



St. Vincent de Paul

Athletic Handbook

St. Vincent de Paul Athletic Association

Athletic Handbook

Mission Statement

St. Vincent de Paul is a Catholic parish that is called to know, love, and serve God through worship, education, social justice pastoral care, and community life.

St. Vincent de Paul Student Athletic Policy

- The purpose of the athletic activities at St. Vincent de Paul is to:
- Develop Sportsmanship- conduct (as fairness, respect for one's opponent, and graciousness in winning or losing) becoming to one participating in a sport.
- Develop Self Confidence- players will be matched with other players at a similar skill set to experience success that will build self-confidence.
- Develop Physical Coordination- provide an environment where athletes can develop their skills through practices and games.
- Develop School Spirit- build and organize teams that create excitement for all students, athletes, and parents.

St. Vincent de Paul Student Athletic Opportunities

Sport	Students Involved	Team	Season
Volleyball	Girls Grades 6-8 6 – 12 /team	Varsity/JV /B Squad	September-October
Soccer	Boys & Girls Grades 6-8 11-22/team	Varsity/JV	September -October
Basketball	Boys & Girls Grades 6-8 8-12/team	Varsity/JV /B Squad	Boys: October-January Girls: December-March
Wrestling	Boys Grades 1-3 Boys Grades 4-8 Unlimited	Intramural (April) Varsity/JV Squad (January – March)	April January - March
Softball	Girls Grades 6-8 10-16/team	Varsity/JV	March - May
Baseball	Boys Grades 6-8 9-16/team	Varsity/JV	March - May
Cross Country Track	Boys & Girls Grades 5 -8 Unlimited		September-October March - May

Team Formation:

- We do not cut players. Everyone that attends the tryout/evaluations will be placed on a St. Vincent team.
- A mandatory parent meeting will be held at the beginning of tryouts/evaluations in the cafeteria to explain the process and answer any questions or concerns.
- Rosters are filled primarily by skill and backfilled by grade. In order to build self-confidence, we believe in matching players at a similar skill set with the appropriate team level.
- Varsity and JV teams may consist of 6th, 7th and 8th graders. B Squad teams may consist of 5th, 6th and 7th graders.
- On occasion, 5th graders will be asked to back fill any open positions. We will solicit experienced 5th graders because they will likely be playing against older players.
- Every consideration is given for an 8th grader to make the varsity. In our league (see below), the varsity team is the most competitive and equal playing time is not guaranteed. If through the tryout/evaluation process, an 8th grader does not have the skill or ability to compete at the varsity level, they could be placed on the JV team to better match their skill level. If 8th graders are placed on the JV team, it will be a minimum of two. We will not place only one 8th grader on the JV team. All 8th graders on the JV team will join the varsity during the end of the season tournament.
- Outdoor sports such as baseball, softball and soccer only have varsity and JV teams. All indoor sports have varsity, JV and B-Squad.
- Cross Country, wrestling, track and field have unlimited participation.

Tryout/Evaluations:

- Athletic Director and/or Coaches will help to coordinate tryouts.
- Independent evaluators will score and evaluate players.
- If necessary, additional information on players can be collected from previous years of participation.
- Announcement of tryouts/evaluations will be 2-3 weeks in advance. If necessary, an alternate tryout/evaluation date could be scheduled.
- All forms and fees must be signed and turned in before tryouts/evaluations.
- Schedule of the season will be handed out by the coach and available in the office.
- The Principal, athletic director and athletic committee will make additional decisions as necessary.

Our League

St. Vincent is a member of the North Suburban Parochial School League (NSPSL). Member schools include St. Alphonsus, St. Raphael, Sacred Heart, Calvin Christian, Heritage Christian Academy, St. Stephen, Epiphany, Providence Academy, Ave Maria, Maranatha Christian Academy, Legacy Christian Academy and Fourth Baptist. These schools are a mix of elementary and high schools.

The NSPSL follows the rules of the Minnesota State High School League. Some rules are modified to best serve our member schools. The league is governed by a league director and athletic directors of each member school. A league meeting is held four times a year to discuss rules, policy and other operational issues.

Team Levels:

Varsity – This is the league’s most competitive level. The level of play and competition is sometimes comparable to a traveling team in your community. The varsity is usually comprised of the most skilled and experienced players from a school. Fair playing time is encouraged but not enforced. It is not

uncommon for a varsity team to have multiple kids that compete at the traveling level or have had advanced training.

JV and B Squad – This level emphasize participation, equal playing time and skill development. It is similar to an in-house team in your community. It is a transition to the varsity level. Rules are in place to ensure player success and provide a less competitive and fun environment. For example, there is no full court pressing in B Squad basketball until 2 minutes remaining in the game. For JV basketball, teams can only press in the second half.

Responsibilities- St. Vincent de Paul School, Coaches, Parents, and Participants

If games or practices do not start immediately following school hours, students may not remain on the school grounds during the interim. They may not remain on the grounds while waiting for transportation. Siblings of extracurricular participants are not to remain after school for practices or games unless the parents are present to supervise them.

St. Vincent de Paul School will provide:

- Instructors
- Equipment (limited)
- Uniforms
- A place for practice and performance

Coaches will provide:

- Practice and performance schedules and will try not to conflict with other activities.
- Whenever possible practices and performances should be held immediately following school hours. This policy should deter loitering and transportation problems.
- Practices and games in any one activity should not total more than 3 school days per week.
- Training and guidance to each participant in the activity and emphasize good sportsmanship.
- Information to the principal on the progress or problems related to the activity.
- Report to the school detailing the equipment needed.
- Respectful behavior towards refs, team players, and other teams.

Parents will provide:

- An active interest in their child's activities.
- Equipment (limited)
- Transportation (limited)
- Insurance (if needed)
- Parental consent form and liability waiver (appendix)
- Participation fees due in school office prior to any participation (non-refundable)
- All parents must attend a **mandatory** team meeting with coaches and the Athletic Director in order for their student to participate on a team.
- Respectful behavior towards coaches, refs, team players, and other teams.

Participants will:

- Be present and on time at each practice and performance session. (See Absences)
- Be attentive at each session.
- Perform to the best of their ability all of the time.

- Represent St. Vincent de Paul School with Christian behavior, sportsmanship, and abide by the St. Vincent de Paul Student Athlete Code of Conduct.
- Participants make a commitment to their teammates, coaches, and school for the entire sports season.
- No outside team (recreational, traveling, AAU, etc) comes before our school team. St. Vincent coaches will do their best to accommodate conflicts.

Enrichment Program Prioritization

The purpose of the following is to describe to the student where the priority of athletic activities is with respect to school and school functions.

Priority 1

This category includes activities where the entire class participates and some school time is used for the activity: Field trips, school performance.

Priority 2

This category includes activities in which part of the students participates and some school time is allotted for preparation. An example of this activity would be band.

Priority 3

This category includes elective after school hours: Athletics

Academic Standards

- A student is required to maintain a “C” **in every subject** in order to qualify for athletic participation the following quarter.
- If a student has a D+, D, or D- in any subject at the beginning of the season, as a mid-quarter or quarter-end grade, the student has two weeks to bring the grade up to a “C” (the student may participate during the two-week probation period).
- If a student has an F in any subject at the beginning of the season, as a mid-quarter or quarter-end grade, the student is ineligible immediately. The student has two weeks to bring the grade up to a “C”. If the grade is not up to a “C” after two weeks, the student becomes ineligible for the rest of the season.
- The School Administration and Athletic Director will evaluate all students on Academic Probation to determine whether special circumstances warrant an exception to the probation rule.

Eligibility Standards

- If a student is suspended from school the day before a competition (game, meet, etc.) the coach will determine who participates in the student’s place.
- If a student is suspended the day of a competition or practice, he/she is automatically ineligible for that day.
- Inappropriate conduct at competitions, home and away, will be reported to the school administration and Athletic Director. The School Administration will determine appropriate disciplinary measures.
- Any unexcused absence from school or practice prior to a competition will result in a student not participating in the competition.
- In the case of an excused absence, the coach will decide the eligibility of the absent athlete.
- Students must attend practice in order to be eligible to participate in games.

Absences

- A student who does not attend school during the day will not be allowed to participate in activities after school, including athletic practices and games.
- A student has to report to school by 11:00 am in order to participate in after school activities.
- Players are expected to attend all practices and games.
- Two unexcused absences for practices and games will result in dismissal from the team.

Varsity Sports

- Varsity sports are set up through the Northern Parochial School League, and games take place on any given day during the week. Tournaments take place mostly on the weekends at the end of the season.
- Junior Varsity and “B” teams will be set up to give all interested participants a chance to play on the court or field.

Participation in games or events

- Length of playing/competition time is determined by coaches (guideline 25%) minimum per game or match (“JV” & “B” Teams) for those having consistently attended practices, while showing a positive attitude and effort to improve and learn.
- Varsity teams may or may not meet this guideline, but an effort will be made to allow team members a chance to participate in each contest.
- A student-athlete may be moved to a JV or B team for increased game/match experience, if suggested by coaches.
- 8th graders are allowed to participate at JV or B levels according to NSPSL rules for each particular sport.
- 8th graders assigned to a non-varsity team (JV) will earn a St. Vincent de Paul Varsity Letter for that sport, having completed the season with a positive effort and attitude.

Wrestling Policy

- Any wrestling meet that involves competing against girls is contrary to the school’s policy. We do not believe that wrestling is an activity which is appropriate for direct competition between boys and girls.
- In the event that St. Vincent’s wrestling team should encounter a situation where boys are competing directly against girls, (Non-Parochial League Tournaments) we will continue to participate but none of our boys will oppose girls directly. We shall request organizers to avoid these particular matches (boys vs. girls) involving our wrestlers and will not take the mat if this situation occurs. We will continue to participate as a team if possible.

Uniform Deposit

- A \$75.00 uniform fee/deposit will be collected for each student in each sport at the beginning of the season.

The deposit will be returned at the end of the season with the return of a complete, clean and undamaged uniform. If the uniform is damaged or not returned, the fee is applied to the cost of replacement. The athletic director will assess any damage at the end of the season.

St. Vincent de Paul Student Athlete Code of Conduct and Responsibilities

PURPOSE: The purpose of the St. Vincent de Paul Student Athlete Code of Conduct is to establish a Code of Conduct and a standard set of rules that all athletes at St. Vincent's School will abide by to demonstrate good sportsmanship, personal integrity, and Christian values.

APPLICABILITY: This Code of Conduct applies to all student athletes' participation in school sponsored interscholastic/varsity athletics. Other disciplinary procedures with respect to the St. Vincent's school Code of Conduct will also be enforced regardless of the location of infraction.

ENFORCEMENT: It is the responsibility of all athletes of St. Vincent de Paul School to abide by, enforce and report violations of this Code. Any violations of this Code should be reported to the Athletic Director by a parent, coach, or staff member. The School Administration, Athletic Director, and Sports Committee will evaluate the violation and determine the appropriate consequences for the infraction. Consequences for the first violation will vary depending on the nature of the violation and the circumstances. Consequences for the second violation will result in automatic ineligibility for school-sponsored athletics for the remainder of the school year.

CODE REQUIREMENTS:

- It is a privilege to represent St. Vincent de Paul School as a student athlete. I understand that I must adhere to all of the rules and regulations that pertain to the Northern Suburban Parochial School League athletic activities a school may sponsor.
- I will respect the rights and beliefs of others and will treat others with respect, courtesy, and consideration.
- I will be fully responsible for my own actions and the consequences of my actions.
- I will respect the property of others.
- I will respect and obey the laws of my church, school, and the laws of my community, state, and country.
- I will show respect to my fellow students, athletes, coaches, and officials and to those who are responsible for enforcing the rules of my church, league, school, and laws of my community, state, and country.
- During the calendar year, regardless of the quantity or location of occurrence, I shall not use, consume, have in possession, buy, sell, or give away any controlled substances, illegal drugs, tobacco, or beverages containing alcohol.
- I will adhere to the academic and behavioral standards as outlined in either the school handbook or the St. Vincent's Athletic Association handbook in order to remain eligible to participate on a St. Vincent team.
- Any student who intends to participate in St. Vincent interscholastic athletics activities must have on file in the school a record of a physical examination performed within the previous three (3) years.

Informed Consent: By its nature, participation in interscholastic athletics includes risk of injury and the transmission of infectious diseases such as HIV and Hepatitis B. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program and inspect their own equipment daily.

Student: By signing this Code of Conduct, I agree to abide by this Code and to follow any disciplinary action imposed on me as a result of violating these rules.

Students Signature _____ Grade _____
Date _____

Parents/legal guardian: We are aware of the Code requirements and will support any disciplinary action imposed as a result of a violation.

Parent Signature _____ Date _____

Parent Signature _____ Date _____

St. Vincent de Paul Parents Code of Conduct and Responsibilities

PURPOSE: The purpose of the St. Vincent de Paul Parent Code of Conduct is to establish a Code of Conduct and a standard set of rules that all Parent(s) at St. Vincent's School will abide by to demonstrate good sportsmanship, personal integrity, and Christian values.

APPLICABILITY: This Code of Conduct applies to all parent(s) participation in school sponsored interscholastic/varsity athletics. Other disciplinary procedures with respect to the St. Vincent's school Code of Conduct will also be enforced regardless of the location of infraction.

ENFORCEMENT: It is the responsibility of all parents of St. Vincent de Paul School to abide by, enforce and report violations of this Code. Any violations of this Code should be reported to the Athletic Director by a parent, coach, or staff member. The School Administration, Athletic Director, and Sports Committee will evaluate the violation and determine the appropriate consequences for the infraction. Consequences for the first violation will vary depending on the nature of the violation and the circumstances. Consequences for the second violation will result in automatic ineligibility for school-sponsored athletics for the remainder of the school year.

No conflict between a parent/guardian, student, official, or coach should be addressed during or immediately following a game. The game sites, practice field, lobby or locker room is not an appropriate place to handle conflict. Coaches are not to meet or deal with conflict at these times or places. Most conflicts are better resolved with an appropriate cooling down period.

If you are upset, please call or arrange a meeting the following workday with the School Administration, Athletic Director, and Sports Committee.

CODE REQUIREMENTS:

- I will assume positive intent at all times.
- I will place the emotional and physical well being of participants ahead of the desire to win.
- I will demand an activities environment and school campus that is free from drugs, tobacco and alcohol and will refrain from their use at all activities.
- I will ensure that the activity is student-centered.
- I will do my best to make sure that activities are fun and positive for the students.
- I will treat all participants including coaches, fans, opponents, event workers, and officials positively and in a respectful manner.
- I will not berate the officials.
- I will support the coach's instructions or directions.
- I will refrain from using profanity, abusive language, or negative personal remarks.
- I will communicate my concerns through appropriate channels in a dignified manner.
- I will not throw anything onto the playing field or performing space.
- I will be realistic about the participants' capabilities and emphasize how to improve performance.
- I will be a positive role model.

Informed Consent: Failure to abide by this Code of conduct by engaging in any inappropriate conduct may result in removal by a school official, game official, or police officer from the activity, suspension from future school events, a no trespassing order for campus activities and/or dismissal from the school community.

Parent: By signing this Code of Conduct, I agree to abide by this Code and to follow any disciplinary action imposed on me as a result of violating these rules.

Parent Signature _____ Date_____

Parent Signature _____ Date_____

Athletic Voucher System

The purpose of the St. Vincent de Paul athletic voucher system is to:

- Gain parental assistance at the sporting events.
- Gain financial support for St. Vincent athletics.

How the St. Vincent Athletic Voucher System works:

- Each family is required to volunteer in the concessions or admission table during tournaments during the school year.
- Coaching a team will fulfill the requirement.
- If you decide not to volunteer, you will be required to pay a one-time fee of \$50.

St. Vincent de Paul Athletic Voucher

____I prefer to pay for my voucher. Enclosed is my check.

____I have worked for my voucher.

Date of Service_____

Please check the type of service below:

____Concessions

____Score keeping

____Sideline

____Misc. (please describe)

____Coaching

____Hall Duty

Total Hours Worked_____

Family Name _____ Child's

Name_____

SEND COMPLETED FORM TO SCHOOL OFFICE BY August 28th, 2013

