

Student Name: _____

Student Grade: _____

Student Room #: _____

ST. CECILIA SPORTS OVERVIEW & PARTICIPATION RULES

As part of our effort towards the continuous improvement of the St. Cecilia Athletic Program, the Athletic Board is requiring that anybody who plans to participate in any of our Sports Programs (Basketball, Soccer, Baseball, Volleyball, and/or Track) to read the following document and hand in the signature acknowledgement section at the bottom. This acknowledgement will be necessary before any child can participate.

Please bring this form with you when you pay your Athletic Fees at the start of the 2009—2010 school year. If you don't plan to pay for your Athletic Fees in person, be sure to include this signed form when you send in your fees

ST CECILIA ATHLETIC PROGRAM GOALS

The St. Cecilia Parish Athletic Program is designed to be representative of the Christian values in life. As Christians, we are constantly challenged to better ourselves. In team sports we strive for improvement, both as individuals and as a group. The development of Christian values is the primary focus of the St. Cecilia Parish Athletic Program. Athletic participation is one arena in which coaches, athletic director, officials, student-athletes, and spectators should strive to manifest and exemplify the ideals of Christian life.

The St. Cecilia Parish Athletic Program has a responsibility to each of its participants (coaches, players and officials), to provide the best possible atmosphere of competition; such competition should not be based solely in terms of winning and losing, but rather in terms of improvement, enjoyment, and building self-confidence. In order to accomplish these goals the participants must become gracious winners and losers, understanding that team participation and goals are more important than individual performance. The concept of team participation allows the athletes to experience individual growth while encouraging growth of their teammates, peers, friends, and competitors.

PLAYER GOALS

This list is not all inclusive but highlights some of the major player expectations:

- 1) Treat opponents with respect; shake hands after contests.
- 2) Respect the judgment of officials and abide by the rules of the contest.
- 3) Play in a positive manner, reflecting Christian values.
- 4) St. Cecilia practices and games take precedence over other sports activities; like Club Sports.
- 5) Players shall respect, listen and learn from their coach.
- 6). Accept seriously the responsibility of representing the school or parish by displaying positive behavior at all times.

PARENT GOALS

Parents also need to always 'Honor the Game' and like the Coach, help fill the emotional tank of their kids in a positive way. Competitive sports are stressful to players, and the last thing they need is a critic at home. Be a tank filler for your child. Focus on the positive things he/she is doing, and leave the correcting of mistakes to the coach. Let her/him know you support them without reservation, regardless of how well he/she plays. But don't stop there. Cheer for all of the players on the team. Tell each of them when you see them doing something well. Parents also play an important role in letting a coach "coach" and not interfering with the direction the kids are given in practice and/or games.

Parents should respect all practice times and games such that they pick-up & drop-off their children as required. Continuously picking up your children late puts an added burden on the Coach, for example.

PLAYER PARTICIPATION

The following is again not an all inclusive list but aims to highlight & summarize our overarching participation guidelines:

Players are expected to show up on-time to all practices & games and stay the entire time.

Players who have missed school due to illnesses may not attend either a practice or game on the same day. If this rule is circumvented, the Player cannot participate in the subsequent game.

Players who are ill on Friday may attend and participate in a game over the weekend if their illness permits but cannot participate on that Friday.

St. Cecilia practices and games take precedence over other non-St. Cecilia activities. This includes ALL St. Cecilia sponsored sporting events too, like the Holy Name Basketball Tournament.

Team members are expected to participate in scheduled practices each week, and are expected to play in all scheduled games. A Player will be allowed one unexcused practice and one unexcused missed game per season.

NOTE: “Excused Absences” for Players are defined as an (i) Illness, (ii) Educational assistance, or (iii) a Family trip. If a Player misses a practice or game for one of these reasons than they are not subject to the actions outlined above.

The consequence for missing more than one unexcused game and/or practice is as follow:

- a. If a team member has one unexcused practice in one week, that team member will have their playing time brought down to the bare minimum, as required by CYO, for the next scheduled game. EXCEPTION: If a team practices only ONCE per week, then the unexcused absence will be treated in part (b) directly below.
- b. If a team member has two unexcused practices in one week, that team member will be suspended from the next scheduled game, but will be required to attend the game out of uniform and sit on the bench with the team.
- c. If a pattern develops whereby a team member continually misses practices unexcused, they will be reviewed by the Athletic Director for (i) dismissal from the team and/or (ii) prohibited from playing in their next sport of choice.
- d. A team member may have one unexcused, missed game per season. A team member who misses two games, unexcused, will be reviewed by the Athletic Director for consideration to be (i) dismissed from the team and/or (ii) prohibited from playing in their next sport of choice. The student will be dismissed from the team unless the absence is determined to be excused by the Athletic Director.

------(Detach & return this portion when you pay your Sports Fees)-----

I have read the 2009/2010 St Cecilia Athletic Team Rules and Policies and agree to adhere to them.

Player Signature _____ Date _____

Parent Signature _____ Date _____