the coach, at his/her discretion, will take the child to daycare so that they have supervision. The fees for daycare will apply. Remember daycare closes at 6:00 p.m.

Practice and Game Standards

The commitment required for all teams should be consistent from one sport to another. For this reason, the following practice guidelines have been established.

- Practices are held two days a week, Monday through Thursday.
- Each practice will be between 1 to 1 ½ hours.
- Students are required to be on time, to be properly dressed, and to conduct themselves in a respectful and sportsmanlike manner throughout each practice.

- Students are required to attend practice, except in case of illness or extreme emergency.
- Students cannot practice or play in a game if they are absent from school, or if they do not participate in P.E. on that given day. *Students who arrive 30 minutes after the start of school or leave 30 minutes prior to dismissal will be marked absent. Medical appointments are not accepted as an excused absence.*
- If a student does not go to practice, they will not play the whole game. Play time will be determined by the coach.
- Practices are closed to all other students, including siblings, due to the inability to conduct practice and supervise other non-team members.

Sportsmanship and Standards

St. Cornelius expects all participants in the athletic program to conduct themselves in a well-behaved, sportsmanlike manner at all times. This requirement applies to all coaches, players, scorekeepers, parents, friends, and anyone else associated with the program. For us to work effectively with our athletes, we need all spectators to adhere to the following guidelines:

- Spectators are required to maintain a high degree of sportsmanship during athletic contests.
- Spectators must, at all times, remain in the designated seating areas while a contest is in progress.
- ***Spectators may not confront an official, athletic director, coach, or player before, during, or after a contest.***
- Spectators suspected of throwing objects onto the playing surface of an athletic contest will be immediately ejected from the premises, and may be barred from attendance at remaining games.
- Spectators may not make antagonistic or depreciating yells directed at the opposing school, officials, coaches, or players.
- Spectators may not use noisemakers of any kind.
- Spectators' actions may be determined by officials, or school administration, to be detrimental to the playing of the game and may result in a forfeiture of that contest.

Ethics and sportsmanship is the expectation of all athletic events. All who attend these events are to allow the players to play, the coaches to coach, the officials to officiate, and spectators are to be positive in their support of the athletes.

Discipline Policies and Procedures in Athletics

There may be times when an athlete's behavior is called into question. Behavioral matters are handled the same way they are handled in the classroom. A process is followed in the correction of the behavior. The first level of action is to speak with the

student. The second, if that is not successful and actions do not improve, parents will be notified. If improvement is not noted, possible suspension from the team may result.

Behavior Violations

- Coming to practice without the proper equipment/attire (Dress code must be followed)
- Disrupting a practice or game
- Eating during practice or game without consent of the coach
- Coming late to practice or game
- Unexcused absence from practice or game
- No phone call or written note to the coach if practice or game is missed
- Doing other tasks other than those assigned by the coach
- Littering (i.e. water bottles, athletic tape, trash)
- Changing behind the curtains on stage
- Not returning uniform or equipment requested
- Discourteous behavior towards another player or coach
- Destroying school property
- Using profanity or vulgarity

Discipline Process

- Verbal warning
- If behavior does not improve, parents will be notified
- Students may be benched
- Students may forfeit their privilege of playing on the team
- Students may be subject to disciplinary consequences as defined elsewhere in the Parent/Student Handbook

Appropriate Lines of Communication

- Schedule an appointment with your athlete's coach first. Bring your concerns to the Coach and attempt a resolution or clarification of policies.
- If a resolution is not made, schedule an appointment with the A.D.
- For situations that are unresolved with the Coach and A.D., please schedule an appointment with the Principal

Please adhere to these policies and appropriate lines of communication.