

# 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 are available on the school website 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.

The Pancake Breakfast is at the end of January. **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 @ \$7 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 \$70 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, \$70 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. Please wash and return the uniform at the conclusion of each sport. Any student not returning his/her uniform will not be included in the Athletic Luncheon at the end of the school year. Students participating in volleyball and track will purchase a uniform for \$20 and it is theirs to keep at the end of the season.

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.

### **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.

### **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 must be in school by 8:30a.m. to be considered present for the day.\**
- 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.**

**ST. CORNELIUS SCHOOL**  
Rules and Policies for CYO League Teams  
Parents and Team Members

**1. Sign-ups – Tryouts – Practices**

1. All students must have a signed tryout permission form in order to be able to participate.
2. All tryouts and practices must be attended by the student interested in participating in a sport. If a student must miss practice, the coach must be notified by the parent of the reason that a student cannot attend.

**2. Team Selections**

**C Teams**

There is a basketball program available to girls and boys in grade 4. The schedule consists of one tournament with the possibility that additional games may be added to the schedule.

1. All students who tryout will be accepted on the team unless grades prohibit their participation. (see parent handbook for guidelines)
2. All athletes must have emergency forms into the coach before being allowed to play in games.
3. All team members will have the opportunity to play in the games. It is up to the discretion of the coach how much playing time members will receive.

**JV and Varsity**

The CYO is a competitive league. All schools play with a competitive spirit and strive to win. All efforts will be made to play all players on the team so long as it does not affect the outcome of the game.

JV sports are available to girls and boys in grades 5 and 6 in flag football, basketball, and track and field. Volleyball is available to girls in grades 5 and 6.

Varsity sports are available to girls and boys in grades 7 and 8 in flag football, basketball, and track and field. Softball is available to girls in grades 6, 7, and 8. Volleyball is available to girls in grades 7 and 8 and boys in grades 6, 7, and 8. Soccer is available to boys and girls in grades 6, 7, and 8.

**JV and Varsity Team Selection**

1. Team selection will be based on how an individual can contribute to a winning team. Player attributes to be considered by the coach will be:

|          |               |                                 |
|----------|---------------|---------------------------------|
| Attitude | Ability       | Responsibility (punctual, etc.) |
| Respect  | Attentiveness | Aggressiveness                  |
2. Every player who tries out fully realizes that there exists a possibility of not making the team. Parents who sign the tryout permission form are also aware of this possibility.
3. Players must attend all tryouts unless arranged with the coach.
4. All athletes must pay the \$75 sports fee and have emergency forms turned into the coach before allowed to play in games.

### 3. All Level Team Members

1. JV and Varsity athletes must pay a \$75 non-refundable fee for participation in each sport. Please make checks payable to St. Cornelius School.  
Money must be paid by the first scheduled game, or player will be unable to participate.
2. Players must attend all practices and games. If a player must leave practice or a game early, he/she must secure permission from the coach before practice begins.
3. If a player misses a practice due to illness, etc., he/she will bring a written notice from his/her parent the following day. Failure to do so will result in an unexcused missed practice.
4. 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.***
5. Foul language will not be tolerated and may lead to suspension from the team. All players are expected to act like gentlemen/ladies at games. Poor sportsmanship, bad tempers, disrespect towards officials or opposing players will not be tolerated and will be dealt with by the coach and athletic director.
6. Uniforms will be provided by the school. Volleyball and track athletes must purchase their uniforms for a \$20 fee. For all other sports, a \$50 deposit is required before a uniform is issued. The deposit will be returned when the uniform is returned provided it is undamaged. Shoes will be purchased by the players.
7. All students being selected for the teams will be committed to the entire season.  
Any athlete who does not complete the season will not be eligible for the next sport season. (Exception: grade evaluation, or injury)
8. All players are required to sell/purchase 10 tickets for the Pancake Breakfast. No tickets may be returned. All players must work a predetermined shift to be assigned by the athletic director.

### 4. Parents

1. Parents are needed to help out with transportation to games. Everyone meets on the school grounds. Drivers must provide a copy of their drivers license and proof of insurance to be kept on file in the school office in order to drive team players. *It is optimal for parents to provide transportation to all practices and athletic events. The school does not sanction students walking to these locations.*
2. Adults must set a good example for the school children at inter-school games. Any unruly behavior will not be tolerated. Temperamental behavior by an adult towards an official, opposing team, or coach, is passed on to the school children and "opens the door" for them to act the same way.
3. Parents are not to take part in coaching from the sidelines. This will be done by the coach. All directions to the players will be done by the coach. Parents are not to interfere with any aspect of the game.
4. Parents are required to work our once a year fundraiser. The Pancake Breakfast is held towards the end of January on a Sunday. (see the school calendar for the exact date)