



2019-2020 SMCES Athletics Handbook

SMCES Sports Philosophy

The St. Monica Catholic Elementary School sports program strives to:

- Work with every player on the team;
- Work on basic skills and teach healthy physical habits;
- Teach fair play and good sportsmanship;
- Help players set and evaluate individual goals;
- Encourage lifetime involvement in sports and physical activity;
- Work with the whole person: body, mind, and spirit;
- Encourage players positively and avoid any form of degradation
- Keep winning in its proper perspective.

Acceptable Achievement

To uphold the integrity and honor of student-athletes, we believe that academics come first. Therefore, student-athletes must maintain acceptable academic achievement. **Acceptable Achievement is determined as a C or above in all core subjects. If a student has a D or F in a core subject or a cumulative GPA below 2.0, the student is ineligible to participate in CYO until further notice.**

If these requirements are not met, the student and parents will be notified of the student's removal from the team until the next progress report/report card indicates the required improvement.

C.Y.O. Statement of Philosophy

The Catholic Youth Organization is a multi-level athletics program that provides a wholesome outlet for physical energy and offers numerous benefits to those who participate. Under C.Y.O. Rules, Regulations and Policies, knowledge and self-discipline are attained by each participant, enhancing his/her physical development. In addition, Christian values are expressed when each youth learns the concepts of good sportsmanship, team spirit, respect, responsibility, and acceptance of victory and defeat.

Requirements & Expectations

For Students:

- Understand that academic achievement comes first and that **acceptable academic achievement** takes priority over sports. *See policy page 1*
- Be respectful of self and others.
- Attend all practices and games.
- Notify the coach of any absences as soon as possible.
- Come prepared, in body and mind, to practices and games.



- Be committed to the school and team.
- Have the proper equipment for your sport.
- Take care of the game uniform and return it in good condition on time.
- Remember that school rules and policies regarding behavior apply to you at all times.

For Parents

- Adhere at all times to the SMCES Code of Christian Conduct as stated in the SMCES Parent Handbook.
- Focus on the efforts and performance of the players and team rather than on the overall outcome (win/lose) of the game.
- Respect the referee's decisions and calls and do not approach any referee
- Respect the coach's decisions and do not approach any coach
- No alcoholic beverages at the event
- Reinforce the importance of fair play, good sportsmanship, respect for self and others.
- Support the school, the coaches and the goals of the sport's team.
- Help provide transportation when possible, in accordance with SMCES and Archdiocesan policies.
- Attend games. Ensure your child is on time for practices and games.
- Offer hospitality.
- Submit all required participation/medical forms.
- Honor your financial commitments in the agreed-upon time.

For Coaches:

- Be a model of good sportsmanship at all times.
- Be on time for practices and games.
- Be knowledgeable of the sport coached.
- Treat each student-athlete with dignity, as an indispensable member of the team.
- Maintain medical forms for each student-athlete at all games, and distribute/collect from drivers at all away games (or assign a parent to take care of the same).

For Teachers:

- Encourage students to participate in the sports program
- Strive to attend games when possible

For the PTC Athletic Director:

- Uphold the philosophy of SMCES.
- Promote the athletic program



- Recruit a parent (or parents) from the team to bring drinks and snacks, when required.
- Collaborate with the Athletic Director and coaches to provide a summary of team events and scores for inclusion in the Monday newsletter and morning announcements.

St. Monica Catholic Elementary School Sports

The following sports are offered at St. Monica Catholic Elementary School, providing there is sufficient student interest at the time of sign-up:

- Fall sports are A-B-C Flag Football (co-ed), and A-B Girls' Volleyball and run from early September to mid-November.
- Winter sports are A-B Boys' Basketball, and A-B Girls' Basketball and run from mid-November to late February.
- Spring sports are A-B Boys' Volleyball, A-B-C Track & Field, and Golf for students in 3rd – 8th grades and run from early April to late May.

Please note, the start and finish of the actual sports listed above are the norm, but may not be exact. The actual timing is determined by C.Y.O., and coaching availability.

Development and Competition Philosophy

The A team is made up of students from 7th and 8th grades. A-team sports are competitive and individual student playing time is at the coach's discretion. Students and parents understand that playing time is not guaranteed. Parents and students also understand that there are many roles a team member may be called to perform other than a starting position.

The B team is made up of students from 5th and 6th grades. B-team sports are both competitive and developmental. Playing time is determined by the coach's best judgment on how to balance the dual nature of B-teams: competition and development. Students and parents understand that significant playing time is not guaranteed, and that playing time varies from sport to sport.

The C team is made up of students from 3rd and 4th grades (not all SMCES sports have a C team). The purpose of C team sports is instruction and learning and is generally considered a non-competitive class of play. However, competition is a natural product of any sport. Therefore, the coaching staff intends to give each C-team player ample playing time, within the constraint of game time and team size.

Practices



All practices take place on the SMCES campus or across the street at Reed Park. Exceptions are for Track and Golf. With respect to track, two coaches, one in front and one in the back, will run students to the “stairs”, to the beach, to Lincoln School, and around the perimeter of SMCES. Student supervision and safety is always strictly adhered to by the SMCES coaching staff. Golf practices take place at Westchester Golf Course.

- A Teams generally practice 3 days a week.
- B teams generally practice 3 days a week.
- C teams generally practice 2 days a week.

Missed practices result in missing information that is vital to both the game and safety. Missed practices may result in diminished playing time until the student is able to return to regular practices.

Playoffs

At the end of each season of play, the SMCES team may have won enough games in their league to qualify for the C.Y.O. playoffs. If this is the case, C.Y.O. determines the game locations and times, and that team’s season will continue until they lose and are out of the playoffs. Specific information regarding playoff games will be communicated to the players and their families by the Athletic Committee as soon as C.Y.O. releases it.

Track Meets

The track season ends with at least one track meets involving other Catholic elementary schools from the Los Angeles Archdiocese. Track meet events include various distance runs and often other field events as well. The Los Angeles Regional C.Y.O. Track and Field Finals are for all members of the Track and Field team (A-B-C). Typically, ribbons for First Place, Second Place, etc. are only given to A and B level participants, and qualify them to advance to the next Track and Field round. Participants in the C-Division receive “Participation” ribbons and do not advance to the Prelims and Finals.

Letters, Pins, and Awards

Every student who participates in an A-B-C team sport and stays for the duration of the season receives a “Letter” to commemorate their achievement and hard work. For every subsequent year that they participate in a sport, they receive a pin. Additionally, each coach will typically award a special pin to players they deem to be especially inspirational, valuable, or other unique characteristics. These are given at the sole discretion of the Athletic Director and coach.

Sports Banquets

There are two Sports Banquets held at SMCES. See the school calendar for dates and times. The Fall banquet honors the coaches and players who participated in



Flag Football and Girls' Volleyball. The Spring banquet honors the coaches and players who participated in Boys' Basketball; Girls' Basketball; Boys' Volleyball; Track & Field; and Golf. All student athletes and their families are invited to attend these banquets and celebrate with the teams.

Canceled Practices

It is sometimes necessary to cancel a scheduled after-school practice or game after the school day has begun. Parents will be notified as soon as possible. However, if parents are unable to pick their child up at the regular dismissal time, the student will go to the Adeste after school care program. Adeste will ask parents to register, but there will be no charge to the parents for this service. Adeste will submit a bill to the SMCES sports program.

Sports Fee

Each student participating in the after school sports program will be asked to pay a non-refundable fee which will contribute toward the purchase of C.Y.O. membership, uniforms, sports equipment, tournament fees, referee fees, awards, the salary of coaches, and first aid supplies. This fee is \$150 for each sport the student participates in, with the exception of Track and Field which has a \$50 fee. Fees must be turned in to the school office. Game uniforms distributed when fees have been paid. Parents may contact the Principal for any fee reduction requests. To the best of our ability and within reason, individual students will not be prohibited from participating in C.Y.O. team sports due to financial hardship.

Game and Practice Uniforms

For each sport, school game uniforms are issued to students with the expectation that the uniform will be returned in good condition at the end of the season. Lost or excessively worn or damaged uniforms will require parents to pay a uniform replacement fee determined by the Athletic Director and Principal. Practice uniforms are required to be worn by all students for all SMCES sports. These consist of a t-shirt and basketball style nylon shorts, available for purchase at Michael's Uniforms.

Discipline

Discipline, as stated in the school handbook, is to provide a well-ordered environment conducive to learning and to instill Christian values, especially self-control, responsibility and deep regard for the rights of others. Coaches will work with students to redirect any negative actions, attitudes, or behaviors. If these steps are not effective, coaches will discipline students in alignment with the SMCES policies and procedures. Willful or repeated discipline issues will be addressed by the Athletic Director and Principal. Inappropriate language will not be tolerated on or off the playing field.



Rules:

- All practices and games must be attended by the student-athlete.
- Coaches must be notified of any student absence well in advance of the practice or game.
- Promptness is required for all practices and games.
- The appropriate uniform must be worn to all games and practices.
- Respect must be shown to all teammates, coaches, game officials, and opposing teams.
- A student's commitment to the team is an important component of learning and formation and quitting a team is a serious action. However, there may be valid reasons for a student to withdraw. It is the responsibility of the student and parent to meet with the Athletic Director and Principal to explain this action.

Consequences

Consequences for unexcused absences, excessive tardiness, uniform infractions, disrespect, or any other incidents/infraction deemed contrary to the goals and policies of the SMCES sports program will result in a parent and student conference. Students who repeatedly fail to follow the SMCES sports rules, policies, and procedures will be jeopardizing their ability to participate in the present and/or future. Quitting a team during the season may disqualify the student from participating in other SMCES team sports. The Athletic Director, coaches, and Principal will make the final decision.

Parent-Coach Conferences

Open communication between coaches and parents promotes the best interest of the player as well as the team as a whole. ***Parents are required to make appointments with coaches at appropriate times to discuss concerns. Discussions during or immediately after a game are not appropriate and there is no reasonable expectation that coaches will engage with parents at these times.*** Please remember, the Code of Christian Conduct as stated in the SMCES Parent Handbook applies at all times and at all events. All decisions regarding sports, teams, students, and parents will be made in collaboration with SMCES and C.Y.O. policies.

Principal's Right to Amend

The Principal reserves the right to amend the handbook at any time. Parents and students will be promptly notified if any changes are made.

Waiver of Policies



The Principal, in consultation with the pastor, is the final recourse for all disciplinary matters and may, with just cause and at his discretion, waive any disciplinary regulation.

Parent/Student Policies Agreement Form

ACCEPTANCE OF SMCES SPORTS HANDBOOK

Our family has received and read the St. Monica Catholic Elementary School Sports Handbook. We are aware of, understand, and agree to follow the policies and procedures stated in the Handbook. We acknowledge that the school has the right to amend the Handbook during the school year as needed and we agree to follow the policies and procedures as may be added or amended.

We understand that we may be asked to withdraw our child(ren) from the school's sports program if we fail to fulfill our responsibilities under the Handbook and any additions and amendments that may be made. Our signatures below indicate our commitment to fulfilling our obligations according to the requirements of the Handbook.

Student Name _____ Date _____

Parent Name _____ Date _____

Please return this signed form promptly to the School Office. This form will be placed in the student's permanent file