

St. Theresa School Athletic Program

Mission Statement and Guidelines

“Sport, because of the wholesome elements it gives value to and exalts, may become more and more a vital instrument for the moral and spiritual elevation of the human person and therefore contribute to the construction of an orderly, peaceful and hard-working society.

The Church approves and encourages sports seeing in it a form of gymnastics of the body and of the spirit, training for social relations based on respect for others and for one’s own person and an element of social cohesion which fosters friendly relations..”

Pope John Paul II

Mission Statement

The interpretation of these words is the philosophy by which St. Theresa maintains its athletic program.

The purpose of St. Theresa athletics is to promote the spiritual, cultural, and physical growth of our parish community by providing participation in age appropriate activities and instruction that will both stand alone and support the growth of Christian values as taught in our school and church worship.

Program Structure

The St. Theresa athletic program structure operates within the boundary of St. Theresa Parish as a member of the East Bay Parochial League and the Oakland Diocese CYO program.

The St. Theresa Athletic program is composed of a Sports Board, Coaches, Parents, and most importantly our Student Athletes.

Sports Board Composition and Responsibilities

The "Sports Board" is comprised of the Pastor, Principal of the school, the Athletic Director and Assistant Athletic Director, an Equipment and Uniform Coordinator, one faculty or staff member of the school as directed by the school Principal, and two representatives. Members may volunteer or may be chosen by the Pastor and Principal. The sports board over-see the rules and regulations as outlined in this handbook and are required to bring to the Pastor and Principals attention any infractions or concerns referring to coaches, players, parents, or athletic directors. As such the sports board may also act as the arbitrator device to settle any situations concerning the athletic program. The board's decisions in these instances are final.

Pastor and Principals Responsibilities

The Pastor and principals primary responsibility is to over-see the consistent application of the rules and regulations of the athletic program at St. Theresa. They shall have the final say on all matters of policy and shall approve all active members of the athletic program, to include all coaches, athletic directors and others. Additional responsibilities include setting and managing the overall budget for the athletic program.

Athletic Directors

The athletic directors may be current or former parents of St. Theresa students, or current parishioners of St. Theresa Parish. It is helpful that they have previously been coaches but is not mandatory. The athletic directors can be active coaches provided the board does

not believe that either a conflict of interest is involved or that the A.D. / coach has proven incapable of handling both positions. The athletic directors will split responsibility for the sports in which St. Theresa participates, for instance one A.D. will over-see the basketball program and the other will over-see the volleyball, cross-country and track programs. The A.D's will serve terms lasting from four to five years. Ideally each will be in position for two years, with the assistant A.D. moving up to A.D. for years three and four.

The directors must attend the yearly Athletic Directors Workshop sponsored by the Diocesan CYO office. Athletic directors attend quarterly meetings of all athletic directors in the EBPL. These meetings are the main communication between the schools and establish a time for a particular sports beginning and end, gym availability for all league games, the number of schools participating and the grade levels involved. The athletic directors are the sole communicator between EBPL, CYO, and the St. Theresa coaches. The athletic directors are accountable to the diocesan CYO office and to the principals of the school that make up the East Bay Parochial League

AD Responsibility

- Recruit coaches as needed.
- Meet a minimum of once per year with all coaches (when possible)
- Provide coaches with all necessary permission forms, gym practice schedules, game schedules, referee fees, and notification of upcoming tournaments.
- Arrange for adequate gym practice time.
- Update schedules for coaches as needed.
- Publish a monthly sports calendar
- Attend practices and games to see if AD's help is needed with players, parents, or facilities. Some of the items to be assessed: is there enough equipment, are the students, parents and coaches following good sportsmanship philosophy, are the parents cooperating with the coaches.
- Help coaching staff decide if they should split a team into two teams. Areas to consider are the cost of two teams and classroom dynamics. The decision will also involve the Principal and ideally the team will be split with input from the classroom teacher.
- Should We Arrange basic first aid training for all coaches?????

Athletic Directors must enforce the rules of the Oakland Diocese CYO Program, and EBPL, as well as those mandated by St. Theresa

Uniform and Equipment Manager Responsibility

The uniform and equipment manager is accountable to the Sports Board. Major equipment purchases are made by this person. Uniform purchases are discussed with the Principal and the A.D.s and decisions are made on the basis of need and available funds. Changes in style, color, design, material, manufacturer, are brought to the attention of the Sports Board prior to the purchase.

Responsibility of the Uniform/Equipment Manager

- Maintain and account for all equipment used by various teams in which St. Theresa students compete as representatives of the school.
- Provide fully stocked first aid kits of each team and account for their return.
- Facilitate the purchase of uniforms for all participants.
- Organize a yearly sale of used uniforms.
- Organize a system for identifying uniform numbers for each team so that duplication of numbers is avoided.

Coaches

Coaches are the most important adult component of the Sports Program. Therefore, their responsibilities are numerous. Coaches of teams may be parents or former parents of a St. Theresa School or Parish student; a relative of a student; or a member of the St. Theresa community. He or she must be 21 years of age or older to be a Head Coach. Assistant coaches may be 16 years of age and under the supervision of an adult at all times. All coaches are required to attend a Coaches' Workshop in the sport they are coaching. These workshops are conducted by the Oakland CYO coordinator. Coaches must fulfill the Safe Environment for Children (SEC) class once every three years. Upon completion of this requirement a coach is responsible for the physical and emotional welfare of all of his/her players during practice and games. This is an enormous responsibility and should never be taken lightly. A coaches and parents meeting should be conducted prior to the first practice of the season. At the meeting the coach should outline his/her expectations of the players and parents including any personal request.

Coaches should strive to balance drills with games and other activities. Coaches should listen to their players and work to incorporate activities that will build teamwork and skills while also being fun. The kids will let the coaches know when they have succeeded.

Responsibilities of a Coach

- Be aware of each player's aptitude, desire, and ability – establish both individual (player) and team goals, remember this is fun as well as an opportunity for growth for both player and coach.
- Be clear and precise with your expectations to both the players and their parents.
- Be prepared for emergencies – Have a first aid kit at all practices and games; have Medical Permission Forms at all practices and games and make copies for all of the assistant coaches; enforce the no permission form no practice or game participation.
- All practices must have two responsible adults present at all times. In girls sports there must be at least one adult female present at all times when coached by a male.
- The All Play rule must be adhered to in all sports at all levels as outlined in the EBPL and Diocesan CYO by-laws and handbook
- St. Theresa expects that all coaches will play their athletes more than the EBPL and Diocesan rules mandate

- Coaches must exhibit good sportsmanship at all times – you are the example. By all means do not run up the score on a weaker opponent, remember what it was like to be on a less talented team.
- A **completed application to coach form** must be on file with the parish office and approved by the **Board**
- A **completed roster** for each team must be submitted to the Athletic Director prior to the start of league play for every sport. This applies to individual as well as team sports.
- Suggestions for topics for discussion in parents meetings can be found in the Oakland Diocese CYO Handbook and the EBPL Rules.
- Coaches must be familiar with the rules laid out in the Oakland Diocese CYO Handbook, EBPL, and the appropriate NFHS rule book.

Parents

As important as the coaches are to the program, the players and their parents complete the sports program. Working as partners, the experience of playing team sports can be unforgettable for student and adult. Fond memories are made as friendships are developed and skills are perfected. The amazement of making the first basket or steal or getting your first serve in may only be increased by the feeling of winning as a team. By supporting the coach and the child, by helping to reinforce the ethics of the Sports Program, parents build the foundation of an athletic program. Cooperation, communication and consideration are the three main cornerstones.

- Know your child's limitations; consider what other extracurricular activities your child(ren) is involved with; is this a sport he / she really wants to play; can he / she balance homework, practice schedule and game time without undo stress?
- Know your own limitations.
- Car-pooling is a parent responsibility – not a coaches' responsibility. Arriving on time for practice and games, picking up on time after practice and games is an expected courtesy shown to all coaches.
- Parents as spectators should make the experience enjoyable for all – player, coach, referee and other spectators. Nothing short of exemplary behavior is accepted by CYO, EBPL, and St. Theresa.
- Parents must discuss any disagreement about a practice, game or rule with the coach before bringing it to the attention of the Athletic Director. This discussion should be done privately. IT should never occur during a practice or a competition.

Athlete's Responsibilities

- **HAVE FUN !!!!**
- Maintain a "fair play" attitude on and off the playing court.

- Good sportsmanship can only be demonstrated if you look upon your competitors as your peer not your enemy
- Learn to be an athlete with Character!
- Practice as a team, play as a team, at school, at home, on the playground and on the court.
- Treat all coaches, players, parents, referees, and spectators with dignity and consideration.
- Be on time for practice and games.

General Program Requirements

Practice

Cross Country practices 4 to 5 times per week, the remaining sports hold two practices per week.

There is no mandatory requirement for a child to attend any practice. However in team sports playing time can be reduced based on practice participation and attendance. In the individual sports, success is dependant upon practice.

Cross Country participants are encouraged to attend at least 2 practice sessions each week during the season.

Practice times for 3rd and 4th grade students must end at 7:30 P.M. The finish time is flexible only if a majority of the parents of the grade in question okay a later starting and finishing time and the times are cleared with both the Athletic Director and the Principal. Success in the classroom is dependent on regular school attendance and good conduct, practice attendance and conduct are also keys to athletic development and success. We expect our players to attend practice on a regular basis.

It is expected that parents will be responsible for informing the coaches when their child will not be available for practice and for games.

Games – Playing Time

CYO establishes the minimum amount of playing time for all participants. Specifics can be read in either the Oakland Diocese CYO Handbook or the EBPL basketball and volleyball rules.

As previously described, playing time in excess of the minimum is a coaching decision. Coaches may take into consideration the player's attendance at practice and the players conduct in both practice and game situations.

We recognize that some students perform better than others. This should not be the basis for playing one student more than another. At St. Theresa, we rely on our coaches to balance playing time over the course of a full season.

Behavior

All members of the Sports Program are expected to act with a Christian attitude and to display the hallmarks of sportsmanship at all times.

Students are expected to include all of their classmates in practice and games.

Students whose behavior becomes disruptive in the classroom, playground, or sports practice may be disciplined according to school rules by being barred from league and tournament play, for one game.

Coaches, parents, and players who are assessed two technical fouls or disciplinary warning during any basketball or volleyball game will be barred, per diocesan and EBPL rules, from attending the next scheduled game. In addition any coach or parent can expect additional disciplinary action after review by the sports board.

Final Word

It is important to remember that for many of our students their participation in a parish sponsored CYO sport may be the only time in their life that they are active on an athletic team. We must see to it that their experiences are top shelf. We participate in these endeavors for their well being, not our egos.

Additional information can be found in:

Oakland Dioceses CYO Handbook

EBPL By-laws, Basketball Rules, Volleyball Rules

National Federation of High School Sports Basketball and Volleyball Rule books

¹ Revised December 21, 2007