



2011 Athletic Handbook



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“ A CHAMPIONS HEART”

THE APOSTLE PAUL WRITES:

*Do you not know that those who run in a race
all run, but one receives the prize ?*

Run in such a way that you may obtain it.

*And everyone who competes for the prize
is temperate in all things.*

*Now they do it to obtain a perishable crown,
but we for an imperishable crown.*

Therefore I run Thus: not with uncertainty.

Thus I fight: not as one who beats air.

*But I discipline my body and bring it into subjection,
lest, when I have preached to others,*

I myself should be disqualified.

1 CORINTHIANS 9:24-27

Paul understood what it means to have a champion’s heart. To excel, we must exercise self control. We cannot be aimless in our focus. Instead, we direct our total effort on the imperishable crown: eternal life in Christ. Our reward is in our relationship with Him, both here and in heaven.

A champion’s heart is one that is being molded into a likeness of the heart of Christ. By learning about Him and committing our heart to Him, we grow into His likeness. Our relationship with Him produces a renewing of our wisdom we gain from the Bible along with the guidance of others helps us grow in commitment, character, and competence. This is how we can have a **Champions heart.**

St. Joseph School

| | |
|--------------------|--|
| Nickname: | Bulldogs |
| Colors: | Red and White |
| League: | Knoxville Independent School League (KISL) |
| Principal: | Sister Mary Elizabeth Ann McCullough |
| Athletic Director: | Jeff Morgan |
| Phone Number: | (865)689-3424 |
| Fax Number: | (865)687-7885 |

St. Joseph Athletic Handbook

The Athletic Handbook is designed to inform all student athletes, coaches, and spectators of the expectations of St. Joseph School. It is essential for the teaching success of the program that these expectations be met with integrity and enthusiasm.

St. Joseph School Mission Statement

St. Joseph School, in cooperation with parents and parish communities, teaches and nourishes the Catholic Faith. We are a school dedicated to academic excellence through a curriculum that promotes the growth of the whole child and service to others—a place where we are committed to “Holiness as a way of life”.

Athletic Department Philosophy

The philosophy of the SJS Athletic Department is to encourage and enable student athletes to develop to their full potential as human beings, as citizens of their society, and most importantly as disciples of Jesus.

Serving youth is a priority for SJS and the Catholic Church in general. In order for students to develop, they need relationships with wise and caring adult members of the Church. Because so many youth and their parent are attracted to sports, sports provide an unparalleled opportunity for adults to interact with youth. Those who coach at SJS are required to coordinate their efforts with the principal and staff involved in the overall mission of Catholic school education. Student athletes who are selected for the privilege of membership on an SJS athletic team should conduct themselves as responsible representatives of the school.

Student athletes, as recognized representatives of SJS, are expected to exhibit Christ-like behavior during the season or out of the season, in uniform or out of uniform. Student athletes must serve as examples of high moral character and must demonstrate the academic commitment expected of all students. Student athletes must make every effort to perform to the best of their ability at all times. Student athletes must respect all authority, their teammates and all visiting members.

“ Sport involves more than physical strength and muscular efficiency , it also has a soul and must show its complete faith “ (Pope John Paul II).

In order to do this, we at SJS focus on the soul of the sport and the soul of the student athlete.

Goals :

- To teach champions to dedicate themselves totally as Disciples of Christ.
- To teach champions that they have something to contribute and encourage them to commit themselves without reserve.
- To teach champions to strive to develop themselves mentally as well as physically.

General Information

The policies contained within this handbook have been developed to ensure the administration and operation of an effective athletic program. It is the school's intent to provide fairness and consistency throughout the program. Therefore, parents have a responsibility to be aware of the policies that govern the athletic program. Please study the contents very carefully. These rules are considered in effect for all student athletes at all times during the school year.

St. Joseph School has established an athletic code that clearly defines certain behaviors as inappropriate and harmful to the student athlete and his/her athletic endeavors. Using illegal or harmful substances, exhibiting improper conduct, not maintaining academic progress, or engaging in activities considered inappropriate for an SJS student athlete are areas that will be dealt with by suspension from athletic contests and/or from the athletic program. Additional consequences will be determined by the principal as deemed appropriate.

Athletes are expected to comply with the STUDENT HANDBOOK as outlined for the daily functioning of the normal school program. The rules of the STUDENT HANDBOOK will be applied to each student athlete. This ATHLETIC HANDBOOK will reinforce the STUDENT HANDBOOK and provide for those situations not included in the STUDENT HANDBOOK. A student participating in athletics shall accept the responsibility of following all rules of the STUDENT HANDBOOK and of the ATHLETIC HANDBOOK.

St. Joseph School Athletic Eligibility

Academic Eligibility

The academic eligibility program monitors the grades and conduct of all middle school students at the end of each mid-term and nine week grading period. Students with grades **below 78** may be considered ineligible for participation in extra-curricular events.

Any student who is given a Discipline Referral for a conduct infraction may be excluded from all extra-curricular school-sponsored activities, including sports teams, for a probationary period as determined by the principal.

1. Suspensions

Any student athlete who has detention or is suspended from school because of a non-athletic violation of student conduct will also be suspended from the St. Joseph Athletic Program (including practices) for the same period of time. During suspension or detention, a student athlete: may not dress for a contest, participate in practices or sit on the team bench during athletic competition.

2. Athletic Participation Forms

Physical Examination

Each year, the student athlete must have on file a physical examination form signed by a licensed physician stating the student athlete is physically able to participate in the St. Joseph Athletic program. This must take place before participating in tryouts, practices or contests. Any specific physical restriction must be noted. Physicals must be dated after June 1. The forms can be found on the school website under Athletics or by contacting the Athletic Director of St. Joseph School.

Emergency Contact Form

An emergency contact form must be completely filled out with current and correct information before the student athlete will be allowed to participate in the St. Joseph Athletic program. The form can be found on the school website under Athletics or by contacting the Athletic Director of St. Joseph School.

Athletes Pledge

All student athletes and their parents are required to sign, date and return the ATHLETES PLEDGE that can be found on the last page of the ATHLETIC HANDBOOK. Signing the ATHLETES PLEDGE states an agreement to be bound by the principals, policies, and procedures contained in this Handbook.

All ATHLETIC PARTICIPATION FORMS must be completed with proper signatures and returned to the Athletic Directors office prior to any participation in St. Joseph School Athletics. All forms will be kept on file for one calendar year, after which all forms will be destroyed to protect the students and parents privacy.

Substance Abuse

No student shall possess, receive, buy, use, transmit, sell, or be under the influence of any illegal drug or other substance that is obtained or used illegally. Students in violation of this policy shall be subject to suspension and/or expulsion. Alcoholic beverages may be served at adult functions held on school property within a designated area specified by the principal and only where children are not physically present. *(Diocesan Policy #3090)*

Athletic Fee

There shall be an athletic fee per student per sport for all students participating in the SJS athletics program. The athletic director or the coach will collect the fees. The fees will be used to pay for equipment, uniforms, league fees, officials, etc.

Required Parent Meeting

Parent information meetings may be scheduled prior to tryouts for any given team. When scheduled, attendance at the meeting is required. Failure to attend this meeting may result in the student not being permitted to try out for the team.

St. Joseph Athletic Department Policies

1. General Team Guidelines

Each student athlete that is on a team must have a strong commitment to the team and the athletic department. Being on a team will require dedication, teamwork, self-discipline, loyalty, tolerance, sportsmanship, and perseverance. Student athletes must have the desire and determination to succeed. If a student athlete has a concern or conflict, first begin with the head coach of the team.

2. Attendance

A student athlete must be in attendance for at least half of the daily classes to participate in an extra curricular activity on any given day. This rule may be waived if the student athlete has a pre-arranged absence with the principal or the athletic director. Absence from a contest and/or practice session is excused for illness, death in the family and other circumstances at the discretion of the coach and/or the athletic director. Absenteeism from any part of the school day following a contest is discouraged. Coaches are to counsel their student athletes to avoid this. A record of repeated violations will require a conference with the coach and Athletic Director to determine the disciplinary action.

3. Unsportsmanlike Conduct/Profanity

Activities at all athletic practice and competition sessions are under the direction of the coaching charge and will be handled by the coach. Flagrant or unsportsmanlike conduct, including profanity, by a student athlete occurring prior to, during, or immediately following an athletic event may require the student athlete to appear before the coach, athletic director and principal for considerations of disciplinary action.

4. School Equipment and Uniforms

School equipment and uniforms checked out by the student athlete are his/her responsibility. He/She is expected to keep them clean and in good condition. Loss of any equipment or uniform is the student athletes' obligation. The student athlete will be required to reimburse the school for the replacement cost.

Early Checkouts

In the event a student athlete must be dismissed from school prior to dismissal for an athletic event, the following procedure is to be followed:

1. The parent or person providing transportation should report to the school office at the designated time to check out the student athlete.
2. Student athletes will be released to the parent/guardian at that time.
3. A student athlete will be released to someone other than his/her parent/guardian under the following circumstances:
 - * The person is listed on the Emergency Pick-up List in the office
 - * A signed note from the parent is provided stating the name of the individual who has permission to pick-up the Student Athlete. The date and time the student is to be picked up should also be included.

Uniforms

1. Follow cleaning instructions on the label.
2. Do not use bleach
3. Uniforms are expected to be cleaned and returned in good condition.
4. Uniforms should only be worn during games
5. School records (including report cards) and/or diplomas may be withheld for failure to return a uniform.

Responsibilities and Obligations

The Student Athlete

The S. Joseph student athlete is a school leader and representative at all times. With these responsibilities come certain privileges and certain obligations.

The St. Joseph Student Athlete:

1. Must know and adhere to all the rules and guidelines contained in the Athletic Handbook
2. Must adhere to all attendance and academic requirements as practical evidence of loyalty to school and team and a proper philosophy of school sponsored activities.
3. Must observe completely all policies regarding conduct, doing so is a duty to school, team and self.
4. Should practice and play fairly, giving complete effort in all circumstances.
5. Should accept favorable and unfavorable decisions, as well as victory and defeat with equal grace.
6. Should demonstrate respect for opponents and officials before, during and after contests.
7. Must maintain conduct of the highest standard at ALL times.
8. Must comply with all training rules and guidelines as set down by the individual coaches of their respective teams.
9. Must maintain academic standards and adhere to the eligibility requirements in the Athletic Handbook.
10. Will be held responsible for the use and care of any issued equipment/uniforms.
11. Will be held financially responsible for equipment /uniforms, and must be cleared by the previous coach within the week following the conclusion of the previous season to receive equipment for the next season.
12. Understands that wearing the school uniform is a privilege. By wearing the uniform, the student athlete accepts responsibility for representing the school in a manner that is in keeping with the mission of the school. It should be worn with pride and ***ONLY DURING THE APPROPRIATE TIMES.***



The St. Joseph Student Athlete should not:

1. Take an unfair advantage of an opponent, nor advocate such practices.
2. Make insulting remarks to opponents before, during, or after a contest.
3. Argue with the officials or go make motions indicating dislike for a decision.
4. Criticize coaches or officials at any time.
5. Lose his/her temper, start a fight or use profane language.

Parent or Legal Guardian

The St. Joseph Parent or Legal Guardian plays a highly important role in the career of the student athlete. Although the coach and school expect good sportsmanship and appropriate behavior from athletes, the parent are the most essential element in this lesson. Parent lead by example and support their children through the elation of victory and the agony of defeat. It is often not realized how his/her support and involvement in the St. Joseph Athletic Program can affect the thinking and actions of the student athlete. Therefore, the St. Joseph Parent or Legal Guardian is urged to:

1. Ensure that the student athlete adheres to the rules and guidelines of the ATHLETIC HANDBOOK
2. Instill in the student athlete that he/she must come to all practices and games and be prepared to contribute to the overall TEAM EFFORT. Contact the coach in the event of an absence from school or schedule conflicts.
3. Support the student athlete and the program by attending games
4. An assigned parent work schedule will be made prior to the season as needed. Please arrive on time for your shift. Arrange for a replacement if there is a schedule conflict.
5. Remember that the game is for the student athlete and not for adults.
6. Teach the student athlete to enjoy the thrill of competition, to try hard, and work to improve his/her skills and attitude.
7. Ensure that the student athlete adheres to the practice schedule.
8. Ensure that the student athlete treats other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.
9. Help the student athlete enjoy the youth sports experience by doing whatever you can, such as being a respectable fan, assisting with coaching, or providing transportation.
10. Be helpful, but leave coaching to the coach
11. Sign the St. Joseph Athletic Handbook Pledge
12. It is the responsibility of the parent to provide transportation to all practices and games,.

The St. Joseph Coach

The coach is the official representative of the school at interscholastic athletic activities. In this important capacity, these standards must be practiced.

1. Develop an understanding of the role of interscholastic athletics and communicate it to players, and the public.
2. Develop an up to date knowledge of the rules, strategies, precautions, and skills of the sport and communicate them to players and parents
3. Develop, communicate, and model policies for athletes conduct and language in the locker room, at practice, during competition, and at other appropriate times.
4. Develop fair, unprejudiced relationships with all squad members.
5. Allow athletes to prove themselves anew each season and do not base team selection on previous seasons or out of season activities.
6. Give the highest degree of attention to athletes physical well-being.
7. Teach players, by precept and example, respect for school authorities and contest officials, providing support for them in case of adverse decisions and refraining from critical comments in public.
8. Teach players strict adherence to game rules and contest regulations.
9. Present privately, through proper school authorities, evidence of rule violations by opponents, and counteract rumors and unproven allegations of questionable practices by opponents.
10. Present a clean and professional image in terms of personal appearance and provide a positive role model in terms of personal habits, language, and conduct.
11. All coaches are required to attend VIRTUS training.

Spectators

It is a privilege to attend athletic contests at St. Joseph School. Spectators are asked to be mindful of the following when attending athletic events:

1. Act in a commendable manner as an adult or student representing the school.
2. Comply with all school regulations.
3. Respect the property of others and the authority of those who administer the competition.
4. Control tempers and refrain from criticism of officials, coaches, and student/athletes
5. Cheer in a sportsmanlike manner.
6. Leave the coaching during the games to the coach
7. Respect the judgment and strategy of the coach and refrain from criticizing players and coaches for losing a game.
8. Appreciate a good play no matter who makes it.
9. Cooperate and respond enthusiastically to cheerleaders
10. Remain in the gym when attending a sporting event. Any student found outside, unsupervised by an adult, may be asked to leave and may be barred from attendance at future events.
11. Volleyballs and basketballs are for use of the team members during practice and during games. Others should refrain from using the equipment.

ST. JOSEPH SCHOOL ATHLETIC DEPARTMENT

PARENT/COACH COMMUNICATION

RELATIONSHIP:

Both parenting and coaching are difficult vocations. By establishing an understanding of each other's position, we are better able to understand the actions of the other and provide the greatest benefit to young people. As parents, when your sons or daughters become involved in our program, you have the right to know what expectations have been placed on your student athlete. This begins with clear communication between the Athletic Department, the coaches, and the parents.

COMMUNICATION YOU SHOULD EXPECT FROM THE ST. JOSPEH ATHLETIC DEPARTMENT:

1. Packet of Information including Philosophy and Policies of St. Joseph Athletic Department.
2. Required forms that must be completed by the parents and athletes to allow participation in our Athletic Program.
3. Help in answering any parent questions or concerns about our Athletic Department Policies.
4. Procedure should your son/daughter be injured during participation.
5. Communication via email, website or phone on any changes or additions to the schedule

COMMUNICATION YOU SHOULD EXPECT FROM YOUR SONS COACH:

1. Philosophy of the coach.
2. Expectations your coach has for your son/daughter.
3. Locations and times of all practices and contests.
4. Team requirements, i.e. fees, special equipment, off-season conditioning, etc.
5. Discipline that results in your son/daughter denial of participation.

COMMUNICATION COACHES EXPECT FROM THE PARENTS:

1. Notification of any schedule conflicts well in advance.
2. Notification of any illness that requires your son/daughter to be absent from school (see policy on attendance).

INAPPROPRIATE CONCERNS TO DISCUSS WITH COACHES:

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student/athletes.

THE FINAL STEP

If you or your son/daughter has appropriate questions or concerns, we encourage you to take the following steps:

1. Encourage your son/daughter to talk to his/her coach personally at an appropriate time.
2. If, as a parent, you still have questions or concerns, you should contact the Athletic Director to set up a convenient time to talk about the issue.

Any questions you have should be directed to the **Athletic Director of St. Joseph School at 689-3424.**