

St. Cyprian Chargers



Athletic Handbook

2016-2017

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Mission and Philosophy

It is the mission of the St. Cyprian Athletic Program to provide a safe sports environment that serves as an extension of the school's academic and religious programming. All participants will learn the fundamentals of each sport and be given the opportunity to cultivate strong, healthy, and disciplined minds and bodies. Participants will also develop a sense of good sportsmanship, fair play, and team spirit.

St. Cyprian School is concerned with the development of the WHOLE person – the religious, moral, social, and academic dimensions, as well as physical development. We believe that participation in athletics is an important component to a well-rounded educational experience. Through participation in the St. Cyprian Athletic Program, students will develop ethical and moral standards, life-long skills, and positive values.

Program Goals

The St. Cyprian Athletic Program strives to establish the following in our student-athletes:

- Life-long health
- Increased self-confidence
- An inner sense of good sportsmanship
- A sense of responsibility developed through high standards of behavior on and off the playing field
- A proper attitude toward winning, losing, and competing with dignity

Selection, Training, and Monitoring of Coaches

All coaches must complete the school's volunteer requirements (listed under Coach Expectations). Coaches are volunteers who will be recruited at throughout the year by the Principal and Athletic Association. The principal will approve coaching selections based on completion of

requirements, coaching experience, and ability. Coaches will be expected to communicate regularly with the Principal, who will monitor their actions throughout the season.

Code of Conduct and Expectations

The St. Cyprian Athletic Program believes that sportsmanship is a core value, and its promotion and practice are essential throughout all athletic events. All participants in St. Cyprian Athletics, including student-athletes, coaches, parents, and fans, are expected to follow these guidelines in order to promote sportsmanship and Christian values at athletic events.

Student-Athlete Expectations

- Display respect for teammates, opponents, coaches, and officials at all times. Doing so includes following these guidelines:
 - Refrain from the use of profanity at all times.
 - Be generous in winning and graceful in losing.
 - Be a team player by encouraging the efforts of both teammates and opponents
 - Do not argue with teammates, opponents, coaches, or officials during the game.
- Maintain a solid academic and behavioral record in and out of season. (See Eligibility Requirements)
- Arrive on time for games and practices with the proper clothing and equipment. Make every effort to be in attendance, and notify your coach in advance if you are unable to attend a game or practice.
- Attend school the day of a game or practice. If a student is not in school, he/she will not be allowed to participate in a sporting event that evening. This rule does not apply to Saturday events following an absence on Friday.
- Return all uniforms upon the conclusion of your sports season. Uniforms are the property of St. Cyprian

School and should be returned in good condition.
Students will be expected to pay for lost or damaged uniforms.

Failure by a student-athlete to meet these expectations may result in probation, suspension, or expulsion from St. Cyprian athletics as determined by the principal.

Coach Expectations

It is an honor and a great responsibility to be a coach. All St. Cyprian coaches are volunteers who will be approved by the Principal after meeting the following volunteer requirements:

- Complete an online criminal background check at www.archchicago.org
- Attend a Virtus Training session and stay up-to-date with Virtus online training bulletins
- Read and sign the Code of Conduct, which is available in the school office or at www.archchicago.org
- Complete the Child Abuse and Neglect Tracking (CANTS) Form, which is available in the school office or at www.archchicago.org

Coaches will be expected to lead and guide their team throughout the season, remembering at all times that they are representatives of St. Cyprian. As coaches, they are expected to do the following:

- Act in accordance with Catholic character and serve as a model for students, in both word and action, at all times
- Model sportsmanship, humility, and graciousness in both victory and defeat
- Ensure that the health, well-being, and development of the student-athletes takes precedence over the team's win-loss record
- Properly supervise students at all times so as to create a physically and emotionally safe environment
- Follow safe training and conditioning techniques as well as sound injury and risk management practices

- Maintain a respectful and professional demeanor in relationships with athletes, officials, parents, administrators, and the public
- Possess basic knowledge in skills and strategies for the sport you are coaching so as to adequately lead your team
- Adhere to established school policies, procedures, and philosophies
- Use appropriate and respectful language at all times
- Follow school policy, as outlined below, regarding playing time, practice schedules, and eligibility
- Communicate efficiently with the Principal, keeping him/her informed of practice and game schedules and any incidents at games or practices
- Keep team goals realistic and reward student-athletes appropriately for reaching these goals
- Encourage the formation of the whole individual by emphasizing the importance of academics in addition to athletics

Parent/Guardian/Fan Expectations

- Promote academic, emotional, physical, and moral well-being above desires and pressure to win.
- Teach, enforce, and model the development of good character to include trustworthiness, respect, responsibility, fairness, and caring.
- Promote fair play and uphold the spirit of the rules.
- Model appropriate behavior at all times.
- When attending games, engage in positive cheers to encourage St. Cyprian while avoiding negative cheers directed at the opposing team, coaches, or officials. Negative cheers or criticism of the officials will not be tolerated.
- Assist your child in managing his/her time effectively in order to avoid letting athletic involvement affect academic performance.

- Transport your child to and from practices and games on time. Remember, our coaches are volunteers who have their own family obligations as well.
- Accompany your child to all games for proper supervision. If you cannot attend the game your child is attending, arrange for another adult to be responsible for his/her care.
- If a problem arises, please use the following chain of communication:
 - First, the student-athlete should speak to the coach about her/her concerns. This helps the student-athlete take responsibility for his/her actions.
 - If the issue is not resolved, the parent should contact the coach directly. Please remember to do so in a calm and respectful manner.
 - Contact the Principal if you are not satisfied that the problem has been solved.

Eligibility Requirements

Participation in St. Cyprian Athletics is a privilege, not a right. A student may compete in a St. Cyprian athletic event (practice or game) as long as he/she meets the following requirements:

- Student must return a permission slip signed by a parent or guardian approving of participation by the designated due date.
- Student must exhibit academic progress as determined by the student's classroom teacher(s). Students with failing grades will not be allowed to participate in athletics until the classroom teacher feels adequate academic progress has been made.
- Student must display positive social behavior as determined by the student's classroom teacher(s). Students with severe behavioral infractions at school may be suspended from athletics until the classroom

teacher and/or administrator feels adequate progress has been made.

- Student must attend school the day of the game or practice. If a student is absent on a Friday, he/she will still be allowed to participate in athletic events held on Saturday or Sunday.

Finances

The St. Cyprian Athletic Program is designed to keep sports affordable for **all** students and families. Equipment, uniforms, and league fees will be funded mostly through fundraising and donations to keep the cost for each student-athlete to a minimum. When necessary, scholarships will be offered so all interested students are given the opportunity to participate. In order to keep student fees to a minimum, parents are encouraged to volunteer their time and talents by assisting with various fundraising events led by the Athletic Program.

Selection of Teams

Students in grades 4-8 will be invited to participate in interscholastic athletics. Students in 3rd grade will be invited to join interscholastic teams at the discretion of the principal when additional children are needed to sustain the teams. St. Cyprian's class sizes do not currently allow for a team at each grade level. Therefore, students will be assigned to either the JV or Varsity team depending on the number of children participating in athletics each year. JV and Varsity rosters are determined based on grade level, not ability level. JV players may be invited to play at the Varsity level if there is a shortage of players for a game. Varsity players are not allowed to play at the JV level.

Playing time and guidelines

The amount of time dedicated to practices and games, as well as playing time allotment, has been determined based on developmental needs of students at various ages and in

accordance with Archdiocesan standards. When scheduling practices, coaches must be mindful that athletics are secondary to academics.

At the JV level, the focus of the athletic program should be on development. Therefore, all players are expected to be given **equal playing time**.

At the varsity level, playing time should be a reflection of ability, effort, attendance at practices, and commitment to the team. However, **all players are expected to be given playing time in each game**. Simply putting a player in the game for two minutes and calling that playing time is not acceptable. “Winning at all costs” or the exclusion of participation of eligible players is never tolerated.

Practice is an essential preparation for success in games, at all age levels. **At all levels, it is expected that players are consistently on time for practice, physically and mentally ready to practice, dressed in appropriate attire, and engaged throughout the practice. Missed practices will result in lost playing time during games.**

Parents or student-athletes should notify the coach of the reason for an absence prior to the game or practice. Playing time may also be reduced as a disciplinary action if a player loses self-control or engages in conduct unbecoming of a Christian student athlete.

Recognition and awards

Awards and recognition of student-athletes will be given at the Sports Banquet concluding the year. The St. Cyprian Athletic Program will give recognition to teams to promote sportsmanship and an attitude of team play throughout the program. Individual awards such as “most valuable player” will not be given. Coaches are discouraged from giving

awards that single out individual players and take away from the spirit of team play and sportsmanship.

Role of Principal

It is the responsibility of the St. Cyprian School Principal to oversee the Athletic Program and work in conjunction with the Athletic Association to ensure the program runs smoothly. The Principal will approve decisions related to the spending, scheduling, discipline, rosters, and other issues related to athletics that may arise.

Role of Athletic Association

The St. Cyprian Athletic Association is a group of volunteers with an interest in the Athletic Program who will assist the Principal in the organization and management of the Athletic Program. The Athletic Association’s responsibilities include but are not limited to the following:

- Hold regular meetings to discuss plans for the Athletic Program
- Recruit and organize volunteers for athletic events
- Organize and run fundraisers in support of the Athletic Program
- Submit ideas for improvements to the Athletic Program

Contact Information

For more information regarding the St. Cyprian Athletic Program, please visit the school website, www.stcyyps.org, or contact Mrs. Margie Marshall, Principal, at mmarshall@stcyyps.org or 708-453-6300.

Amending This Handbook

Statements in this handbook are subject to amendment with or without notice. Some changes may be made immediately due to unforeseen circumstances. The school will attempt to keep you informed of all changes as soon as possible.