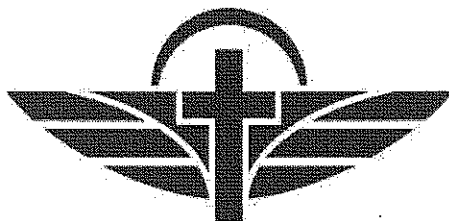


SAINT MARY OF THE WOODS SCHOOL ANGELS (1ST – 5TH Grades)



ATHLETICS HANDBOOK 2020-2021

Athletic Director:
Christina Rhodes
(270)-233-5405

Principal:
Emily Hernandez
(270)-233-5533

This document contains includes required documents; athletes and parents should read the handbook (or have read by parents) in its entirety, discuss the material, and sign and return the acknowledgement / acceptance form included at the end. Athletes will not be eligible for practice or play until the athletic director receives the signed acknowledgement form.

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Attendance

Students who are not in school at least half the day will not be permitted to participate in extracurricular activities after school. Student-athletes and/or parent/guardian may submit an appeal to the athletic director under these circumstances.

Communication

Throughout the school year or competition seasons there may be questions or concerns that come about. The student-athlete and/or parent should first speak with the immediate coach or head coach first. If this communication does not satisfy these parties, the concerns should be referred to the athletic director. The chain of command is as follows: immediate coach → head coach → athletic director → principal.

24-Hour Rule: Parents/guardians must wait 24 hours after the conclusion of an athletic event to speak with a coach about an issue they would like to discuss.

Remember, in all communication, to maintain a respectful and Christian attitude toward one another.

Equipment & Inventory

Student-athletes are responsible for all equipment issued to them and are to pay for equipment damaged or lost due to negligence. Coaches are to inform the athletic director of any equipment lost or damaged by student-athletes.

Fees

Fees may be associated with your league; those fees are determined by the individual hosts of the events (Little Raiders, Tiny T's, 3rd – 5th Grade Volleyball, Owensboro Catholic League, etc.).

Injury

Athletes must report all athletic injuries to their coach. If the injury requires medical attention, the coach is to refer the student-athlete to the appropriate physician. Once seen by a physician, the athlete must obtain the doctor's permission to return to activity and present the permission form to the coach.



Insurance

All student-athletes are required to have insurance coverage. This applies to all sports and sports activities.

Required Forms

Every student-athlete must complete certain forms before being allowed to try out, practice, or play. The head coach shall submit a copy of her/his roster prior to the first official practice. The following completed forms must be submitted:

1. Acknowledgement of the SMWS Athletic Handbook, which includes the Owensboro Diocese Good Sportsman document
2. Diocesan Activity Form A (Emergency and Medical Information)
3. Diocesan Activity Form C (Activity Information Form)
4. Diocesan Activity Form D (Code of Conduct Form)

(Forms A, C, & D are collected with registration documents.)

Transportation

Student-athletes are to ride with their parents to and from contests. In any case (if a parent drives his / her own child or if a parent allows another adult to transport his/her child), Saint Mary of the Woods has no responsibility for the student-athlete and her/his safety to and from the event. The car holder's insurance is primary when driving personal vehicles.

Volunteer parent drivers (of any school bus equipment) must complete the Volunteer Driver Permission Form and give it to the athletic director.



The Profile of the Ideal Parent/Guardian

- Support your child and attend as many contests as possible.
- Avoid putting pressure on your child to start, score, or be the star of the team.
- Support the coaching staff at all times.
- Avoid speaking negatively about the coach in front of your child as it may create a major barrier in the child's hope for improvement in the sport.
- Serve as good role models for the students, athletes, and other fans.
- Contribute as members of the booster club and assist with fundraising and other special events put on by the Angel Athletics Department.
- Appreciate the educational opportunity that your child is receiving in our athletic program. This includes the enormous time and effort provided by the coach and his/her staff.
- Attend any pre-season parents' meeting and read the Saint Mary of the Woods School Athletic Handbook.
- Serve as beacons of good sportsmanship.
- Show respect to everyone involved in high school athletics, including coaches, athletes, fans, officials, and administrators.
- Follow the chain of command at Saint Mary of the Woods School when you have a concern: immediate coach » head coach » athletic director » principal.
- Express concerns and questions in a courteous and civil manner, and do it at the right time and in the proper setting.
- Abide by the 24-hour rules when it comes to addressing coaches with any concerns. Keep the conversations constructive and polite.
- Abide by all the policies, regulations, and procedures for our athletic program.
- Understand that the goals of the team and athletic program are more important than the hopes and dreams you have for your child.
- Avoid constant and chronic complaining.
- Remember that we are all on the same team, trying to work together to do what's best for our program and our student-athletes. We need to work as a team in order to succeed.

Levels of Participation In Athletics

- **Instructional**

A league in which all athletes should be taught and have the opportunity to learn the rules of a game and to learn and practice the skills of that game. In the instructional leagues, it is expected that all students receive quality playing time, according to their league rules. Instructional generally applies to K-4 athletics.

- **Transitional**

A league in which all athletes continue to learn more about the game, have the opportunity to improve their skills, and begin to participate at a more competitive level. Fifth and sixth grade leagues are considered transitional. Minimum playing time requirements may apply, depending on local league rules.

- **Competitive**

A level at which athletes are placed on teams according to skill levels for varsity and reserve. Athletes in this league should expect that stronger skilled athletes may get more playing time. Athletes should NOT expect more playing time based ONLY on skill level if effort, attitude, and sportsmanship are not also displayed on a consistent basis. Athletics for Grade 7 through high school are considered competitive.

The GOOD SPORTS Concept

It is our intention to state our expectations for behaviors and attitudes that should be displayed by all invested parties regarding appropriate Christian sportsmanship. We look forward to providing opportunities for appropriate athletic competition where students can learn athletic skills and life skills; where students, coaches, and parents/fans will appreciate the gifts and talents of others as well as the opportunities to compete, win or lose. Our Good Sports program allows each of us to model, practice, and learn respect, gratitude, and responsibility among many other core values, through Christian athletic competition.

We intend for our Good Sports program to complement the guidelines described in the **Diocese of Owensboro Handbook for Catholic Schools** (policy #416.)



Diocese of
Owensboro
Catholic
Schools

Good Sports

Mission Statement

The Mission of the Catholic Schools of the Diocese of Owensboro is to share in the Church's mission, to proclaim the message of Jesus Christ as lived out in the Catholic Church which creates a worshipping community of believers whose service is a witness of their Christian love.

Athletes' Expectations

Show respect

- Accept the call of the officials.
- Listen to the coach.
- Show courtesy to fellow athletes.
- Appreciate levels of abilities of all athletes.
- Care for equipment and space.
- Commit to participating in practice.
- Compete your best.
- Commit to school team.

Show gratitude and appreciation

- Show gratitude for each other's gifts and talents.
- Shake officials' hands.
- Thank coaches after practices and games.
- Thank parents for support, driving, helping.
- Congratulate other team and your own teammates.
- Show school spirit.

Show responsibility

- Show commitment to school team.
- Communicate with coach.
- Be on time.
- Take care of equipment.
- Make grades and behavior in and out of school a priority.
- Come prepared to cooperate and work hard.

Coaches' Expectations

Model and teach respect

- Appreciate levels of abilities of all team members.
- Show respect for other coaches.
- Teach leadership and teamwork.
- Emphasize helping others become better.
- Respect officials and their calls.
- Speak positively to and about your athletes and their school.
- Shake hands of officials and coaches, win or lose.
- Emphasize school spirit and community.

Model and teach gratitude and appreciation

- Begin and end practices and games with prayer.
- Appreciate efforts of all your athletes.
- Appreciate effort, investment, and support of parents and school.
- Appreciate the game and teach athletes to be grateful for their talents and opportunities.

Model and teach responsibility

- Follow through and hold students accountable for behavior.
- Be on time.
- Communicate with athletes and parents.
- Give all athletes opportunities to grow and improve.
- Be positive.
- Build self esteem in athletes.
- Be a positive Christian role model.
- Teach athletes to be gracious winners and losers.

Parents' & Fans' Expectations

Show respect

- Cheer for a team, not against a team.
- Celebrate talents and accomplishments of all athletes.
- Respect all athletes, coaches, officials, and other fans.
- Do not approach officials, your coach, other coaches or fans before, during, or after practice or competition with negativity.
- Speak in a positive way about your athlete, other athletes, coaches, officials, and your school.
- Keep all things in perspective.

Show gratitude and appreciation

- Appreciate the time and effort of volunteer coaches and officials.
- Appreciate efforts and talents of all the athletes.
- Be positive before, during, and after the game with your athlete and others.
- Appreciate the opportunities athletes have to participate.
- Be grateful for the support and investment of time, talent, and treasure of others and the school.
- Keep all things in perspective.

Show responsibility

- Communicate with and about athletes, coaches, and other parents/fans in a positive and appropriate way.
- Be on time.
- Encourage team over individuals.
- Do not leave siblings unsupervised.



Student-Athlete / Parent/Guardian Consent

Student Name: _____ Grade (2020-21): _____

Parent / Guardian Name(s): _____

Telephone number(s) _____

I acknowledge receipt of this handbook for participation in the athletic programs of Saint Mary of the Woods School. I have read / discussed with my parents all expectations expressed, including the Diocesan Good Sports form. I agree to abide by these rules and the rules set forth by an individual sport or a member of the coaching staff.

Athlete signature: _____ Date _____

Parent signature: _____ Date _____

Parent signature: _____ Date _____

Horn Center Acknowledgement:

The above named individual has my / our permission to participate in the athletic program. I/We understand that no insurance is provided by the individual's school athletic department or any individual connected with the program. I/We agree to release from responsibility and liability and hold blameless Trinity High School / Saint Mary of the Woods School / The Horn Center / St. Mary Gym and / or any individual who is assisting in the sports program for any injuries or sicknesses resulting from participation in the sports program. By signing below, I/we hereby acknowledge and agree to the program rules and waiver clause.

Parent Signature _____ Date _____

(If your child participates in 1st – 5th grade sports only, Horn Center Fees are not assessed.)