

# St. Anne Catholic School Athletic Handbook 2016-2017



***Mission of St. Anne School Athletics:***

The St. Anne School Athletic Program dedicates itself to the pursuit of excellence in athletics within the framework of a Catholic community and in accordance with its primary role as an educator and spiritual guide. The athletics program is committed to providing opportunities for each individual student-athlete to reach his/her highest potential while developing the qualities and spirit of a Catholic Christian.

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**St. Anne Catholic School Athletic Handbook**  
**2016-2017 School Year**

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***Philosophy:***

*“Do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run so as to win. Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one.”*

*Corinthians 9:24-25*

We recognize that the imperishable crown offered by Jesus Christ far exceeds any of the perishable crowns or trophies offered by this world. As a Catholic school, St. Anne upholds Christian values and principles. Though our athletic teams strive to win in the sense of having the best score, we recognize the real value of Catholic school athletics is realized only if it fosters the development of the human person—both in spirit and in body—by cultivating Christian character, strengthening personal integrity and responsibility, and promoting the pursuit of excellence in all endeavors.

Participation on a team is a privilege. With this privilege come responsibilities in the areas of preparation, attitude, sportsmanship, and academics. These responsibilities exist both in and out of school, both in athletic and non-athletic settings. We recognize the need for God’s support and guidance in meeting these responsibilities.

**The St. Anne Catholic School Athletic Handbook cannot possibly cover every situation that may arise in our athletic department. The Athletic Handbook, along with the St. Anne Parent/Student Handbooks, addresses the majority of issues that take place in athletics. In the event that guidance is not offered in the handbooks, the St. Anne School Administration will dictate policy and procedure.**

***Nondiscriminatory Policy***

St. Anne Athletics admits any students of any race, color, and national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students of the school. It does not discriminate on the basis or race, color, national or ethnic origin in the administration of its participatory policies, admissions policies, or athletic programs.

## **Full Participation Program**

Athletics is an important element in the education of young people, and the athletic programs at St. Anne School are an integral part of our educational process. Properly conceived, directed, and coached, interscholastic athletics provides experiences and lessons one cannot duplicate in the classroom. Participation in athletics promotes a positive self-image, development of physical, mental, and social skills, understanding of team cooperation, and a sharing of personal experiences. St. Anne School believes that the opportunity to join an athletic team should be afforded to all students rather than to have the talented athlete alone.

## **Membership**

St. Anne Catholic School is a member of the Charlotte-Gastonia Athletic Association (5<sup>th</sup>-8<sup>th</sup> grade) and the Metro Area Athletic Conference (high school). We adhere, at a minimum, to the policies and regulations set forth by the CGAA and the MAAC.

## **Athletic Teams Available at St. Anne Catholic School**

Prior to the start of a new season, an interest survey will be distributed to all eligible 5<sup>th</sup> through 10<sup>th</sup> grade students to determine the sports offered that year. Below is a list of athletic teams St. Anne intends to field for the 2016-2017 school year:

### **Fall**

- Girls' Junior/Senior/High School Volleyball
- Co-ed Junior/Senior/High School Cross Country
- Co-ed Middle Soccer/Co-ed High School Soccer
- Boys' High School Soccer
- Girls' Field Hockey

### **Winter**

- Girls' and Boys' Junior/Senior/High School Basketball
- Girls' Cheerleading
- Co-ed Swimming (club sport)
- Co-ed Archery

### **Spring**

- Co-ed Middle School/High School Golf
- Co-ed Middle School/High School Flag Football
- Co-ed Middle School Tennis

Junior level teams are open to 5<sup>th</sup> and 6<sup>th</sup> graders. Senior level teams are open to 7<sup>th</sup> and 8<sup>th</sup> graders. Varsity level teams are open to 9<sup>th</sup> and 12<sup>th</sup> graders. Some teams may include students from several levels in order to field a team.

## GENERAL POLICIES

### Absences

1. A student-athlete who is absent from school will not be permitted to participate in athletic activities that day.
2. A student-athlete must be present for a minimum of four (4) academic periods in order to participate in that day's athletic activities.
3. Any student-athlete who leaves school due to illness may not return for any athletic activities that day.
4. If an absence is excused for a reason other than an illness, a student may be permitted to participate in that day's athletic activities. This request must come from the parent directly to the school principal in writing or through e-mail.
5. Student-athletes missing classes due to athletics are responsible for all missed assignments.
6. Late games are not an excuse to arrive late for school the next day.

### Attire

1. St. Anne School student-athletes will follow the dress codes and grooming policies established by St. Anne School.
2. Student-athletes will not be permitted to be in team pictures if not appropriately groomed.
3. At no time are athletes permitted to practice or play without shirts.
4. Female athletes must wear shirts over their sports bras at all times.

### Communication Plan for Athletic Concerns

Good communication is critical in athletics, on and off the field. A communication plan is in place to assist and to improve communication between parents, coaches and administrators, ultimately for the benefit of the student.

Involvement in athletics and activities will allow the students to experience some of the most rewarding times of their lives. However, there will likely be times when things don't go their way or they disagree with a coach. It is important that students and parents realize these difficult situations are as much a part of the learning experience as the good times.

The coaches work hard to do the best they can for all of their athletes, and we ask the students and parents to respect the fact that their decisions are often extremely difficult, and are made based on factors of which students and parents may not be aware. The student, not the parent, is strongly encouraged to talk to the coach about any issues or problems that arise during the season. This is not only the most direct and productive means of communication, but also a valuable method of teaching responsibility.

#### **Communication the PARENT should expect from the COACH:**

- Specific team policies
- Expectations the coach has for your child and team
- Locations and times of all practices and contests

- Team requirements. i.e. practices, special equipment
- Any special events or planned activities outside of practices and contests

**Appropriate concerns PARENTS should discuss with COACHES:**

- Notification of any schedule conflicts well in advance
- Specific concerns with regard to a coach's expectations
- If their child, at any time, feels threatened or uncomfortable in any way by actions of teammates or coach(es)
- Any specific information that the parents feels would be of value to the coach to help him/her coach their child
- Ways the parent can help the child improve

**Protocol for registering concerns:**

1. Contact the coach first, to set up a meeting.
2. If the coach cannot be reached, contact the Athletic Director.

**MOST IMPORTANTLY:**

3. DO NOT confront a coach before, during or after a practice or contest. These can be emotional times for both parties. Meetings of this nature do not promote a resolution.

It can be very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other topics, such as those listed below, must be left to the discretion of the coach:

**Issues NOT appropriate to discuss with coaches:**

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

There are situations that may require a conference between the coach and the parent. In most instances, it is vital that the athlete be present. It is important that all parties involved has a clear understanding of the other's position.

**Next steps after parent/athlete coach meeting:**

What a parent can do if, in their opinion, the meeting with the coach did not provide a satisfactory resolution:

1. Call and set up an appointment with the Athletic Director to discuss the situation.
2. After this step, an additional meeting may be held with the parent, coach, athlete, and athletic director.

**Other Important Talking Points:**

Please do not discuss with your child a coach's tactics or playing strategies, starting line-up decisions, or decisions a coach makes about the playing time of other players. This will only undermine the coach's ability to help your child improve, to develop team harmony and develop constructive team play. St. Anne has established a variety of co-curricular activities because they teach valuable athletic,

academic, and life skills. Research indicates a student involved in co-curricular activities has a greater chance for success during adulthood, as many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school.

### **In Closing....**

The intent of this communication plan is to help make the experience in the St. Anne Catholic School athletic program more enjoyable and productive for all athletes, coaches, parents, and fans.

### **Eligibility**

In order to be eligible for interscholastic activities, a student must be currently enrolled at St. Anne and must meet all academic requirements, including the following:

A student-athlete must maintain an overall “C” average on their quarterly report card to participate in the athletic program. An “F” on the quarterly report card will immediately eliminate a student from participation until the next report card.

Once a student enters the ninth grade, he or she is eligible to participate in athletics only for the next four years, whether that student participates or not.

### **Evaluations**

In order to build a competitive athletic program at St. Anne, player evaluations may be necessary for some athletic teams. Player evaluations will be conducted by the coach and other qualified staff. Coaches should provide individualized feedback to players rather than simply posting a list of team members. When individuals fail to make a team, alternative team roles should be considered, if possible. **A student-athlete must be present at all evaluation days if they wish to participate on the team.**

Each season at least one sport will not have “cuts.” If a student does not make a team in his or her sport of choice, an opportunity is still afforded the student to join an interscholastic team. No cut sports are as follows:

**Fall** – MS/HS Cross Country

**Winter** – MS/HS Swimming

**Spring** – MS/HS Golf

### **Fees**

Athletic fees are due at registration and cover costs associated with uniforms, game officials, equipment, and league fees. Students and their families may be asked to provide their own personal equipment for certain sports. Athletic fees are as follows for the 2016-2017 school year:

Fee per sport = \$110

***Financial constraints should not inhibit any student from participating in student athletics. For financial assistance for St. Anne athletics, please contact the principal.***

### **Fundraising**

The St. Anne School Booster Club is a parent-led organization that supports the current and future athletic programs at St. Anne School. Participation in this organization is vital to the continuing operation of the athletic program as the Booster Club provides the necessary funds to purchase equipment and supplies. Individual teams may fundraise to supplement costs related to their specific sport. All team fundraising must be approved by the school administration.

### **Injuries**

1. All injuries should be reported to the onsite school nurse and/or the athletic director.
2. Ability to participate after an injury will be determined by the school nurse (if minor). For ALL injuries being treated by a physician, a written notification from that physician must be submitted be permitted to play.
3. The St. Anne Catholic School concussion protocol follows the suggested guidelines for management of concussion in sports by the National Federation of State High School Associations. Please see for the management plan.

### **Practice Guidelines**

1. Start dates for all sports can be found on the St. Anne School website.
2. During Holy Week, all practices, games, and scrimmages must end at 5pm on Holy Thursday. There will be no practices, games, or scrimmages on Good Friday, Holy Saturday or Easter Sunday.
3. Student-athletes participating with a team whose season is still in progress may not practice with the next season's team until the current season has officially ended. In extenuating circumstances this policy may be waived by the Athletic Director.

### **Preseason Orientation Meeting**

Prior to beginning each season, the Athletic Director will hold a *mandatory* meeting for all potential student-athletes and their parents. During this meeting the Athletic Handbook will be distributed and reviewed. The coaches will also facilitate a sport-specific discussion group during this meeting to introduce themselves and share their expectations specific to their sport. Parents should contact the Athletic Director prior to the meeting should they not be able to attend.

### **Registration**

Prior to initial participation in a sport, parents must register students through the online registration system and submit a completed physical form. Once a student has been cleared for participation, it is not necessary to get an additional exam within the same academic year.

Only those students who are fully registered at St. Anne School are permitted to work out with St. Anne Catholic School teams when school is not in session.

### **Sportsmanship**

All student-athletes, coaches, parents, students and fans are expected to conduct themselves in an appropriate manner at all times according to the guidelines established by the Charlotte-Gastonia Athletic Association, the Metro Area Athletic Conference, and the St. Anne School Handbook. Violations of the CGAA or MAAC policy by coaches or student-athletes may result in fines, suspensions, or both.

1. If a coach or a student is ejected from a contest and the school is fined, the coach or the student will be responsible for paying the fine.
2. Any student or coach ejected from a game must meet with the Athletic Director before resuming participation. Serious infractions of policy/conduct may result in termination.
3. If a student is ejected from an athletic contest for poor sportsmanship twice in a season, that student may be dropped from the team for the remainder of the season.
4. Fans that are disruptive or disrespectful will be escorted from the premises and may also be banned from attending future contests.

All student-athletes, parents, and coaches must sign the St. Anne Code of Conduct (Appendix 2) before each season begins.

### **Substance Abuse Policy**

We support zero tolerance in regards to drugs, alcohol, or tobacco at any time.

### **Transportation**

1. Parents are responsible for arranging all transportation for their own child. The athletic director/coaches will NOT set up carpools.
2. Because of the large geographic area served under the CGAA and the MAAC, parents must understand that they will have to travel up to areas such as north Charlotte and Gastonia for away games.

### **Uniforms and Equipment**

Student-athletes will be held financially responsible for any uniforms or equipment not returned to the school. St. Anne School will hold grade reports and transcripts until all athletic equipment is turned in or until invoiced payment has been made in full.

### **Website**

Directions to opposing schools, schedule updates, and other general information will be posted on the St. Anne School website.

### **Additional guidelines for athletics**

1. If a student quits a sport or is dismissed from a team, he or she may not participate in another sport until that season (Fall, Winter, or Spring season) ends. In extenuating circumstances this policy may be waived by the Athletic Director.
2. All athletes must abide by the guidelines established by the athletic department concerning behavior, misrepresentation, and the use of alcohol, other drugs, and tobacco.
3. Initiations, Hazing, Bullying, Harassing, etc. are NEVER permitted at St. Anne School. Violations of this policy may lead to dismissal from teams and further disciplinary action as deemed appropriate by the Administration of the school.

**Parent's Code of Conduct  
2016-2017**

As a parent of a student-athlete representing St. Anne Catholic School, it is expected that you model behavior conducive to good sportsmanship. By signing at the bottom, you agree to abide by these standards of behavior.

1. I agree to applaud the effort of ALL players on both teams.
2. I agree to cheer FOR our team, not AGAINST another team.
3. I agree not to taunt players, officials, or fans before, during, or following a competition.
4. I agree to support my student-athlete's role on the team, even if I don't understand the depth chart.
5. I agree to encourage my student-athlete to resolve conflicts or concerns with their coaches before asking for my help.
6. I agree to be a respectful spectator at games and will not attempt to coach from the sidelines.

I have read the statements of expected behavior and agree to follow these guidelines in order to support my student-athlete, the team, and St. Anne Catholic School.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student-athlete's name



**Athlete's Code of Conduct  
2016-2017**

As a student-athlete representing St. Anne Catholic School, you carry a huge responsibility to act in a way that will bring pride to your school, your team, and your family. In as such, the following are guidelines of expected behavior. By signing at the bottom, you agree to abide by these standards of behavior.

1. I will display good sportsmanship at every game and practice.
2. I will attend every practice and game that I can and notify my coach if I cannot.
3. I will show my coaches respect by listening and learning from them.
4. I will treat my coaches, other players, officials, and spectators with respect and I will expect to be treated accordingly.
5. I will remember that sports are an opportunity to learn and have fun.
6. I am a team player and will commit myself to the team, the sport, and a full season's participation.

I have read the statements of expected behavior and agree to follow these guidelines in order to represent our team and St. Anne Catholic School with class.

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Student-Athlete Signature

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Date

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Student-Athlete's name

