

ST. LUCY AFTER SCHOOL SPORTS HANDBOOK

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Athletic Director: Miss Grover
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St. Lucy Lightning After School Sports Handbook

**A member of the
San Jose Catholic Athletic League
West Division**

The St. Lucy Athletic Program in conjunction with the Diocese of San Jose Department of Education offers all students and parents the following guidelines. Participation in the St. Lucy Athletic Program is a responsibility and privilege.

Please read the Sports Handbook, sign all forms and return them to the school office.

Athletic Director:

Miss Grover

ST. LUCY PARISH SCHOOL PHILOSOPHY

St. Lucy Parish School is a Christian Community, which teaches Catholic values as a way of life. Together teachers, parents and students pursue the educational mission of the Church in proclaiming the message of the Gospels, fostering the development of community, serving the community in need and coming together in celebration and worship. St. Lucy School instills in its students an appreciation for learning and provides an education consistent with the highest standards. We recognize our responsibility to create a positive academic atmosphere which maximizes each child's potential and which addresses the spiritual, intellectual, physical, psychological and social needs of each student.

ST. LUCY AFTER-SCHOOL SPORTS PHILOSOPHY AND GOALS

The St. Lucy Athletic Department is an integral part of the educational program. It is meant to provide learning experiences for students who participate as well as help to develop habits and attitudes that will encourage growth as an athlete and as a person. Sportsmanship, citizenship, respect, responsibility, honesty, loyalty, commitment, trust, teamwork, fair play, dedication and discipline are all positive values stressed by the athletic department.

The coaches, athletes and parents in the sports program are governed by the following philosophy and goals:

1. To encourage student athletes to further pursue, promote, and visualize Christian values.
2. To ensure that each athlete be given the opportunity to learn the fundamental skills and philosophy of the game, to experience the nature of competition and to teach team work, sportsmanship and fair play.
3. To teach the attitude that winning is not as important as how and in what spirit the game is played.
4. To realize that when and how much an athlete plays in a game depends on the player's attitude, respect, attendance at practices and games, and the willingness to follow the coaches instructions. Conduct should be above reproach.
5. To have respect for teammates, coaches, referees and opposing players.

ST. LUCY BOOSTER CLUB

The St. Lucy Booster Club is a fundraising board, which raises money for the After School Sports Program. Through pancake breakfasts, sport tournaments, and golf tournaments, the Booster Club raises money for sports equipment, away tournaments and sport uniforms. St. Lucy families are encouraged to become members of the Booster Club. The sport fee of \$65.00 payable each sport, pays for the referees and at least one tournament for each team.

SAN JOSE CATHOLIC ATHLETIC LEAGUE WEST DIVISION

St. Lucy School is a member of the San Jose Catholic Athletic League- West Division. This Division serves to promote interscholastic athletic competition between schools. Within the context, it means to serve as an integral part of the educational programs of its member schools and to promote the development of community.

Member schools administer their own programs; but each shares a commitment to the development of a quality, competitive program, consistent with the teachings of Christ.

There are 7 schools in the West Division:

- St. Lucy School
- St. Andrew
- St. Mary Los Gatos
- Holy Spirit
- Sacred Heart
- St. Clare
- St. Frances Cabrini

The sports program is open to all eligible students in grades 5-8. The league schedules games for the following sports:

<u>Fall:</u>	Boys Football Girls Volleyball
<u>Winter</u>	Boys and Girls Basketball
<u>Spring:</u>	Boys Volleyball Girls Softball Boys and Girls Track (One meet in the spring)

Additional teams in a sports division are strictly dependent upon meeting DSJCAL West Division participation rules and the availability of coaches. It is also at the discretion of the Athletic Director.

Coaches

The decision about who will coach each of the teams, including parent coaches, will be made by the Athletic Director in consultation with the Principal. The process of choosing coaches is: outside coach, faculty/staff coach, parent coach. Coaches must be at least 25 years old in order to drive athletes to off campus games or events. All coaches must have their finger prints on file with the Diocese of San Jose Personnel Office.

Participation Requirements: Forms and Fees

Parents/Athletes must turn in a completed emergency form and consent form with their sports fee by the stated or printed deadline to be eligible to participate.

If your forms are not received by the deadline at the school office, your child will not be allowed to participate in the after school sports program.

Forms:

A completed and signed emergency form

Parent Consent form (permission to participate in the St. Lucy Athletic Program)

Fees:

Each sport has a sports participation fee of \$65.00 per athlete, except for track..

A student-athlete will not be excluded from the sports program due to financial hardship, see the Athletic Director before sign-ups are due to discuss this.

Detention Policy

Recognizing that a student-athlete represents our school in a very visible way, it is necessary for that student to take seriously all aspects of education at St. Lucy School. All student-athletes must abide by St. Lucy School and After School Sports rules. All students on after school sports teams who receive a detention must serve that detention. If there is a game or practice at the time of the detention, the student-athlete will miss that portion of the game or practice and their parent is responsible for taking the athlete to the practice or game.

A student-athlete may be withdrawn from playing sports if the student commits a offense in which he/she is suspended or is deemed unfit to play on a team because of attitude by the administration and faculty in consultation with the athletic director. Any student who continues to disregard the school behavior code may jeopardize their participation on an after school sports team.

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Academic Policy

All students participating in after school sports are expected to reach their full academic potential. Students with lower than a C average in the core subjects on their report card will be placed on probation. The core subjects are: Religion, Language Arts, Spelling, Math, Social Studies, Science and Spanish (in the Junior High). Students must also maintain a "B" or better in Conduct and Effort.

During the probationary period, students may participate in their sport while continuing to improve their core subject grades and their conduct and effort.

At the next progress report/report card period (approx. 5 weeks) if significant progress has not been made, then the student will be ineligible to participate on their team until the next grading period.

At the end of the grading period (approx. 5 weeks) in which a student has been ineligible, he/ she must petition both the Principal and Athletic Director by letter to be reinstated to their team.

Sports Awards

Each student-athlete in grades 5-8 will receive a certificate of participation and a sports pin. Three to four individual trophies will be awarded on each 7th and 8th grade team. Each 7th or 8th grade team who places 1st, 2nd in the DSJCAL West Division will receive a banner that will hang in the gym.

The Mark Bailey Memorial Award will be awarded up to two 8th graders who meet the award criteria at graduation.

After School Sports Sign-ups

A sign-up sheet will be distributed prior to each sport.

Fall sports

(Boys Football/ Girls Volleyball) Sign-up sheets will be mailed home in the summer mailing.

Winter sports

(Basketball) Sign-up sheets will be distributed in homeroom classes during the last week of October or first week of November.

Spring sports

(Boys Volleyball/Girls Softball) Sign-up sheets will be distributed in the homeroom classes during the first week in March.

To be eligible to play the emergency form, and parent consent form must be signed and returned to the Athletic Director by the stated or printed deadline.

St. Lucy Handbook

All St. Lucy School rules apply to after-school sports.

To reiterate a few:

1. No gum chewing is allowed in the gym, at practices or games.
2. Athletes/children must be supervised by a parent or coach at all times.
3. Athletes may never leave the school grounds before or after a practice or game without their parents or guardians. Walking to businesses across the street from St. Lucy School will not be allowed.

Attendance

1. Athletes will attend their scheduled practice time and be on time to all practices and games. Extended Care is available before and after most practices.
2. **Siblings may not attend practices unless accompanied by their parent/guardian.**
3. Excused absences at practice/game must be cleared with the coach or Athletic Director the day before.
4. Athletes may not participate during practice/game on the day of an absence from school.

An exception will be made for 8th grade shadow days.

5. Athletes are expected to attend all practices/games. The following attendance requirements will be enforced:
 - One (1) unexcused absence: Athlete will not start in the next game.
 - Two (2) unexcused absences: Athlete will not play in the next game but will be expected to attend the game, in uniform and sit on the bench.
 - Three (3) unexcused absences: Athlete will be removed from the team.

****An excused absence is timely notification to the coach, before a practice or game.**

6. If a St. Lucy athlete is playing club ball or another outside sport, their St. Lucy playing time will be modified.

After School Sports and Extended Day Care (EDC)

1. Students may either attend a 3:00 pm practice, go directly home with their carpool or check into EDC after school.
2. Coaches will sign athletes out of EDC before a 4:30 or 6:00 practice.
3. Only parents or coaches of the St. Lucy athlete or the Athletic Directors may sign student athletes out of EDC before a practice or game.

Sportsmanship

All athletes must:

1. abide by the Diocesan Sportsmanship Code
2. support, respect and encourage teammates at all times
3. be supportive of the coach(es)
4. use proper language
5. respect coaches, referees and opposing teams

Uniforms/ Uniform Care

1. **Athletes should care for the uniform/practice jersey distributed. Never alter the uniform in any way.**
2. **Uniforms must be returned in the same condition as when they were distributed.**
3. **Mustard, Ketchup, and Gatorade are known to stain the basketball/football uniforms.** Do not eat /drink these items when wearing a sports uniform or you will be responsible for its replacement.
3. **Uniforms must be washed in cold water and hung to dry. Use of the dryer ruins the screening of the uniform.**
4. The issued uniform is the assigned shirt/shorts, white socks and athletic shoes. If no shorts are assigned the athlete will wear the St. Lucy school P.E. shorts.
5. Athletes may not wear jewelry of any kind during practices or games. Girls pierced earring must be removed in order to participate.
6. Athletes must be properly dressed for both practices and games. P.E. uniforms or non-uniform shorts and tee shirts are proper attire for practices. No tank tops/muscle shirts will be allowed.
7. Long hair must be tied back.

Equipment

All athletes are expected to care for all equipment.
NO leather volleyball /basketballs may leave the gym.

Siblings should not play with the balls in the gym while practice is in session.

Playing Time

The DSJCAL West Division by- laws stipulate that every athlete must take part in every game unless there are problems with discipline, attendance at practice, grades or health concerns. Our goal for minimum playing time, depending on the size of the team is:

5th/6th grade athletes will play in at least 1/4 of each game.
7th/8th grade athletes will play in at least 1/4 of the season.

Volleyball The equivalent of approx. one game per match.

Football: The equivalent of 1/4 of the season's playing time (18-22 plays per game dependent on size of team). Since the game is determined by a set number of plays, the coach is encouraged to divide the team into offensive and defensive squads and mix athletes for exposure to the game.

Basketball 5th and 6th graders play 1/4 of each game
7th and 8th graders play 1/4 of the season

Softball The games are 1 hour and 15 minutes. Coaches are encouraged to substitute at the 35 minute mark in order to try to get each player an "at bat". However, due to the flow of the game and time limits every child may not bat every game.

****Playing time is dependant on the number of athletes on the team.**

Sports Penalties

1. The after-school sports fee will not be refunded to students who become ineligible to play due to grades, disciplinary action or conflicts with scheduling.
2. An athlete who uses profanity during practice or a game will be suspended from the current practice/game and the next game.

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3. An athlete who is ejected from a game for unsportsmanlike conduct or unnecessary rough play will be suspended from the next game.
4. If an athlete becomes a disciplinary problem at practice/games then the athlete will be benched or the parents will be phoned to pick them up.
5. Athletes who leave the school grounds before practice/game or without their parent will be suspended from a practice or a game.
6. Athletes without proper practice attire will not be allowed to practice on that day and this will be counted as an unexcused absence.
7. Any damaged or lost uniforms/equipment must be paid for by the athlete. Parents will be notified by the Athletic Directors.

Practice Location

1. Football and Softball practices are held at John D. Morgan Park on the Budd Avenue side.
2. Basketball practices are held in 3 locations: St. Lucy Gym, St. Lucy outside courts or Campbell Community Center Auxiliary Gym. Practice schedules will note daily location of practices.
3. Girls and Boys Volleyball practices will be held in St. Lucy Gym.
4. Track practices are held in 3 locations: St. Lucy main playground, the Campbell Par Course and Campbell Community Center Track.

Transportation

1. Schools/Coaches arranging for the transportation of teams to practices and games must follow all the field trip policies at St. Lucy School.
2. A copy of a Drivers License and proof of adequate/current insurance must be on file in the SLS office.
3. All athletes traveling by car must be in a seatbelt!
4. Students must be adequately and effectively supervised.
5. Parents may not make a stop anywhere when driving St. Lucy students to or from practices/games.
6. Siblings of athletes may not travel with the team to practice or games unless their parent is the driver.

PARENT EXPECTATIONS

Parents as well as athletes have responsibilities to the team as well as to the school.

Responsibilities of the parents:

1. Parents are encouraged to attend games and to support their child and the school in athletic events.
2. Parents are responsible for transportation to and from practices and games.
3. Parents are asked to volunteer as team parents whenever necessary.
4. Parents are encouraged to help athletes care for their uniforms.
5. Parent's conduct at practices/games is to be supportive and positive towards the athletes, coaches, referees and the opposing team.
6. There is \$65.00 sports fee per sport for each athlete.
7. Parents are encouraged to join the Booster Club.

Team Parent Responsibilities

Team parents help the coach in many ways:

- Draft a treat schedule for each league game
(Snacks are **not** taken to school tournaments)
- Organize a team party (with the coach/AD) within a week after the last game.
- If interested, collect money and purchase a gift for the coach that is presented at the team party.

**St. Lucy School
Student/Parent Consent Form**

My child _____ has permission to participate in the after-school sports program at St. Lucy School. We understand that both parents and students have responsibilities to the team and school. I agree that he/she will participate all season for whichever sport he/she has chosen. I understand that I may take my child from that team after consultation with the Athletic Director.

I understand that as part of the after school sports program my child _____ will be transported by parent drivers or by the coach. I give my permission for my child to be transported to and from **a**way games.

Responsibilities of the parents:

1. Parents are encouraged to attend games and to support their child and the school in athletic events.
2. Parents are responsible for transportation to and from practices and games.
3. Parents are asked to volunteer as team parents whenever necessary.
4. Parents are encouraged to help athletes care for their uniforms and return them in the same condition that they were received on time.
5. Parents' conduct at practices/games should be supportive and positive towards the athletes, coaches, referees and the opposing team.
6. There is a \$65.00 non-refundable sports fee per sport for each athlete. No sport fee for Track.
7. Parents are encouraged to join the Booster Club.

I have read, understand, and agree to the above.

Parent's Signature

Date

Responsibilities of the Athlete:

1. When in uniform, players must conduct themselves in accordance with the Diocesan Sportsmanship Code and the St. Lucy Sports Handbook.
2. Uniforms must be cared for properly.
3. Athletes are expected to earn a C or better in core subjects and a B or better in conduct and effort
4. Athletes are expected to attend all practices/games. The following attendance requirements will be enforced:
 - One (1) unexcused absence: Athlete will not start in the next game.
 - Two (2) unexcused absences: Athlete will not play in the next game but will be expected to attend the game, in uniform and sit on the bench.
 - Three (3) unexcused absences: Athlete will be removed from the team.

****An excused absence is timely notification to the coach, before a practice or game.**

I have read, understand, and agree to the above.

Athlete's Signature

Date

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St. Lucy Parish School Athletic Dept. Emergency
Information

Student _____ Gr. _____ Yr. Aug. _____ - June _____

Address _____ City _____ Zip _____

Home Phone _____ Date of Birth _____

Complete all the information on this form and return it to school. This enables students to be cared for in case of an emergency, illness or accident, in accordance with parents' wishes.

- 1) Mother's name _____ Father's name _____
Home phone _____ Home phone _____
Work phone _____ Work phone _____
Cell phone _____ Cell phone _____
E-mail address _____
- 2) In case of emergency, who can be contacted other than parent/guardian?
Name _____ Phone _____
- 3) Is your son/daughter allergic to any medication? _____
If so, what? _____
- 4) Is your son/daughter taking any medication on a regular basis? ____
If so, what? _____
- 5) Physician's Name _____ Phone _____
Dentist's Name _____ Phone _____
Hospital _____
- 6) Insurance Company _____
Policy Number _____

I hereby request that the above named student be allowed to compete in the St. Lucy School sports program. In case my child becomes ill or is injured, you (as the coach or Athletic Director) are authorized to have my child treated and I authorize the medical agency to render treatment.

.Parent Signature _____ Date _____

After School Sports Handbook

My child(ren) and I have read and agree to abide by the rules in the After School Sports Handbook. We understand that failure to abide by the rules in the Sports Handbook and the Parent/ Student Handbook will result in disciplinary actions by the Athletic Director and /or the Principal.

Parent Signature_____

Student Athlete(s) Signature:

Grade Signature

Date_____

Phone _____

Return this form to the school office,
Attn: Miss Grover