



**Student Athlete
Handbook 2010-11**

“[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)

Dear Parents, Students, and Coaches,

Welcome to St. Anthony de Padua Catholic Grade School! In choosing to attend St. Anthony de Padua you have joined a vibrant Catholic community composed of faculty, staff, parents, and students committed to witnessing the faith as evidenced by their kindness to others and respect for themselves and their environment . Many wonderful opportunities await you. One of those opportunities is the availability of intramural and interscholastic athletics.

As a Catholic school community, we all must consider the appropriate role of athletics here at St. Anthony de Padua. It is our belief that athletics at St. Anthony de Padua are an integral part of our overall ministry to students and assist in the development of the whole child. In supporting this belief, St. Anthony de Padua is a committed partner to the Play Like A Champion Today program.. Athletics is a form of youth ministry; we hope to foster a spirit of hard work, fair play, sportsmanship, teamwork, and camaraderie in all St. Anthony de Padua athletes, coaches, and parents.

A core characteristic of Catholic Christianity and Catholic schools is the concept of relationship and community. Our prayer is stronger in community. Academic achievement is greater in a community with a similar mission and goals. Our athletic program adds another dimension to our school community. Pope John Paul II said that as manifestations of the communal body of Christ, 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 St. Anthony de Padua Athletic Program. Thank you for doing your part to help positively affect and develop the lives of our children by supporting the philosophy of our school and athletic program.

If you have questions or comments, please do not hesitate to contact me. Please keep in mind that this document is a work in process; as situations arise this document may be altered at any time. We will do our best to make sure that any changes are communicated as quickly and efficiently as possible.

Sincerely,

Jeff Roth
Athletic Director

Table of Contents

Mission Statements	7
Athletic Philosophy	7
Goals and Objectives	7
Conference Affiliation	7
Registration Information	8
Orientation Meeting	8
General Information	9
Athletic Teams of St. Anthony de Padua	9
Awards/Recognition Ceremony	9
Coaching	9
Communication	9
Conflict Resolution	9
Intramural Athletics	10
Levels of Competition	10
Participation Fees	12
Pastoral Policy	12
Play Like a Champion Today (Sports as Ministry)	12
Post-Season Recognition	12
Sign-ups and Tryouts	13
Team Consolidation	13
Travel Teams	13
Uniforms	13
Coaching Expectations and Requirements	15
Goal Setting	15
Conduct of Coaches	15
Language	15
Treatment of Opponents	16
Treatment of Officials	16
Prayer	16
Holding Tryouts	16
Coaching Duties	16
Communication with Athletes and Parents	17
Practices	17
Practice When School is Cancelled	17
Safety - Heat Index	17
Scheduling Non-Conference Games	17
Administrative Responsibilities	17
Student Expectations and Requirements	19
School Grade Eligibility	19
Academic Eligibility	20

Evaluating Probationary Improvement	21
Ineligibility	21
Student-Athlete Behavior	21
Attendance.....	21
Dress Code/Uniforms	22
Sportsmanship	22
Parent/Guardian Expectations and Requirements.....	23
Parent/Guardian’s Role and Responsibilities.....	23
Six Ways to Support your Student Athlete.....	23
Transportation.....	24
Removal from Team - Parent Decision	24
Parental Behavior	24
Revisions/Modifications to Policy.....	25
Appendix A	27
Appendix B	29

MISSION STATEMENT OF ST. ANTHONY DE PADUA CATHOLIC GRADE SCHOOL

St. Anthony de Padua School develops life-long learners who live their faith through stewardship and are committed to Catholic values and academic excellence.

MISSION OF ST. ANTHONY DE PADUA CATHOLIC GRADE SCHOOL ATHLETICS

The mission of the St. Anthony de Padua athletic program is to foster a Christian spirit of sportsmanship, fitness, healthy self-image, and ability to work with others as a team. We accomplish this through a collective effort and shared responsibility of all—parents, students, coaches, school staff, and parish community.

ATHLETIC PHILOSOPHY

The inter-scholastic athletic program at St. Anthony de Padua school exists as an essential part of the total educational process. The athletic program is intended to assist in developing students spiritually, mentally, emotionally, and physically through wholesome competitive activities and experiences. The St. Anthony de Padua athletic program promotes an all-participation/no-cut policy for every sport in our athletic program. Christian behavior is expected from all players, parents and anyone affiliated with the athletic program.

ATHLETIC PROGRAM GOALS/OBJECTIVES

- To conduct an athletic program in a well-organized and supervised manner affording any interested St. Anthony de Padua students the opportunity to participate in this program.
- In cooperation with the principal and teachers to promote academic and athletic achievement through the development of personal qualities, particularly discipline.
- To assist our children in their mental, spiritual, emotional, and physical growth through their participation in a competitive program.
- To provide an inter-scholastic athletic program which is meaningful and fun for all those who are involved as participants, coaches, and parents.

CONFERENCE AFFILIATION: INTER-CITY CATHOLIC LEAGUE (ICCL)

- Christ the King, South Bend
- Corpus Christi, South Bend
- Holy Cross, South Bend
- Holy Family, South Bend
- Little Flower, South Bend
(no school, CCD only)
- Our Lady of Hungary, South Bend
- Queen of Peace, Osceola
- Sacred Heart, Notre Dame
(no school, CCD only)
- St. Adalbert, South Bend
- St. Anthony de Padua, South Bend
- St. Bavo, Mishawaka
- St. John the Baptist, South Bend
- St. Joseph, Mishawaka
- St. Joseph, South Bend
- St. Jude, South Bend
- St. Matthew, South Bend
- St. Michael, Plymouth
- St. Monica, Mishawaka
- St. Pius X, Granger
- St. Thomas, Elkhart

See **Appendix A** for directions to all ICCL school gyms (not all member schools host ICCL volleyball and basketball games). Many varsity basketball games and all football games are held at Marian and St. Joseph's High Schools. ICCL soccer games are held at the Marian and St. Joseph High School soccer fields. Track meets are held at St Joseph, Marian, Clay and Adams High Schools.

REGISTRATION INFORMATION

During Spring Registration, each student in grades four through seven (rising to fifth through eighth) will receive an Athletics Registration Packet. The packet will contain the following forms (those denoted with an asterisk (*) are optional):

- Registration Form (noting which sports the student plans on playing next year)
- ICCL Athletic Contract
- Coach Volunteer Form*
- ICCL Emergency Medical Consent
- St. Anthony de Padua Student Athlete Handbook
- Play Like a Champion Parent Training Manual

The Registration Form should be turned in before the end of the school year to facilitate planning for the upcoming year.

Athletic Roundup events will also be scheduled periodically before the beginning of athletic seasons to allow students and parents to register for upcoming seasons if the Spring Registration information is missed.

ATHLETIC ORIENTATION MEETING

In the spring, the Athletic Director will hold a meeting (mid to late April) for all fourth grade parents to discuss the St. Anthony de Padua athletic program. Parents new to St. Anthony de Padua athletics are required to attend to learn about the philosophy of our athletic program, the sports offered, and the expectations of athletes, coaches, and parents. At this meeting the Athletic Handbook and all Registration Forms will be distributed and reviewed and the Play Like A Champion Today Parent Program will be presented.

Any St. Anthony de Padua parent (not just 4th grade parents) is welcome to attend.

GENERAL INFORMATION

Athletic Teams of St. Anthony de Padua

The following interscholastic sports are offered at St. Anthony de Padua. All teams compete in the ICCL. St. Anthony de Padua offers the following sports as recognized by the ICCL Athletic Conference to students in grades 5 - 8 (unless otherwise noted):

SEASON	GIRLS	BOYS
Fall	Soccer, Softball (Aug – Oct)	Football, Soccer (Aug – Oct)
Late Fall/Early Winter	Volleyball (Oct – Dec)	Wrestling
Winter	Basketball (Jan – March)	Basketball (Nov – Feb)
Spring	Track (March – May)	Baseball

St. Anthony de Padua athletics also offers an intramural program, including Soccer and Basketball, for boys and girls ages kindergarten through 4th grade.

Awards/Recognition Ceremony

St. Anthony de Padua will host two school-wide awards/recognition events – football, softball, and soccer in November and baseball, volleyball, basketball and track in May. Student-athletes and their families are strongly encouraged to attend and celebrate the team's accomplishments and enjoy the fellowship of one another. Coaches will be required to participate in the awards program. The ceremony is conducted to allow the coach the chance to present their players and distribute any awards that may be given. Individual and team awards will be distributed at these events.

Coaching

All candidates for coaching positions in the St. Anthony de Padua Athletic Program are recruited by the Athletic Board or designated representatives. The Athletic Program is perpetually interested in securing the best and brightest coaches for our children that model the characteristics and values we teach. Interested candidates should fill out the Coaching Volunteer Form located on the website and submit the completed form to the Sport Coordinator of the particular sport or to the Athletic Director. Coaching assignments will be determined by the Sport Coordinator and submitted to the Athletic Director for approval. An informal interview process may be required if more than one candidate is interested. All coaching candidates will be subject to a background check, in keeping with Diocesan guidelines, and must complete the Play Like A Champion Today workshop and Safe Environment training. The background check information can be found by going to the St. Anthony de Padua Athletic website and going to www.stanthonysb.org/new/school/beyond_volunteers.html.

Communication

Coaches will be responsible for maintaining a consistent method of communicating team specific messages (practice schedules, game schedules, etc). General sports related communications will be communicated through the school's Marketing liaison, the monthly school newsletter (Good News), on the website (stanthonysb.org) or in the parish bulletin.

Conflict Resolution

Should a parent/student-athlete have questions or concerns, the following protocol should be followed: (See **Appendix B** for contact information)

1. Contact the coach.
2. Contact the Sport Coordinator
3. Contact the Athletic Director
4. Contact the school principal

Intramural Athletics

Students in grades K-4 may participate in Intramural Soccer in the Fall, or Intramural Basketball in the Spring. These programs focus on participation and the development of skills. Announcements of sign-ups will be communicated through the website (stanthonysb.org), the Good News, and/or the parish bulletin.

Levels of Competition

Development of the skills fundamental to each sport receives primary emphasis on each athletic team offered at St. Anthony de Padua school. Each team experience, however, may be slightly different depending on the level at which the team is competing.

The 5th, 6th and Colors teams will emphasize participation over competitiveness during league play. Tournament play emphasizes competitiveness. **IN 5TH AND 6TH GRADE, DURING LEAGUE PLAY (REGULAR SEASON), EVERY OPPORTUNITY WILL BE TAKEN TO PROVIDE EQUAL PLAYING TIME TO ALL PARTICIPANTS. COLORS TEAMS WILL PROVIDE "MEANINGFUL" MINUTES TO EVERY PARTICIPANT. "MEANINGFUL" MINUTES WILL BE DEFINED BY THE ATHLETIC DIRECTOR AND SPORT COORDINATOR.**

Varsity teams will emphasize competitiveness over participation both during league and tournament play. Players may opt to play in the Colors league for guaranteed playing time.

No 5th or 6th grade students may play at the Varsity level, unless it is necessary to field a team with Athletic Director and ICCL approval. When participation numbers permit, 5th grade student athletes will participate in B-team leagues; 6th grade student-athletes will participate in A-team leagues; 7th grade student-athletes will participate in Colors leagues; and 8th grade student-athletes will participate at the Varsity level. **WHEN PARTICIPATION NUMBERS JUSTIFY THE FORMATION OF A VARSITY AND A COLORS TEAM, PREFERENCE WILL BE GIVEN TO THE 8TH GRADE STUDENTS FOR THE VARSITY ROSTER. THE GOAL IS TO FIELD A COMPETITIVE TEAM, BUT ALSO TO TRY AND KEEP THE CLASSES TOGETHER.** ICCL and St. Anthony de Padua policies do offer the opportunity for student-athletes with the appropriate mental and physical maturity to play up a level. Any opportunity involving changing participation levels will be reviewed on a case-by-case basis, with the best interests of the student-athlete being the main influencing factor.

Level	Varsity (7th & 8th Grade)	Colors (7th & 8th Grade)	A & B Leagues (6th & 5th Grade)
	Highest competitive level. Teams at this level strive to prepare students for high school athletics.	Intended to provide non-varsity players in 7th & 8th grade an opportunity to compete at their skill level. Teams at this level serve as transitions from the developmental level to varsity level teams.	Emphasizes individual skill development and team building.
Commitment	HIGH Team practices from two to four times per week, in addition to games. Athlete should make full commitment to attending all practices, scrimmages, and games.	MODERATE Team practices two or three times per week, in addition to games. Athlete should try to attend all practices, scrimmages, and games.	LOW Team practices two, or occasionally three, times per week, in addition to games. Athlete should try to attend all practices, scrimmages and games.
Tryouts	Yes Athletes not selected for Varsity team will have an opportunity to play on a Colors team.	No Except as part of the Varsity tryout (no separate tryout for Colors). When more than one Colors team can be formed, those teams will be selected to be competitively comparable in skill level.	No When more than one team is formed in the A or B league, those teams will be formed to be competitively comparable in skill level.
Competition	Officiated games against other ICCL schools as well as occasional non-conference games. Season ends with a conference tournament.	Officiated games against other ICCL schools as well as occasional non-conference games. Most seasons end with a conference tournament.	Officiated games against other ICCL schools. Season ends with a conference tournament.
Playing Time	While a specific target is not used for varsity teams, and playing time is at the discretion of teams' coach(es), they are encouraged to provide all team members opportunities to play in games throughout the season.	Coaches will make every effort to play every team member in each game. Over the course of a season, players should receive approximately 25% of available playing time.	Coaches will strive to provide players equal playing time over the course of the season.
Skills Emphasized	Advanced game strategies Leadership skills on and off the field/court Individual fundamentals reinforced and extended	Importance of team cohesion Individual fundamentals introduced and reinforced Formal game strategies introduced	Basic individual fundamentals Introduction to team dynamics and rules of formal competition

Participation Fees

Current participation fees for St. Anthony de Padua Athletics are \$30 for all sports. Participation fees will be waived for head coaches and assistant coaches with student-athletes participating on the in-season team.

The St. Anthony de Padua athletic program is offered within the guidelines of a budget. This athletic budget is developed through parish donations, athlete participation fees, hosting receipts, and an annual fundraiser. A continuous goal of the athletic program is to provide safe and top quality equipment for all participants. Two important areas must be recognized:

New uniforms and equipment are purchased as needed for various sports teams at St. Anthony de Padua. Athletic equipment inventories are maintained assessing equipment use, and the purchase of new equipment.

Parents and student athletes must accept a responsible role in the use, care, and scheduled return of athletic equipment. Uniforms for sports require a \$25 deposit check to be refunded upon return of uniform. (Uniform deposit checks should be undated. Checks will be kept on file for as long as the student-athlete matriculates from sport to sport. At the end of the school year the Athletic Director will return deposit checks if uniforms are returned as outlined above.) A student-athlete will not be able to play any future sports if their uniform is not returned.

Pastoral Policy

The athletic program is intended to assist in developing students spiritually, mentally, emotionally, and physically through wholesome competitive activities and experiences. As such, each team (student-athletes and coaches) is to attend the 11:00 am Mass together (in uniform or jersey if possible) on the first Sunday of each month (September – May). Obviously, there will be exceptional circumstances in which someone may be unable to attend. But as a rule, attendance should be encouraged and emphasized. All athletes and coaches will sit together in pews reserved at the front of the church.

All practices and games will be initiated and concluded with a prayer.

Play Like A Champion Today (Sports as Ministry)

The Play Like A Champion Today™(PLC) Educational Series has been crafted by leaders in the fields of education, psychology, coaching, and ministry to elevate the culture of youth sports through child-centered educational practices. PLC teaches coaches, parents, and youth sport administrators through research-based, child-centered educational practices that foster moral, social, and spiritual development. St. Anthony de Padua School has partnered with the University of Notre Dame by certifying all of our coaches bi-annually, and will offer the program to the parents of our student athletes in the near future. For more information on the Play Like A Champion Today program, visit the website at www.playlikeachampion.org.

Post Season Recognition

Student-athletes will be awarded with one "A" for their first season of participation in a given sport. Participation is defined by 70% or greater attendance at all team activities (practices & games). For each subsequent year, student-athletes will be awarded a sport-specific chevron in accordance with the 80% participation requirement. Beginning with the class of 2014, after the first sport-specific chevron will be followed with a non-specific chevron for each additional year of letter. Additional patches may be awarded due to extraordinary team or individual achievements. (These will be solely

at the discretion of the Athletic Director and the Athletic Association).

Student-athletes who are removed from team rosters due to academic or behavioral issues will not be eligible for post-season recognition.

Sign-ups and Tryouts

St. Anthony de Padua embraces a NO-CUT policy for students who are enrolled as students at St. Anthony de Padua Grade School in grades 5-8.

Announcements of sign-ups and tryouts will be made during school announcements. Tryouts are held only for Varsity (7th and 8th grade) teams with an excess of players. Those not selected will be able to compete on a Colors team in that sport. Typically, St. Anthony de Padua fields Varsity and Colors teams in volleyball, baseball, and basketball (boys and girls).

In the event that it is decided by the sport coordinator that more than one team is required due to the number of students signed up to participate, the teams will be formed pursuant to the philosophy and guidelines of St. Anthony de Padua grade school. Teams will be divided equally by talent as best as possible. An attempt will also be made to have the same number of athletes from each class involved on each team as best possible. Each year, teams will be reformed so as to mix players from previous year's teams and avoid teams staying together year after year.

If St. Anthony de Padua does not have a sufficient number of players to form a team, we will make every effort to have our players join another ICCL school team that shares our athletic philosophy.

Team Consolidation

If enrollment in the school is insufficient to field a complete team in a sport, the Athletic Director reserves the right (in conjunction with the Principal) to form a consolidated team with one or more participating schools. School selection will be made based on the athletic philosophy of the candidate school, with special consideration being given to schools that also abide by the Play Like A Champion Today philosophy.

Travel Teams

As a member of a St. Anthony's athletic team, a student-athlete is expected to make the St. Anthony's team a priority during the ICCL season. If a student-athlete is a member of a team not associated with St. Anthony de Padua and the seasons overlap or run concurrently, and they choose to attend a non-school practice or game instead of the St. Anthony de Padua practice or game, she/he will be jeopardizing their playing status with the St. Anthony de Padua team. **MISSING MORE THAN ONE REGULAR SEASON GAME OR ANY TOURNAMENT GAME DUE TO A TEAM NOT ASSOCIATED WITH ST. ANTHONY DE PADUA ATHLETICS WILL RENDER THE STUDENT-ATHLETE INELEGIBLE FOR POST-SEASON AWARDS.** If participation in an overlapping or concurrently running team not associated with St. Anthony's athletics becomes a distraction or affects the morale of the St. Anthony's team, the student-athlete may be asked to remove themselves from the roster.

Uniforms

Uniforms shall be passed out at a designated time as set by the team coach. Uniforms are on loan and are to be used only for games and other team events. Improper use of the uniform may be grounds for discipline for the student-athlete.

Parents and student athletes must accept a responsible role in the use, care, and scheduled return

of athletic equipment. Uniforms for sports require a \$25 deposit check to be refunded upon return of uniform. (Uniform deposit checks should be undated. Checks will be kept on file for as long as the student-athlete matriculates from sport to sport. At the end of the school year the Athletic Director will return deposit checks if uniforms are returned as outlined above.) A student-athlete will not be able to play any future sports if their uniform is not returned.

COACHING EXPECTATIONS AND REQUIREMENTS

In addition to being teachers and mentors in their respective sports, Coaches are considered to be an extension of the school and parish youth ministry. Consequently, coaches are expected to be examples of Christ the Teacher who serve as role models for student-athletes to emulate. Further, as educators, coaches should work in coordination with the parents who are the primary educators of children. Coaches must be messengers of the school mission and ensure that athletic programs embody the Catholic characteristics prevalent at St. Anthony de Padua School.

Goal Setting

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

Team Goals

St. Anthony de Padua coaches build a team by:

- Advancing the athletes' understanding of their responsibilities to themselves and other team members.
- Creating a positive and memorable experience that will be cherished by the student athlete for the rest of his/her life.
- Teaching the specific and unique skills of this sport to the very best of his/her abilities.
- Teaching the skills of healthy competition that will prepare athletes and the team to succeed.

Personal Goals

St. Anthony de Padua coaches grow as individuals by:

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

School Goals

St. Anthony de Padua coaches contribute to the school community by:

- Infusing the school mission in all athletic activities.
- Promoting academic excellence as an essential component in the development of student-athletes.
- Committing to effective communication with administrators, teachers, parents, and athletes.
- Supporting the development of student-athletes as leaders and role models in the greater school community.
- 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

Coaches should model respect for opposing coaches and athletes and should instruct players on how to treat their opponents in a way that conveys a sense of sportsmanship and fair play.

Treatment of Officials

Referees, umpires, and other officials at athletic contests represent an authority that should be respected. Coaches should model appropriate respectful behavior towards all game officials, whether or not they agree with their rulings, and should instruct players to do the same.

Prayer

Athletic experiences play an important role in the spiritual formation of students at St. Anthony de Padua 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. In the Catholic community of St. Anthony de Padua, prayer is not just permitted, it is welcomed and encouraged. Prayer should become an essential component of a team's culture, not just a rushed event before or after a game or practice. Coaches are encouraged to build and create spiritual traditions into their approach to coaching at St. Anthony de Padua School.

The ICCL requires that each team and those in attendance recite the following prayer before each league contest:

God our Father, help us to put forth our best effort, to represent our school with class, to respect our opponents, and to grow as disciples of your Son, Jesus. Keep us safe from injury and harm through the intercession of Our Lady, the mother of your Son and our mother, too. We ask this through Christ, our Lord. Amen. Saint Sebastian, pray for us!

Holding Tryouts

Tryouts are only held in order to select a Varsity team (typically in basketball, volleyball, and baseball). As part of this process, it is essential to demonstrate respect for all participating athletes. Coaches should provide individualized feedback to players rather than simply posting a list of team members. Any individuals failing to make a varsity team will have the opportunity to compete on a Colors team.

Coaching Duties

In addition to serving as witnesses and models of faith, St. Anthony de Padua coaches are expected to fulfill the following duties:

- Plan out practices and games
- Supervise athletes at all times until they are picked up from practices/games
- Condition athletes properly
- Instruct properly on what to do and what not to do
- Maintain safe playing conditions
- Ensure cleanliness and respect of facilities
- Provide proper equipment
- Communicate practice and game schedule to athletes and parents
- Select, train, and supervise assistant coaches
- Encourage student-athletes to be a role model in the classroom by putting forth their best effort academically and behaviorally.

Communication with Athletes and Parents

St. Anthony de Padua coaches should establish clear procedures and guidelines for communication with athletes and parents that align with the philosophy and mission of St. Anthony de Padua School. We highly encourage coaches to send a pre-season communication to all parents regarding practice schedules, coaching philosophy, and expectations of players, parents, and coaches (the Principal and Athletic Director should be copied on such correspondence).

During the season e-mail should be used only to communicate general team information, such as time and location of games and practices. Discussions of individual concerns should always be done in person. If a face-to-face meeting is not possible, a phone call is preferable. Before meetings, establish clear agendas and communicate if certain topics will not be discussed. **Coaches do not have to discuss coaching strategies, specific plays, or information pertaining to other athletes.**

Practices

During the school year, practices should be conducted two or three times per week at a maximum, as appropriate for the sport and level of competition. Practice sites requiring a gym (basketball and volleyball) are assigned by the Athletic Director. Other practice sites should be identified and secured by the Coach.

Practice When School is Canceled

When school is canceled due to weather there are NO practices or games that day. This practice is observed league-wide. Please refer to the St. Anthony de Padua Catholic School Parent/Student Handbook for specific information regarding the cancellation policy.

Safety - Heat Index

During the fall and spring, heat and humidity levels may lead to the cancellation of practices. All coaches will be expected to adhere to the IHSAA HEAT INDEX INFORMATION AND CHART. This information can be found at <http://www.ihsaa.net/HeatIndex/Default.aspx>. When the heat index reaches 105, coaches will be expected to err on the side of caution and adjust practice's length, intensity and water break regularity. **PRACTICES WILL BE CANCELLED WHEN THE HEAT INDEX REACHES 130. NO EXCEPTIONS.**

Scheduling Non-Conference Games

Occasionally a coach may want to schedule additional games to augment the ICCL schedule. Local games (e.g., Stanley Clark School, Trinity School, etc.) are generally fine -- use discretion at scheduling out-of-area games that will require extended travel, especially during winter months. All non-conference games must be approved in advance by the Principal and Athletic Director.

Administrative Responsibilities

Head Coaches are asked to perform certain administrative tasks associated with their team. These include:

- Ensure all Emergency Medical Authorization Forms are completed by each team member. These forms should be with the coach at every practice and game
- Collect applicable participation fees from each team member. The current Fees are listed in the General Information section. If a family wishes to seek to waive the fee due to financial hardship, please contact the Athletic Director. All fees, once collected, should be submitted to the School Office (Attention: Athletics Director)
- Collect all player uniforms following the season conclusion. Uniforms SHOULD NOT be dropped off in the office by individual players.

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 individuals who possess the attitude, disposition, cooperative spirit, and desire to represent the St. Anthony de Padua community in a favorable way. By joining the school's athletic program, a student becomes a representative of his/her team and of St. Anthony de Padua School. All student-athletes have a responsibility and expectations to themselves, parents, team, coaches and the school.

- To exceed academic expectations. This is the number one responsibility that a student-athlete has. He/she must concentrate on their grades and ensure that they have made the commitment to get their schoolwork done.
- Be a team always – in thought and action. You are a representative of St. Anthony de Padua Catholic School.
- Be in the best possible condition – physically, mentally and morally.
- Be enthusiastic, dependable, loyal and cooperative.
- Be proud and confident with high self-esteem. You have earned the right to be a St. Anthony de Padua student athlete.
- Be aggressive and competitive without losing control of emotions.
- Work very hard without ever reaching the point of self-satisfaction of accomplishment.
- Be in the frame of mind that you have done all that is possible to become the very best with your God-given talents.
- Be the best you can be; regardless of winning and losing.
- Be a positive influence on your teammates, coaches, members of other teams and officials.
- Be on time for practice, classes and/or appointments.
- Make good use of your practice time.
- Be accountable for your own actions.
- Learn from your mistakes.
- Never expect favors.
- Never loaf, grandstand, sulk or boast.
- Never lose faith or patience.
- Come to play. Decide what sport you want to play and what team you want to play on. If you want to play for St. Anthony de Padua, then that should be the team your commitment is with.
- Remember, there is no I in TEAM, and that is your responsibility to the team.

School Grade Eligibility (ICCL Constitution)

To participate in a varsity sport, each athlete must be enrolled in the 7th or 8th grade of the sponsoring or consolidating school(s). The ICCL Sports Director and the Governing Board must approve the participation of 5th or 6th grade students at the varsity level prior to the beginning of the season. In no case shall a varsity team have more than one-half (1/2) of its participants enrolled in the 5th or 6th grades. If a school sponsors two teams, no more than one-quarter (1/4) of the participants may be enrolled in 5th or 6th grades.

To participate in a B-team sport, each athlete must be enrolled in the 5th or 6th grade of the sponsoring or consolidating school(s). No 7th or 8th grade student, regardless of age, may participate on a b-team squad. The ICCL Sports Director and the Governing Board must approve the participation of 4th grade students on the B-team level. In no case shall a B-team squad have more than one-half (1/2) of its participants enrolled in the 4th grade. If a school sponsors two teams, no more than one quarter (1/4) of the participants may be enrolled in the 4th grade. No 3rd grade student may participate in any ICCL sport.

In the case that the participation of 4th grade students is approved by the ICCL, enrollment will be offered to the entire fourth grade. Student-athletes will be selected on a rotating basis determined by birthdate. For example, if two roster positions are available and six (6) 4th grade students are interested in participating, the students will be placed in order by age (oldest to youngest). The oldest student will be approached with the first opportunity to participate, followed by the next oldest, until the roster positions are filled. If the same situation occurs in the next concurrent athletic season, 4th grade students who have previously participated at the B-team level will be moved to the end of the list, and the selection process will continue as previously stated. 4th grade students will not be advanced to the B-team level unless they are needed to field an ICCL roster.

Academic Eligibility

We expect student-athletes to maintain academic and behavioral standards in keeping with the St. Anthony de Padua School Student-Parent Handbook. These guidelines apply while on school premises, during practices and competitions, and in the public arena. Student-athletes are responsible for maintaining their academic standing and for comporting themselves in such a manner that reflects positively upon themselves, their parents/guardians and the school. Parents are expected to avail themselves of their access to POWERSCHOOL to insure that their child is maintaining grades commensurate with his/her abilities. A student will be considered ELIGIBLE to participate in interscholastic athletics at St. Anthony de Padua School as long as their academic work is consistent with their personal ability.

The eligibility policy for St. Anthony de Padua student-athletes is as follows:

- Student-athletes will be expected to maintain a cumulative grade percentage of 80%. This percentage is determined by totaling the percentages of ALL classes and dividing that total by the number of classes taken during the trimester.
- Student-athletes falling below the cumulative grade percentage requirement at mid-trimester will be considered ON PROBATION. Students who receive an unsatisfactory percentage (73% or lower) in ANY class will also be considered on probation, regardless of cumulative grade percentage
- Student-athletes receiving unsatisfactory conduct marks will also be considered ON PROBATION regardless of cumulative grade percentage. Cases of unsatisfactory conduct is governed by the same rules, regulations, and procedures that apply to all students as set forth in the St. Anthony de Padua Parent-Student Handbook.

Probation is a two-week period during which a student-athlete will be required to attend MANDATORY tutoring sessions at a minimum of 4 hours per week. During this two-week period, a student is still considered a full, participating member of the athletic team. Student-athletes on probation will be required to complete the full two week probationary period regardless of grade or conduct improvement. Student-athletes are encouraged to seek extra help from those teachers in courses where he/she is struggling either before school or after school. St. Anthony de Padua School faculty and staff are always willing to assist students in their academic studies. The school principal can suggest several tutoring options that can meet the requirements of this policy, but this will be the responsibility of the family to secure these options.

Evaluating Probationary Improvement

At the end of the two-week probationary period, 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 the required cumulative grade percentage
- The student-athlete maintained appropriate conduct, and
- All missing assignment issues have been resolved.

The final decision regarding the lifting of academic probation rests solely with the school principal.

If at the end of the two-week probationary period the student-athlete's grades have not improved to the required cumulative grade percentage, conduct has not improved to a satisfactory level, or all missing assignment issues have not been resolved, the student-athlete will be suspended from all extra-curricular activities for the remainder of the season.

Ineligibility

A student-athlete will be considered INELIGIBLE for interscholastic sports at St. Anthony de Padua 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 St. Anthony de Padua for the remainder of the specific sport's season. This will result in the removal of the student-athlete from the team's roster and render them ineligible for any individual or team awards for that sport.

Student-Athlete Behavior

A student-athlete's behavior is governed by the same rules, regulations, and procedures that apply to all students as set forth in the St. Anthony de Padua Parent-Student Handbook. Each student-athlete representing a St. Anthony de Padua team is expected to demonstrate and encourage in others behaviors that reflect good sportsmanship.

Any student-athlete that faces disciplinary action from incidents during the school day, may also face additional disciplinary actions from the athletic department depending on the seriousness of the transgression. The school principal and Athletic Director will discuss situations on a case-by-case basis and determine a course of action that will deliver a consolidated and appropriate message to the student-athlete in question.

Attendance

All student-athletes must be in attendance in school on the day of practice or a game in order to participate. Please see the Student-Parent 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 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 care and respect.

Uniforms must be returned to the coach at the conclusion of the season. If a uniform is not returned, parents are responsible for the cost of replacing the uniform.

Sportsmanship

All student-athletes are expected to represent St. Anthony de Padua Catholic Grade 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 principal and athletic director. This can include a 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.

PARENT/GUARDIAN EXPECTATIONS AND REQUIREMENTS

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

(Code of Canon Law, 796)

St. Anthony de Padua Catholic Grade School coaches and administrators respect the privacy of the parents as the first teachers of their sons and daughters, 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 St. Anthony de Padua permeates the athletics program.

Parent/Guardian's Role and Responsibilities

- Be a role model to your child by exhibiting sportsmanlike conduct and a Catholic attitude.
- Attend organizational meeting at the start of the season
- Sign the player/parent contract at the beginning of the season.
- Pay the participation fee prior to uniform distribution.
- Monitor coaches and participants and provide feedback to the coordinator in a timely manner.
- Supply completed medical release forms.
- Return uniforms to the coach promptly at the season's end.
- Support activities and fund-raising efforts.
- Maintain equipment in proper form.
- It is the parent's responsibility that the Sunday obligation of Mass is fulfilled when an athletic event falls on a weekend.

Six Ways to Support your Student-Athlete

- **Be present.** Show up to games, cheer, and support our teams!
- **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, it is important the he/she did his/her best and that he/she is loved and supported.
- **Let the coaches coach.** The people who volunteer their time to work with your children work hard and take their responsibilities seriously. Throughout the season, the children become accustomed to the "voice" of their respective coaches -- please support your child's coach by not contradicting their instruction or guidance. **Coaching from the sidelines can be confusing to the child and should be avoided at all times.** If you have concerns about your child's approach, contact the coach directly and ask questions. Our coaches have the best interest of your child at heart.
- **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.
- **Observe the "24-hour Cushion".** As do all good educators, St. Anthony de Padua 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. Coaches need not discuss coaching strategies, specific plays, or information pertaining to other athletes.

- **Take pride in our athletic program**
- **Model St. Anthony de Padua's behavior expectations for opposing spectators.**
 - Cheer for our team rather than against our opponents
 - Recognize and appreciate good play from both teams
 - Respect the integrity and authority of game officials
 - Allow coaches to coach without criticism from the spectators
 - 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 dropped off before practice is scheduled to start and 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.

Parental Behavior

It is the expectation of St. Anthony de Padua Athletics that parents will conduct themselves at all athletic events as representatives of our school -- with enthusiasm, sportsmanship, and respect. Failure to do so, whether or not the behavior was cited by an official or school representative, will not be tolerated. Abusive, boorish, or obnoxious behavior will be subject to review by the Principal and Athletic Director. Parents who exhibit such behavior at St. Anthony de Padua athletic events may be asked to remove themselves from the athletic event and prohibited from attendance at future athletic events. Failure to comply with such requests may result in the child being removed from the team.

REVISIONS/MODIFICATIONS TO POLICY

The Principal may make changes to any policies outlined in this handbook as needed, and has the final decision with regards to any policy. The Principal has the authority to remove a student or cancel a season if student - athletes or parents are not adhering to St. Anthony de Padua Catholic Grade School standards.

This document is a work-in-progress...from time-to-time additions, deletions and modifications may occur as situations arise. If you have a question or concern, please do not hesitate to contact the Athletic Director to discuss.

APPENDIX A

DIRECTIONS TO ICCL SITES

- **Christ the King**, 52473 Indiana State Route 933, South Bend Head north on IN 933 to the Darden Road. The school is on the northwest corner of the intersection of 933 and Darden. The gym is on the west side of the building.
- **Corpus Christi**, 2817 Corpus Christi Drive, South Bend Approach the traffic circle at Portage and Ribourde Drive from the north (Cleveland Road) or south. Turn west on Ribourde and follow to the end. Corpus Christi School will be facing you. The gym entrance is on the east side of the building.
- **Holy Cross**, 1020 Wilber St., South Bend Head west on Angela drive, crossing the St. Joseph River. Continue through the stop light at Portage (Angela becomes Diamond). Continue on Diamond to the first stop sign at Vassar. Turn right on Vassar and the school will be on your left, across from Muessel Park. Go in the main doors and the gym will be straight ahead.
- **Holy Family**, 56407 Mayflower Rd, South Bend Located at the corner of Mayflower and Western Avenue, the entrance to the gym is the north side of the building.
- **Marian High School**, 1311 S. Logan St (corner of Logan and Dragoon Trail), Mishawaka Head east from South Bend on Lincolnway East. Go through the light at Ironwood and turn right (south) at the light at Lincolnway and Logan. Follow Logan south, cross the railroad tracks and continue through the light at Milburn/8th Street. Marian High School is on the right. Park in the large parking lot on the north side of the school. The gym entrance faces the parking lot. The entrance to the football field is on the west side of the lot. The soccer fields are on the east side of Logan, across the street from the school. There is limited parking in the soccer lot and you may have to drop off at the Soccer stadium and park in the school lot.
- **Our Lady of Hungary**, 829 W Calvert St, South Bend Head south on Main Street from downtown and take a right (west) on Calvert, which is just north of Ewing. The school is approximately six blocks west of Main Street on the north side of Calvert. Pass the school and park in the church parking lot. Enter the school through the main entrance facing Calvert and go down the stairs.
- **Queen of Peace**, 4508 Vistula, Osceola Located at the corner of Vistula and Bittersweet, north of Lincolnway East and south of Penn High School, Jefferson Blvd., and the St. Joseph River. The parking lot is on the southwest side of the building, as is the entrance to the school.
- **St. Anthony de Padua**, 2310 E Jefferson Blvd, South Bend Located at the corner of Jefferson and Ironwood. The gym is a separate building south of the school (and north of the railroad tracks). Enter the parking lot from Ironwood drive across from the funeral home.
- **St. Bavo**, 511 W 7th St, Mishawaka Head east from South Bend on Lincolnway East. Go through the light at Logan to the next light at West Street. Turn right (south) on West Street and go approximately five blocks. St. Bavo Church is on the corner of West and 7th. Go another half block and turn right into the parking lot. The entrance to the parish center and gym is on the south side, facing the parking lot.
- **St. Joseph - Mishawaka**, 230 South Spring Street, Mishawaka Head east from South Bend on Lincolnway East. Go through the lights at Logan and West to the light at Spring Street. Turn right (south) on Spring Street and go two blocks. St. Joseph Church is the big church facing you. Park in the lot due north of the church and enter the gym just to the right of the church entrance.
- **St. Joseph High School**, 1441 N. Michigan St, South Bend Located at the corner of Angela Boulevard and North Michigan Street, just south of Holy Cross College. Park in the lots off of Angela Blvd. to the west of the school. The doors to the gym face south on the west side of the building.

- **St. Matthew**, 1015 E Dayton St, South Bend Located at the corner of Dayton and Miami south of Lincolnway East and north of Ewing. The school is behind the cathedral, which is on the west side of Miami. Park in the lot and enter through the doors at the south west corner of the building.
- **St. Michael**, 611 N. Center St., Plymouth Head south on US 31 out of South Bend. Pass through Lakeville and LaPaz to the turnoff for Plymouth (US31 turns to the left, you will head straight). This becomes IN 17/Michigan St. Continue through town and the school will be on your right. Park in the back of the school.
- **St. Monica**, 223 W Grove St, Mishawaka. Head east on Mishawaka Avenue to the light at Liberty (just west of Main Street). Turn left (north) on Liberty one block to Grove St. Turn right and park along the street or in the school parking lot. The gym entrance is to the left of the school entrance
- **St. Pius X**, 52553 Fir Road, Granger Located on Fir Road just south of IN 23. You can enter from IN 23 (west of the intersection of Fir and IN 23) or from Fir Road. There are two gyms at St. Pius. One entrance is on the east side of the building at the Parish Center, the other is on the school side of the building.
- **St. Thomas**, 1405 N. Main Street, Elkhart Take the Indiana Toll Road to Exit 92 (IN 19). After exiting the toll booth, turn left (south) on IN 19/Cassopolis St. Continue south 3-4 miles the light at Bristol Street (IN 19 follows Bristol St.). North Side Middle School is on this corner. Turn right on Bristol and continue to the first light at Main Street. Turn left on Main. North Side gym is on your left and St. Thomas is on the right. Park in the lot just south of the school and enter through the doors that face Main Street.

APPENDIX B

Athletic Director	Jeff Roth	jroth@stanthonysb.org 574-274-6236
Academic Liaison	Linda Waltz	znw_2000@yahool.com
Baseball	John Schmitt	jmschmitt1004@comcast.net
Basketball (Boy's)	Bob Canter	rjcanter@ameritech.net
Basketball (Girl's)	Bernie Taylor	btoutnumbered@sbcglobal.net
Football Coordinator	James Deboe	james.deboe@thermofisher.com
Fundraising Coordinator	David Faulkner	dtfaulkner@comcast.com
ICCL Wrestling	John Glon	john.f.glon@nd.edu
Intramural Coordinator	Francisco Martinez	franciscom@steelwarehouse.net
Soccer Coordinator	Bill Feighery	wfeigher@iusb.edu
Softball Coordinator	Sherri Schmitt	shairekay@comcast.net
Volleyball Coordinator	Danni Bittner	dabittne@umail.iu.edu
At Large	Steve Waltz	sgwaltz@comcast.net

