



CRUSADERS

ATHLETIC HANDBOOK



Saint John the Baptist Catholic School
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SJS Athletic Program

Preface

This handbook is a resource for parents, coaches, and student athletes. Parents should take the time to carefully read and discuss the contents with their children. Coaches need to be familiar with the philosophy and policies of Saint John School and discuss them with their players.

Saint John School is a member of the Madison Area Independent Sports League (MAISL). Go to <http://www.maislathletics.org/> for all league information.

Mission Statement of the Athletic Program

"The Mission of Saint John the Baptist Catholic School is to empower our students to be faithful Catholics, by nurturing and educating each individual to become compassionate leaders in an ever-changing global community."

Philosophy of the Athletic Program

We believe that teaching teamwork, good sportsmanship, skill development, having fun and encouraging positive self-esteem are of primary importance in athletics, which will enhance the competitive experience. At Saint John School we believe that athlete programming should:

1. Be a complement to the educational program
2. Help boys and girls develop a Christian attitude toward competition and cooperation
3. Help boys and girls develop physically, mentally and emotionally
4. Develop a sense of teamwork and cooperation

Objectives of the Athletic Program

The specific objectives of the sports program include:

1. To help promote the goals and purpose of the school
2. To learn the rules of the game essential to playing and being a knowledgeable fan
3. To increase the ability to think both as an individual and as a member of a group



4. To improve motor skills
5. To see the need for better health and physical fitness
6. To learn to make proper decisions under pressure
7. To apply moral and ethical standards
8. To be socially competent and realize the value of rules

Athletics Committee

The Athletic program is overseen by a paid Athletic Director, volunteer committee members and school representatives. The SJAA is a subcommittee of the Education Commission and meets seasonally during the school year. Meetings are led by the Athletic Director.

Athlete Playing Time

During the elementary school years playing is what makes a child feel part of the team. At Saint John School, all children who participate in scheduled practices and who are not sanctioned (disciplinary, academic) will play in each game. If an athlete cannot play for disciplinary or academic reasons, this should be communicated to player, parents, coach and principal. Diocesan and Saint John regulations state: “a goal to work toward, is that each child should play a minimum of one-fourth the total game and that coaches should not let winning influence their discretion in determining actual playing time.” Refer to [MAISL](#) guidelines for more information.

Expectations of Parents

1. Parents should emphasize that sports are only a part of life, and, winning as well as losing are opportunities for learning.
2. Parents are expected to have their athlete(s) to practices/games on time and pick athlete(s) up on time.
3. Parents are expected to inform coaching staff of any special concerns they have about their child relating to health issues (asthma, injury, illness, etc.) and inform coaches if their child will miss a practice or game.
4. Parents are expected to attend mandatory meetings.
5. Parents are required to assist the Athletic Association by volunteering during each sporting season. (See specific requirements in Volunteer section.)
6. Parents are expected to demonstrate good sportsmanship at all times.
7. Parents should not interfere with their child’s team by criticizing the coach or other players, publicly or privately. Complaints or suggestions about the team should follow a chain of



command. Parent should talk with the coach 24 hours after an issue, and if necessary, to the Athletic Director.

8. Parents are not permitted to challenge calls or criticize referees during games. MAISL rules prohibit parents and coaches from challenging calls, and, authorize referees to assess technical fouls or remove spectators from the contest for unsportsmanlike conduct.
9. Parents are required to properly maintain athlete's uniform by following washing instructions and return uniform at season's end in a timely manner.

Expectations of Coaches

1. Coaches are required to display and exemplify Christian values at all times.
2. Coaches are expected to treat each player as an individual, remembering the wide range of emotional and physical development for the same age group.
3. Coaches are expected to communicate with players and parents at the beginning of the season to explain their expectations regarding: conduct, practice, facility use and responsibility. Additionally, coaches are expected to express to parents that "winning" is not the sole factor in determining actual playing time.
4. Coaches are expected to inform parents, in a timely manner, if there are problems regarding their child and enlist their support for resolution.
5. Coaches are required to use discretion and respect confidentiality when dealing with the individual athletes and parents.
6. Coaches are required to verify that only players on the principal approved roster are participating in practices/games.

Expectations of Athletes

Student athletes must understand participation in school athletics is a privilege, not a right.

1. Students are expected to act in a Christian manner when addressing coaches, team members, and opponents.
2. Students are required to learn the rules of the game and understand their responsibility as a member of a team.
3. Students should have fun, be a good sport and play to the best of your abilities at practices and games.
4. Students are required to arrive at games/practices on time and inform coaches if they will miss a practice/game.
5. Students are expected to play as a team and should encourage their teammates to do the same.



6. Students are expected to respect all property at both home and away games.
7. Students are required to communicate with and treat coaches, players, and officials with respect.
8. Students should talk with their parents about problems they are experiencing regarding coaches and/or teammates.
9. Students are permitted to wear their uniforms for games only.
10. Students are expected to arrive to games ready to play and dressed in their uniform. Playing time could be compromised if an athlete is missing a component of the uniform or required equipment.

Grades

The Academic policy for student athletes is as follows:

Students must maintain a C average in all of their classes to participate in the Athletic Program. If a student's average falls below a C in any class, the student will be put on academic probation. This means that a student may participate in practices, but not in games, until a C average is reestablished. Extra Credit work will not be given to raise grades.

The students' grades will be monitored by the principal. If a student falls below a C average, the principal will notify the parents and coaches.

Discipline

The Athletic Association regards the participation in sports a privilege and wants to stress to the athlete the importance of academic achievement.

Students are expected to handle themselves in a respectable manner at all times (before, during and after practice games) since they are representing Saint John School. If a student has received disciplinary action for a school related incident, this will carry over to sports activity.

Students must serve their detention before they can participate in any extracurricular activities, including practices and games.

In the case of suspension from school, students may not participate in organized sports until they are reinstated in school. Continued problems may lead to removal from the team or being banned from the program.



If a student is absent a full day from school, due to illness he/she may not participate in practice or a game on that day. A student must be at school by 11:30 a.m. in order to participate in the day's practice or game.

Volunteer Policy

We ask that each participating family assist the Athletic Association by volunteering during each sport season. This ensures the continuation of a quality sports program. Those unable to volunteer their time will be required to pay \$25/ per shift at the end of each sport season, to reimburse a hired person. Coaches' families are not required to volunteer outside of coaching duties. Every adult volunteer or employee who works with the children of Saint John School or Parish must be in full compliance with the Diocese of Madison Safe Environment Policy.

After School / Pick-up Policy

Students are not allowed to stay after school if practice is not immediately after school. Children are allowed back into the school five minutes before a scheduled practice. However, student-athletes with a parent-volunteer present to supervise are permitted to stay after.

The students that stay must follow these rules:

1. The only area the students can occupy is the front hall or cafeteria.
2. This should be used as a quiet homework time.
3. Students may go outside as a group, with the supervisor, after homework is completed.
4. No student may be in the gym until a coach is in the gym.
5. The students must be with the supervisor at all times and students must be respectful.
6. Students who wish to stay after school must submit a note to their classroom teacher from their parent. This note needs to include the name of the parent supervisor.

This privilege was given to aid parents and their children. If the above rules are not followed, The Athletic Association has the right to discontinue this policy.

Students must be picked up within 10 minutes after scheduled practice ends.



Uniform Procedures

Uniforms will be handed out at a practice prior to the first game of the season. We expect uniforms to be returned at the end of the season, washed according to instructions, and in a timely manner.

Parents must turn in a clean, undamaged uniform or a replacement fee will be assessed.

Team Manager

The Manager's responsibilities are the same as the players' in terms of attending practices and games. The Manager must attend all practices and games unless there is sufficient reason to be absent.

Manager responsibilities may include: preparing equipment for practice, collecting practice vests and balls after practices, keeping statistics, filling water bottles during games and assisting the coach as needed.

League Protests

If you have a concern about a league or game situation, please contact the Athletic Director or the school principal. These people will then contact League Commissioners or the **MAISL Advisory Board**.

Athletic Banquet /Sport Assembly

The Athletic Association will host an awards banquet for all athletes and their family in May. Trophies will be presented to the team and displayed in a trophy case within the school.

Individual medals and letters will be given to athletes at a school assembly after each sport season.

Smoking, Drinking and Drugs

Smoking, drinking of alcoholic beverages or use of any drugs (other than a doctor's prescription) is prohibited. Any offense will lead to an immediate dismissal from the team. This code is enforced throughout the year, including during season(s) in which the athlete may not be competing. If an offense occurs during the athlete's off-season, the student athlete will be suspended from the next sport season that the athlete would compete in.



MAISL Athletic Guidelines

Refer to MAISL website at www.maislathletics.org

Uniform Care Sheet

Parent Signature Form