

GREENWICH
CATHOLIC SCHOOL



STUDENT-ATHLETE

**PARENT/STUDENT
HANDBOOK
2019-2020**

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INTRODUCTION

The Greenwich Catholic School (GCS) welcomes your participation in our Athletics Program. Our coaching staff joins the school administration and school community in hoping the experience is both rewarding and enjoyable. We encourage our entire student body to try out for an athletic team, a safe and caring environment that reflects the love of Jesus Christ. As part of our Athletics Program, we encourage the development of self-esteem, moral character, love of learning, and sense of social responsibility.

Since the coaches are often teachers of the boys and girls on their teams, Catholic values of cooperation and community are integrated into the sports program, as well as the mission statement of Greenwich Catholic School.

The Greenwich Catholic School Student-Athlete Sports Handbook is an informational guide for student-athletes who participate in the school's athletic programs. It is also a statement of requirements and procedures that are necessary for a well-organized program of competitive interscholastic athletics.

Being a student-athlete in the Greenwich Catholic School athletics programs is both a commitment and a privilege. It is our hope that students will learn that this commitment is to the team, to the school, and to the spirit of competition and sportsmanship.

It is important that student-athletes and their parents familiarize themselves with the contents of our Student-Athlete Handbook.

STATEMENT OF PHILOSOPHY

It is our belief that as many students as possible should have the opportunity to experience interscholastic athletic competitions at the middle school level. The Greenwich Catholic School Athletic Program provides student-athletes with a selection of sports in the fall, winter and spring. Athletics play an important role in the Greenwich Catholic School community. They fully complement the academic and religious life of our school. Student-athletes must maintain academic achievement, comply with school expectations, and exhibit good behavior on a consistent basis in order to participate on all GCS athletic teams.

While our student-athletes and coaching staff will compete to the best of their abilities, the emphasis at GCS will be on education and participation. Winning is certainly important but it will not be our only focus. We are looking

to build self-esteem, self-confidence, the ability to work as a team, and sportsmanship ideals in our student-athletes in order to provide a positive educational experience for all.

GOALS AND OBJECTIVES

1. Provide meaningful, purposeful experiences for every participating student regardless of ability, inability, or disability.
2. Improve health and lifelong wellness through exercise.
3. Foster character-building and self-esteem growth and development.
4. Develop and promote motor skills that will be beneficial throughout life.
5. Foster sportsmanship and honesty regarding rules, officials, and opponents.
6. Have fun.

PROCEDURE FOR PARTICIPATION IN GCS INTERSCHOLASTIC SPORTS
GENERAL REQUIREMENTS

Any student will be allowed to participate in the GCS Athletic Programs provided he/she meets the eligibility requirements, submits evidence of a yearly physical examination, and completes a completed “Student-Athlete Permission Form” and a signed “Code of Conduct”.

Prospective student-athletes need to sign up for their sport during the assigned times. Announcements regarding each sport will be made at school and will also be posted online. Parents home, work, and emergency contact numbers will need to be provided at this time.

PROGRAM OFFERINGS FOR MIDDLE SCHOOL

FALL	WINTER	SPRING
Cross Country - Co-ed	Basketball – Girls	Baseball – Boys
Soccer – Girls	Basketball – Boys	Softball – Girls
Soccer – Boys	Swimming – Co-ed	Lacrosse – Boys
Field Hockey – Girls		Lacrosse – Girls
		Tennis – Co-ed

ACADEMIC ELIGIBILITY

At the start of each new sports season, the grades of each student-athlete selected for a team will be reviewed by the coach and school administration. If there is any indication a student-athlete is failing to work up to his/her potential, or if he/she has a poor grade or behavioral issue during the season, a two-week probationary period will be put into effect. The student-athlete will be allowed to continue participation on the team during the probation period but must demonstrate improvement in the problem areas, or dismissal from the team may result.

PHYSICAL EXAMINATION REQUIREMENTS

1. A current "Sports Physical Exam Form" must be on file with the school nurse in order to participate. The medical exam must be completed no earlier than 13 months prior to the sport's first tryout date.
2. When the physical examination expires, the student-athlete is ineligible to practice and/or compete
3. Student-athletes and their parents are responsible for knowing the expiration date of their physical.
4. The completed "Sports Physical Exam Form" and "Medical Treatment Card" must be completed and submitted to the Nurse's Office before trying out for any sport. It is preferable that physicals be completed in the summer so that the student is eligible for the entire school year.

EXPECTATIONS OF OUR STUDENT ATHLETES

1. Student athletes should never lose sight of the fact that their first obligation is to their academic studies. Our student-athletes are expected to maintain the best academic standing that he/she are capable of attaining.
2. A student-athlete will not be allowed to attend or participate in a practice or contest the day he/she is absent from school unless he/she has received prior authorization from school administration.

3. Student-athletes are expected to treat other members of our school community with proper respect, and to take pride in maintaining the quality of the equipment and facilities available to them.
4. If school discipline is necessary, the discipline will take precedence over a practice or contest. Any student-athlete serving a suspension will not be able to participate with the team in any manner for the duration of the suspension.
5. The student-athletes are responsible for the equipment issued to him/her.
 - a. Any lost or destroyed equipment will be paid for by the student-athlete before participating in another athletic activity.
 - b. Care must be taken when uniforms are washed/dried to assure longevity.
 - c. The student-athlete is expected to return any equipment issued to him/her within one week of the conclusion of the season.
 - d. Personal use of GCS athletic equipment is not permitted.
6. The safety of passengers on a bus trip is of utmost importance and all student-athletes will adhere to the following rules while on a bus:
 - a. All passengers must use the front door while loading and unloading.
 - b. All passengers must be seated when the bus is in motion.
 - c. Noise should be kept to a minimum.
 - d. Hands, feet, and objects must always remain inside the bus.
 - e. Objects are not to be thrown from the bus at any time.
 - f. The team is responsible for the condition of the bus after a trip and must leave the bus as clean as it was at the beginning of the trip and not damaged in any way.

Participation is a privilege for those student athletes who achieve academic eligibility and maintain behavioral expectations.

STUDENT-ATHLETE GUIDELINES

All student athletes must adhere to the following expectations. A student will forfeit his/her right to participate in any sport activity or after school program in the following ways:

1. The athlete is expected to attend all practices and games. Anyone unable to attend a practice or game, should contact the coach with a legitimate reason (sickness, injury, or family crisis). Missed practices and games may affect participation. It is our expectation that scheduled practices and games for the Greenwich Catholic School teams will take precedence over all other athletic participation. Three or more unexcused absences may warrant the athlete to miss games or be removed from the team at the Coach's and Administration's discretion.
2. Mandatory parent meetings will be held prior to the start of each season. All parents of the participating athletes must attend these designated meetings to meet the coaches and review team goals, expectations, schedules, etc.
3. Students may not participate unless these forms are received prior to tryouts. The Sports Physical Exam Forms and Sports Permission Forms are available at school and online for students in Grades 1 – 8. All students participating in an interscholastic sport or any competitive after school sponsored sports program are required to have a current sports physical on file.
4. Whenever an injury prevents an athlete from participating, a doctor's release form must be sent to the nurse for clearance, prior to the athlete returning to participate.
5. Guidelines for team traveling to away games.
 - a. The athlete is required to travel to and from games on the team van or if there is a carpool, under supervision of the team mother and coach.
 - b. A travel permission slip will be provided with all other permission forms. Parents must sign and return the travel permission slip prior to the deadline date or the athletes will not travel to away games.
 - c. School attendance is mandatory before competing or practicing with the team.

- d. Participation in P.E. during the date of a scheduled event is also required.
6. Coaches, students, and parents are to exercise the appropriate conduct on and off the field and with opposing team members. If a team member is not following the appropriate conduct, they will be benched immediately. If this behavior continues, a meeting with the parents will be scheduled to discuss the athlete's status for the remainder of the season. This could result in suspension or removal from the team. All parents and players should refrain from negative commenting regarding all players, coaches, and officials.
7. Parents must pick up students promptly at the scheduled pick up time. Chronic lateness for pick-up could result in the athlete being removed from the team. After 15 minutes of pick-up times, athletes will be sent to Aftercare and there will be no exceptions.
8. The athlete is responsible for his/her team uniform and must return the uniform in the same condition as received. These uniforms must be returned washed and any stains removed no later than three days after the last game. If the uniform is lost or damaged, the responsible athlete will be charged for the replacement. Students may not try out for another interscholastic sport until uniforms have been returned or outstanding financial obligations have been paid.
9. All athletes must wear their appropriate team uniform (or sanctioned GCS attire) to all practices and games. Students will not be allowed to attend practices and/or games improperly dressed. It is important that we help promote our Charger pride by maintaining a consistent look across team members.
10. A student will forfeit his/her right to participate in any sports activity or after school program in the following ways:
 - a. A student who receives a Notice of Concern indicating an academic failure and/or behavior problem will be suspended from participation in games and practices for two weeks. Parents will be notified by the Athletic Director. If the student is maintaining passing grades after a two-week period, he/she will be allowed to rejoin the activity. An unsatisfactory evaluation will cause the student to be permanently removed from the activity until the next marking period.

- b. Students are allowed to try out for a team but cannot participate in practices or games until the probationary or suspension period has been served. At any time, upon Administrative review, a student can be removed or suspended for breaking any school rule, for poor sportsmanship or for poor academic performance.

- c. If any student receives a third After School Detention, he/she will be automatically suspended from participation in all After School activities for two weeks. A coach and administrative review will decide reinstatement of that student. If a student receives a fourth After School Detention, he/she will be suspended from that team/club for the remainder of its season.

SPECTATOR EXPECTATIONS

Students are allowed to remain after school to view the sports activities under the following conditions:

- 1. All students attending after school sports must be accompanied by a parent/guardian.

- 2. Written parental notification that the child will be a spectator of an after-school activity and will not be going home by his/her normal transportation, must be submitted to the homeroom teacher in the morning. Children cannot meet their parents at the gym. The permission note must be sent in the morning to the main office.

- 3. Dogs are not allowed on the campus.

- 4. Any infraction of the above regulations will warrant Administrative review. A notification of a suspension of spectator privileges will be sent to the parent as warranted.

PICK UP FROM AFTER SCHOOL ACTIVITIES

Prompt pick up at the end of after school activities, based on the activity, is expected of all students. Promptness is extremely important as coaches would like to get home to their families. Therefore, repeated infractions could result in additional aftercare costs being added to the tuition bill.

Playground supervision is not provided before or after school hours. Students are not to use fields, playgrounds or school grounds. Ball playing, skating, climbing trees, or playing on the front monument is forbidden.

PROCEDURES FOR INCLEMENT WEATHER

Notifications of any cancellations will be provided via email no later than 1:00 p.m. the day of the event.

In the event of a cancellation, an alternative plan for pick-up at regular dismissal time must be in place by parents. The alternative dismissal plan should be discussed with your student-athlete prior to leaving for school that morning.

PLAYER EVALUATION AND TEAM SELECTION

1. A coach must explain to the prospective student-athletes, the criteria by which the athlete will be judged.
2. The selection of players and positions is based solely on how well the students perform during what will be known as the first practices or tryout session. The athletes are given drills that will show their level of conditioning, skill level, and attitude to assess if they are capable of competing successfully on the team.
3. The first practices or tryout sessions are mostly used to assess the individual athlete's abilities and in choosing positions and captain(s) for the team.
4. At GCS we support the belief in giving everyone a chance or opportunity to play on a team. We will make every attempt to not eliminate or cut any athlete from a team.
5. In the case that the number of students trying out is greater than the number that could be handled, a second team may be formed to accommodate the excess students.

TEAM INSURANCE

Participants in Interscholastic sports are insured by Greenwich Catholic School. The plan covers team players and coaches for accidental injuries resulting from playing, practicing, or traveling to and from

interscholastic sports activities. Coaches will make sure that all safety belts are in place before they drive the van.

The plan is an “excess” type benefit that picks up when other coverage leaves off and as such, pays only medical expenses that are not reimbursable under other coverage (e.g., Private Health Insurance and/or “No Fault” Auto Insurance).

The athlete must report any injuries immediately to the coach, and an accident report will be written. Blank forms are kept in the onsite medical kit, allowing for an accurate report to be recorded. The report is kept in the student’s medical file in the Nurse’s Office. No insurance forms will be issued unless an accident report is on file in the Main Office.

ADDITIONAL INFORMATION FOR PARENTS

In addition to this handbook, Greenwich Catholic School provides the following:

1. A schedule of games and practices for the season, with pick-up and return times.
2. A weekly Athletic & Afters report will be published and posted on GCS media. This will give all updates, and other pertinent information related to GCS Athletics
3. Directions to away schools can be accessed on the school’s website.
4. Any questions or concerns dealing with any team member, coach, or program, please contact Mr. Smart, at (203) 869-4000 x140 or Mr. Mascola, Dean of Students, at (203) 869-4000 ext.157.

GCS STUDENT-ATHLETE CODE OF CONDUCT

Participation in GCS sports programs is a privilege. Students must maintain academic achievement and demonstrate appropriate student behavior. The Administration reserves the right to remove a student at any time for not adhering to school policies and/or for poor academic and behavioral performance.

In addition, the student athletes agree to adhere to the following policies:

Each participant must demonstrate sportsmanship on and off the field and must adhere to all school and societal rules, laws and expectations that would be expected of a good Catholic citizen.

1. The athlete must act appropriately and understand that negative behavior may warrant suspension or removal from the team.
2. Inappropriate language should be avoided at all times.
3. The athlete will honor all team rules established by the coach.
4. Negative comments toward teammates, other competitors, coaches, and/or spectators are unacceptable.
5. Practices must be attended regularly, and members must be on time. 3 or more missed practices/games may warrant suspension and/or removal from the team.
6. Athletes are responsible for informing parents of their practice and game dates.
7. Athletes should be prepared for all practices and games with the appropriate uniform and equipment.
8. Academics requirements must be upheld:
Students who receive a failure warning will be put on probation for two weeks, or until the student is not in warning. If appropriate improvement is shown after the two-week period, the student will be allowed to resume his/her participation. If appropriate progress has not been made after a two-week period, then the student will be permanently removed from the team.

**Greenwich Catholic School admits students of any race, color,
and national or ethnic origin.**

**This book is subject to change. Parents will be given
amendments.**

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