

St. Benedict Preparatory School



Athletic Guidelines 2015-2016

STATEMENT OF NON-DISCRIMINATION

Saint Benedict Preparatory School does not discriminate on the basis of race, color, sex, national or ethnic origin in its admission or hiring policies, educational programs, loan or scholarship programs, athletics or any other school-administered program.

MISSION STATEMENT

The St. Benedict Athletic Program provides a competitive sports program as an extension of the St. Benedict Preparatory School's academic programs. All participants will learn the fundamentals of each sport and be given the opportunity to develop strong, healthy, and disciplined minds and bodies. Participants will also develop a sense of good sportsmanship, fair play, team spirit, and Christian leadership.

PHILOSOPHY

St. Benedict Preparatory 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 part of student development. Through participation in the St. Benedict Prep athletic program, students may develop life-long skills and positive values. These values include Christian leadership, healthy living habits, self-discipline, integrity, and teamwork, respect for rules and regulations and the ability to participate with dignity and grace. The philosophy of the Athletic Department reflects the mission and goals of the school itself. We further encourage our student athletes to place their academic progress first, and continually attempt to foster Gospel values in the Roman Catholic tradition. Our athletic program strives to provide opportunities for all members of the student body to participate. More than half our student population participates in one or more of our athletic programs.

INTERSCHOLASTIC SPORTS

Interscholastic sports are more structured opportunities for the student athlete. The main focus is on good sportsmanship through competitive activities where skill, development, teamwork, team achievement, and personal growth are emphasized.

GENERAL INFORMATION

- To be on any athletic team is a privilege
- St. Benedict Prep has a no-cut policy for all freshmen.
- A physical examination is required by the IHSA each year. These physicals are good for only 12 months.
- Students are held responsible for lost/stolen or misused equipment, uniforms, or warm-ups. Students sign a uniform contract at the beginning of each season.
- Students also sign an insurance waiver at the beginning of each season.
- The IHSA requires all students to have a signed drug-testing and concussion information form on file.
- Injuries must be reported to the coach and Athletic Department immediately.

ATTENDANCE POLICY

Students who are absent from school or miss part of the school day may not be present at any after school activity without permission from the Administration.

COLLEGE VISITATIONS

Seniors are allowed one college visit in the first semester only. College visit requests must be completed through the college counselor.

REGISTRATION FEES

The fee for registration for athletics is \$175 for the first season and \$125 for each additional season. These fees cover many athletic expenses and are non-refundable.

GOALS OF THE ATHLETIC PROGRAM

The following goals are important to all St. Benedict Preparatory School's athletic programs:

- Developing sportsmanship
- Giving students the experience of being part of a team
- Developing team spirit and school spirit
- Helping students develop strong, healthy and disciplined bodies and minds
- Helping students maintain good health through physical fitness
- Providing an enjoyable recreational activity that can be sustained into adulthood
- Encouraging values of self-discipline, self-confidence, fair play, and cooperation
- Teaching the proper attitude toward winning, losing, and competing with dignity

RESPONSIBILITIES OF ATHLETIC DIRECTOR

The areas of responsibility of the athletic director include those below:

- To provide coaches and volunteers with opportunities for continuing education in appropriate coaching techniques and child development related to the physical, psychological and emotional well being of children
- To monitor and supervise coaches regularly
- To oversee practices, games, and tournaments
- To provide assistance to coaches working with students with special needs
- To monitor and supervise volunteers
- To handle conduct reports and inform the principal of these
- To receive and disseminate communications and information regarding athletic business
- To update and purchase equipment and uniforms
- To perform any other duties and assignments as designated by the principal or pastor

RESPONSIBILITIES OF COACHES

The coach has the greatest responsibility as well as the greatest opportunity to guide and influence the student athlete. Coaches assume the role of teacher, mentor, and minister to the athletes in their charge. A coach's attitude and behavior are critical to modeling good Christian Catholic sportsmanship in both word and deed.

Coaches should adhere to the following:

- Coaches should be knowledgeable of the rules of the sport and techniques for teaching the fundamentals of the sport.
- They should use tactics and strategies that are appropriate for the age and skill levels of their athletes.
- Coaches should model Christian sportsmanship knowing that the school is judged more by the coach's sportsmanship than by his record.
- The coach should teach and guide the team members with a sense of fair play and model winning and losing in a respectful, courteous, and gracious Christian manner.
- Coaches show respect for game officials and opponents.
- Coaches should refrain from public protest that may lead to similar behavior from students, parents, and other spectators.
- Coaches are responsible for the safety and welfare of the team. They are responsible for the equipment issued to the team and for the proper use of the facilities where practices and games are held.
- Coaches carry pertinent information with them at all times on each athlete in their care in case of an emergency.
- Coaches attend all practices and games. They are responsible to make sure that there is a proper adult (21 years or older) in supervision in their absence.
- Coaches teach the rules of the sport and develop each player's skills within the framework of team concept. They help each player develop self-confidence, self-discipline and sportsmanship; they make team participation a learning experience for all.
- Coaches do not tolerate any player word or action that de-values another player.
- Coaches strive to be fair and unprejudiced in their relationships with the student athletes and their parents.
- Coaches strive to faithfully and fairly adhere to the guidelines for "playing time" for each student athlete.
- Coaches strive to be objective when they evaluate talent.
- Coaches plan for the proper physical conditioning of the student athletes.
- Coaches discipline inappropriate student behavior or disrespect. However, coaches never resort to physical or verbal abuse or profanity.
- Coaches keep objective, factual, written records of problems concerning student athletes' attitude and/or behavior. These records are important when discipline matters might lead to the suspension and/or expulsion of a student from the program.

- Coaches communicate the schedule of practices and games in a timely manner.
- Coaches keep a written record of accidents and injuries and notify parents and the Athletic Director of these.

RESPONSIBILITIES OF STUDENT ATHLETES

Responsibilities of the student athlete include, but are not limited to the following:

- Submit all documentation within the established timeline
 - Uniform contract
 - Registration fee
 - Archdiocesan waiver
 - Insurance Information
 - IHSA drug-testing waiver
 - Concussion form
 - Physical
- Meet the academic requirements
- Meet age requirements of league/conference regulations
- The athlete is responsible for the uniform issued. If it is lost, stolen, or damaged, the replacement cost is \$75 per article of clothing. At the end of the season, uniforms should be returned in good, clean, reusable condition.
- Show complete respect for coaches, teammates, opponents, officials, spectators, and fans.
- Athletes are expected to be present and on time for all practices and games.

Students who choose to participate in the athletic program at St. Benedict Prep are representing the school and parish at all times. They must act in a manner that reflects favorably upon the school and on themselves. This expectation is not limited to the sports field or court, but should be evident at school, in the community, at other schools, as well as before, during and after the games.

RESPONSIBILITIES OF PARENTS/GUARDIANS

Parents play an important role in the success of the student athlete and also in the success of the team.

Parents should adhere to the following:

- Parents are expected to support and encourage their child's efforts. Attending games and cheering for the team is a show of support, however parents are always reminded to act in a responsible manner and show good Christian sportsmanship.
- Parents should not criticize the playing efforts of any athlete or of the team. Parents can be role models for putting losses in perspective and moving on. Questioning, criticizing, or berating the coach, the referees or any other officials is inappropriate behavior.

- Parents should realize that they can and may be asked to leave a game or tournament if they are not able to maintain a standard of acceptable behavior.
- Parents are encouraged to contribute their time and service in support of the team and the sports program.
- Parents will assist the student in maintaining the athletic uniform.
- Parents are responsible to communicate directly and at appropriate times with the teachers of the student to ensure that academic and behavior eligibility standards are being met.
- Parents will communicate directly with the coach or the athletic director on matters of concern. They do so at appropriate times-not immediately before, during, or after a game.

MONITORING COACHES, STUDENT ATHLETES, AND PARENTS

If a coach, student athlete, or parent is in violation of any of these rules, the administration will determine the appropriate consequences of the situation. **Coaches, student athletes and parents may be asked to leave the Athletic Program at St. Benedict Preparatory School if problems persist.**

RECRUITMENT OF STUDENT ATHLETES

High Schools may not recruit promising athletes to their schools and/or athletic programs with the promise of tuition, special considerations, or any other incentives. Catholic High Schools may not recruit students for athletics. Students who are solicited to enroll in or transfer to a high school to participate in athletics may place their own eligibility to play in jeopardy.

NCAA CLEARINGHOUSE

If you have any questions about the certification process and form, please contact the Athletic Director or counselor. If you would like to know the status of your certification documents, you can contact the NCAA Initial-Eligibility Clearinghouse at:

NCAA Clearinghouse
 2255 N. Dubuque Road
 PO Box 4044
 Iowa City, IZ 52243-4044
 319-337-1492

ST. BENEDICT PREP STUDENT ATHLETE CODE OF CONDUCT

Participation in athletics can provide enjoyment and at the same time teach discipline, leadership, teamwork, and respect for rules and healthful living habits. This participation is a benefit and a privilege, and each student represents not only him/herself but St. Benedict Prep as well. Therefore, you always have the responsibility for representing yourself and St. Benedict Prep as a positive citizen and role model. As a recognized representative of your school, you are expected to exhibit appropriate behavior during the athletic season or out of season, in uniform or out of uniform, on campus or off campus. This code applies to any participant whose

conduct at anytime has an effect on the reputation of St. Benedict Prep. School officials will take action on any violations brought to their attention during all on and off campus activities. Additionally student athletes are responsible for adhering to all rules specific to certain coaches and sports as well as adhering to the rules in the St. Benedict Preparatory School Handbook.

ATHLETIC TEAM SELECTION POLICY

The following are the criteria used by the St. Benedict Preparatory School's Coaching Staff when choosing their teams:

- Poise, professionalism, and purpose
- Talent Level-skills pertaining to the specific sport
- Dedication to the program
- Attitude and work ethic
- Academic progress
- Behavior in the classroom
- Off season and preseason improvement
- Attendance in school
- Pride and spirit in the program
- Potential to improve
- Knowledge of the sport and of the system
- Leadership capabilities
- Ability to communicate with coaches and teammates

STUDENT ATHLETE EXPECTATIONS

- Excel in the classroom
- Be respectful to all
- Always think of the team first
- Work harder than our opponents
- Never embarrass the team or St. Benedict Preparatory School
- Follow all school rules
- Do the best you can, then do it better

WHAT COACHES LOOK FOR IN A PLAYER

- Are your grades better than average?
- Can we trust you?
- Can we depend on you?
- Do you care about the team?
- Do you have a desire to win?
- Can we count on you?

IMPORTANT INFORMATION

Please check out the website at: <http://www.stbenedict.com>

You can find sports schedules, driving directions, job postings, and more!

Our email addresses are:

Mr. Michael Kendrick	Athletic Director	mkendrick@stbenedict.com
Mrs. Cathy Nota	Asst. to the Athletic Director	cnota@stbenedict.com

Eligibility Requirements

- **Probation:** Student is receiving a grade less than a C-. Student will be evaluated weekly and, if the grade is not improved, the student will be removed from participation. Any student who remains without improvement above a C- for two consecutive weeks in the same course will be ruled ineligible until grades improve. Student may still participate in practices and games.
- **Ineligible:** Student is receiving a grade less than C- in a course for two weeks in a row. Student should be completely removed from the team until grades are established. Student is not allowed to attend athletic, club, or drama functions until grades improve.
- Students who are ineligible will attend the Study Center until grades improve based on teacher recommendation. The amount of the Study Center requirement is determined by teacher. Study Center is a study hall outside of the school day.
- Any student whose behavior does not reflect the standards and reputation of St. Benedict Preparatory School may be dismissed from participating in athletics or clubs.
- Students involved in IHSA sponsored activities must meet the participation guidelines published in the IHSA Athletic Eligibility Rules.

Demerits

- The Demerit system can have effects on athletics and is clearly laid out in the student handbook.
- Demerits are given according to the level of violation.
 - 4 levels of demerits (A through D) where A is a minor violations and a level D is a major violation.
- Each student will be handled on a case by case basis for punishment in athletics for their number of demerits and detentions. These Cases will be handled by the Athletic Director, Dean of Students, and the Principal. They will decide the repercussions based on the situation.

