

SAINT JOHN VIANNEY YOUTH ATHLETICS

PARENT – ATHLETE HANDBOOK

I. TO THE PARENTS/GUARDIANS OF ST. JOHN VIANNEY:

St. John Vianney Church believes that by having athletic programs we can enrich the lives of our parish's young people. The Parent-Athlete Handbook is an attempt to help athletes develop positive lifestyles. Teamwork is essential for the successful implementation of these rules. Parents, coaches, athletes and program administrators need to work closely together in order for the St. John Vianney Youth Athletics program to reach its full potential. Please read this handbook. If you have any questions, contact the Youth Athletic Committee through the St. John Vianney Administration Center.

II. ATHLETIC PHILOSOPHY

The purpose of the St. John Vianney Athletic Program is to:

Provide the opportunity for the each athlete to use and develop their talents while participating in competitive contests under the direction of qualified and dedicated coaches.

Instill in the athlete the high Christian values and attitudes of sportsmanship, teamwork, respect and dedication that will bring about a deeper love for Jesus Christ, self and others.

Integrate into the athlete's life a sense of priority, commitment and dedication that will prepare them for future challenges.

Educate the whole person, physically, mentally, emotionally and spiritually to use their God-given talents for His honor and glory.

III. ATHLETIC PROGRAM

St. John Vianney offers teams in eight (8) sports. The sports are Boys and Girls Cross Country, Girls Volleyball, Boys Football, Girls Basketball, Boys Basketball, Girls Basketball Cheerleading, High School Boys Basketball, and Boys and Girls Track & Field. Opportunities to participate in additional sports are available by contacting the Athletic Director.

St. John Vianney is a member parish of the Catholic Youth Organization (CYO) Athletic Program. This membership allows St. John Vianney to participate in athletic competitions and post season tournaments under the rules of the CYO.

The CYO and Sanctioned Leagues establish league schedules for each team at the beginning of each season.

The organization and administration of the athletic program is the responsibility of the Athletic Director and Coaches with the approval of the Youth Athletic Committee and the Pastor.

The athletic program is open to members of St. John Vianney Church, All Saints of St. John Vianney School and neighboring parish members in accordance with CYO eligibility rules.

All sports are offered under a no cut policy.

IV. COLORS AND NICKNAME

Athletic Teams under this program shall be registered as St. John Vianney Church and are known as the Wildcats. The team colors of royal blue, gold and white come from our parish shield.

V. GENERAL RULES AND REQUIREMENTS FOR PARTICIPATION

A. Insurance

All athletes must carry medical insurance and have a signed waiver indicating that they are covered by a family policy.

B. Physical Exam

All athletes must have a CYO physical examination form signed by a doctor and on file with the Athletic Director **before they can begin practice**. Also, parents must complete and sign an emergency medical authorization form prior to beginning practice. Physical forms are good for one year from exam date.

C. Registration & Fees

All participation fees are non-refundable and are to be paid prior to established registration deadline date. Late registrations will be placed on a waiting list and are not guaranteed a spot on a sports team. Participation fees cover league entry and participation fees, referee fees, awards, gym rental and other expenses.

Registration deadlines will be listed in the St. John Vianney Parish Bulletin and All Saints School newsletter. Registration forms will be available at the St. John Vianney Administration Center and All Saints School office.

D. Team Selection

Coaches and the athletic director shall meet prior to the sport parents meeting to determine team size and composition. If needed, players may be moved from one grade level to another in order to balance size of teams.

Procedure for moving athletes from one grade level to complete another grade level are:

1. AD meets with coach of team needing additional player(s).
2. Coach selects player(s) to move grade levels.
3. AD meets with coach of team from which player(s) are to be moved.
4. AD contacts player and family to discuss switching of teams.

If the number of athletes warrants, grade level teams will have evaluations and be split based upon the following philosophy in keeping with CYO rules:

5th & 6th grade teams are to be divided into A and B teams based on equal skill levels, as these teams are to provide children with fundamental instructional teaching.

7th & 8th grade teams are to be divided into A and B teams based upon skill level.

High School teams are to be divided into Junior Varsity (9th & 10th grade) and Varsity (11th & 12th grade).

E. Eligibility

The eligibility requirements established by the CYO will be followed (See CYO Handbook for specific requirement).

F. Equipment/Uniforms

Athletes are responsible for all equipment and uniforms issued to them. All equipment and uniforms will be distributed and returned on a date selected by the Youth Athletic Committee. The Youth Athletic Committee reserves the right to impose late fees for uniforms not returned on selected date as well as deposit fees to be returned upon return of uniform and equipment.

All Church issued uniforms are to be worn for game purposes only. Uniforms/practice jerseys are not to be worn for practices or outside of St. John Vianney Athletic Program activities.

Each athlete is expected to wear a complete uniform to games. This uniform includes the uniform shirt and shorts. Shorts are to be worn in the proper place, at the waist and not on the hips. Uniform jerseys are also to be tucked into the shorts at all times. Failure to comply will result in sitting out a game.

G. Schedules

Game schedules will be given to parents and athletes once they are received from the CYO Office. Practice schedules will be established at the beginning of the sports season.

Athletic practices/scrimmages will be limited to three (3) days per week for 4th to 6th grade teams, and limited to four (4) days per week for 7th & 8th grade teams. A maximum of five team meetings, including games may take place in one week. A week shall be from Sunday to Saturday.

Parents are to wait with athlete in gym or at field until the coach arrives. Athletes should NEVER be left unattended. Parents must walk athletes in and out of gym.

There are sports specific rules regarding number of games allowed per season as well as number of games played per day. i.e. basketball – 20 games per season,

only one game permitted on Sunday and two on Saturday with a four hour break between games.

Teams are only permitted to scrimmage or practice with other CYO teams.

H. Multiple Teams

Participants in the St. John Vianney Athletic Program are prohibited from participating on more than one team in the same sport at the same time (Example: an athlete CANNOT play CYO basketball and City League or YMCA basketball at the same time). If an athlete is involved in a different sport during the sport season, the athlete and parent should meet with the coach to discuss all possible conflicts impacting participation. Violation of this rule results in forfeit of all games played while player has participated on two teams.

I. Medical Expenses

The responsibility for all medical expenses while participating in CYO and St. John Vianney athletic activities lies with the parent or guardian of the injured individual. St. John Vianney and the CYO in no way assume liability for any injuries that occur on the way to scheduled games or practices, at said events or after departure.

VI. CODE OF CONDUCT

Athletes are representatives of St. John Vianney Church. They can either be a credit to athletics and to the Church they represent, or they can be a discredit. Younger boys and girls, future athletes, classmates and citizens of the community look to parish athletes as examples of model young people. With this view, proper conduct on and off the "field" is of the utmost importance.

To be an athlete at St. John Vianney Church is considered a privilege and not a right. Athletes must be willing to dedicate themselves to the following policies, which make up the Code of Conduct for all athletes at St. John Vianney.

Athletes are expected to follow all of the guidelines during the entire school year. This includes summer practices and vacation days during the school year.

A. Citizenship

Athletes will strive to conduct themselves in a satisfactory manner as citizens of St. John Vianney Church and school. Examples of poor citizenship are misconduct in practice, and games, disrespect for coaches, officials or fellow athletes or any insubordination to a coach. Athletes shall conduct themselves in a satisfactory manner so as to not reflect poorly upon athletics and St. John Vianney Church. Any unsatisfactory citizenship is contrary to the program goals and could result in disciplinary action and dismissal from a team.

Inappropriate conduct, disrespect toward officials and coaches, foul languages, "trash talk", taunting, continual teasing or put downs by athletes, coaches or

parents will not be tolerated. If a situation occurs it will be dealt with seriously and quickly. It should not be construed as “boys will be boys”.

B. Training

Athletes will conduct themselves in a satisfactory manner in regard to adherence of training rules. They will not involve themselves with any action or conduct that would not insure top physical condition or would be detrimental to their personal well being. Team coaches will establish training rules. Violations may include absence from practice, smoking or other detrimental activities. Training rule violations could result in disciplinary action and removal from a team.

C. Personal Appearance

Athletes will strive to meet the high expectations placed upon them. At St. John Vianney athletes are expected to:

Maintain a reasonable appearance and be well groomed while in season.

Dress properly for games, team masses and athletic banquets, meeting standards set forth by the head coach and athletic director.

D. Attendance

Athletes are REQUIRED to attend all practices and games. Athletes must realize the importance of attending practices. Practice time may be from 1 to 2 hours in length and is crucial to a team and athlete’s development. Athletes that miss practice should expect disciplinary action ranging from being benched to removal from a team. Injured players should also attend practices and games in order to understand the development of the team.

Excused absences will be defined as personal illness, death in the family, etc. Unexcused absences will be defined as any absences in which the coach is not contacted by the athlete or his/her parent and all other absences (can’t get a ride, went to the movies, etc.).

Disciplinary action for unexcused absences from practice:

- 1st offense: practice discipline – laps, push-ups, sweep the floor, put chairs away, etc.
- 2nd offense: sit out the first half/game of the next game/match.
- 3rd offense: sit out the entire next game/match and a coach’s conference with parent.
- 4th offense: sit out the entire next game/match and a coach’s conference with parent.
- 5th offense: removal from the team.

Attendance at all games/matches is mandatory. Athletes are expected to be at each game at least ½ hour before the scheduled starting time. An athlete that misses a game shall be subject to disciplinary action.

Disciplinary action for unexcused absences from games/matches:

- 1st offense: sit out the first half of contest and coaches meeting with parent.
- 2nd offense: sit out the entire next contest and coaches conference with parent.
- 3rd offense: removal from the team.

Time management and planning are critical for an athlete to maintain academic and athletic responsibilities. Athletes and parents should consider this attendance policy when considering participation in athletics at St. John Vianney and in other school activities.

Athletes/Parents that are removed from a team for attendance reasons shall meet with the athletic director before the athlete is allowed to compete in the next sports season.

E. Suspensions and Unsportsmanlike Conduct

A player ejected from a game for any reason will be suspended from their next game and will not practice with the team for the following seven (7) days.

Missing a game due to suspension will count as an unexcused absence from a game and result in the appropriate disciplinary action for missing game/match stated in section VI-D.

Any player suspended twice during the same season will be removed from the team.

If an ejection occurs in the last contest of the season, the athlete shall be ineligible for the same period in the next sport season in which the athlete participates.

An athlete under suspension may not sit on the team bench, enter the locker room, or be affiliated with the team in any way.

F. Quitting a Team

St. John Vianney strongly discourages athletes from quitting teams. We believe that athletics have a positive impact on young people. If quitting a team is determined to be the only solution to the problem then:

The athlete must discuss the situation with the head coach and return all equipment.

Once the roster has been set the athlete may not quit one team and then try-out for another sport during the sport season.

When a player quits a team and wishes to play another sport, a conference will be held with the athletic director and head coach of the sport the athlete wishes to play.

G. Team Rules

Rules for a specific team are an integral part of athletics. Athletes are expected to adhere to the team rules designed by their coach. Each head coach must provide a copy of team rules to each athlete/parent. Team rules shall be established so as to not contradict the rules in this handbook.

Disciplinary action taken by the coach, which results in the removal of an athlete from a team, shall result in the procedures outlined under section VI-F being followed.

H. Penalties for Violation of Team/Program Rules

1. General Violations

Disruptive athletes shall be instructed by the coach to discontinue such behavior. If the behavior continues the coach shall instruct the athlete to run laps, do push-ups, clean-up equipment/chairs, etc. These types of activities should be dealt with quickly, and not brushed aside.

If disruptions continue, the athlete will be removed from practice and/or suspended. The coach will talk to the parent about the child's reoccurring behavior. The parent should assume responsibility for the child and try to correct the behavior. One measure a parent should take is being present at practices and games.

If the behavior persists the coach will contact the athletic director. The athletic director will set up a meeting with the parent and the athlete to discuss the athlete's continued participation in the program.

Practice Facility violations - policies for practice facilities will be made available at the beginning of each season. Violations will be handled by coach or Athletic Director. Defacing or damage of any practice facility may result in removal from the team.

2. Attendance - See Section VI-D.

3. Suspensions and Unsportsmanlike Conduct - See Section VI-E.

4. Quitting a Team - See Section VI-F.

5. Alcohol and Tobacco Use - See Section XI.

VII. AWARDS

Awards will be given in accordance with the following guidelines. Athletes that quit a team are not eligible for awards.

Each athlete will receive a participation memory plaque upon which the athlete will affix a plate for each sport participated. If an athlete's memory plaque is filled an additional plaque may be requested from the athletic director.

Individual Trophies will be presented to teams that win league/region/diocesan championships.

Each Varsity Team may present three special awards to athletes :

Sportsmanship Award: To the athlete who works well with others and is known for his/her willingness to acknowledge and encourage the efforts of others.

Most Improved Player Award: To the athlete who has demonstrated the greatest improvement during the current season or over their career.

Most Valuable Player Award: To the athlete who has contributed most to the team's accomplishments during the current season.

At the conclusion of each athletic year, the Youth Athletic Committee may present the Father Robert Kline award to an 8th grade boy and girl that best exemplifies a Christian athlete.

VII. SPORTS MASS AND AWARDS CEREMONY

All participants in the athletic teams should be in attendance at the sports mass and awards ceremony. Those who are unable to attend should discuss this with their coach. Every member deserves recognition for their role on the team and the support of other program participants.

Athletes should be dressed appropriately for these ceremonies. Girls should wear dresses, dress skirts, skorts or dress pants with a dress shirt. Boys should wear dress shirts and ties and dress pants. Tennis shoes and jeans are never appropriate for these events.

VIII. INAPPROPRIATE BEHAVIOR BY A COACH

Parents should report inappropriate behavior by a coach at a practice or game to the athletic director, the pastor or the athletic moderator immediately. Inappropriate behavior may be verbal or physical in nature and may be directed toward athletes, officials, and other coaches or adults.

All coaches are required to attend a CYO certification and Virtus class as well as a background check.

IX. PARENT AND FAN CONDUCT

Parents and fans are encouraged to cheer for our teams and NOT against our opponent. We are dealing with children and they will make mistakes. A mistake by our team would not be ridiculed just as a mistake by our opponent should not.

Parents and fans should make sure that they know the rules of the game. Parents should not yell at officials about every call. Your opinion will not change his/her mind about the call, but may impact future calls. If a bad call is made, react and move on. Officials usually make up for really bad calls. Remember the example you are setting for your children and for St. John Vianney Church in general. If inappropriate behavior continues the coach may talk to the parents before, during or after a game. This behavior if unchecked could result in ejection of the fan from the facility by officials, coaches or facility managers, to a season long ban from the facility to a disqualification of our team from competition.

Parents and fans should respect the coaches of the teams for the time and effort they are putting in with the teams.

Parents should not contradict the coach in their discussions with athletes. Parents should discuss issues with the coach at the "proper time". That time is never during a practice or game and never in the presence of the athletes and other youngsters.

Parents should also understand their role in teaching sportsmanship to the athletes. This should be a primary focus since it is an ideal Christian value that lasts a lifetime.

Parents should also make sure that the coaches are aware of any special traits of their child. For example, medical problems or physical limitations such as the need for an inhaler or the tendency for bloody noses.

Parents are to treat all volunteers in the SJV CYO program including, coaches, Youth Athletic Committee and Athletic director with respect as they are all volunteering their time to help provide CYO sports to your children.

X. DIOCESAN RULE ON ALCOHOL AND TOBACCO USE

Coaches, Players, managers, statisticians, scorekeepers, cheerleaders, spectators, etc. and contest officials in the CYO athletic contest are prohibited from using any form of alcohol, illegal drug or tobacco products at a CYO athletic contest or practice session.

Alcohol is not permitted anywhere on the premises. Penalty for violation by a parish participant is disqualification from that contest. Violations by contest officials shall be reported to the CYO Office. The parish is responsible for the enforcement of this policy.

Athletes in any St. John Vianney Athletic program are prohibited from using any controlled substance as well as steroids or other performance-enhancing drug.

CYO contest sites are drug, alcohol and tobacco free zones.

Violation of this rule by an athlete will result in suspension or removal from the team. Action taken will be at the discretion of the athletic director and athletic moderator.

XI. FUNDRAISERS

The St. John Vianney Youth Athletic Committee (YAC) is designed to support the sports programs. Part of the athletic experience is the ability to give back a small portion of what is given to the athlete. This giving of one's time is important to understanding the sacrifices of others. The YAC reserves the right to impose fees for non-participation in

fundraisers. Fundraisers for the 2006-07 season will be the SJV volleyball and basketball tournaments.

XII. YOUTH ATHLETIC COMMITTEE

The mission of the Youth Athletic Committee (YAC) is to identify and provide for the athletic needs of the youth of the St. John Vianney Parish community, and to integrate those needs into the overall mission of the Parish.

The YAC consists of fourteen (14) voting members. The YAC creates athletic policies in accordance with diocesan guidelines, plans for the future needs of the athletic program, publicizes the accomplishments of the athletic program, assists in the resolution of grievances and raises funds to operate the athletic program.

Positions on the YAC and sub-committees consist of one-year terms. Help from parents or interested parishioners is crucial to the growth and improvement of athletic opportunities. Those interested in becoming involved should contact the St. John Vianney Administration Center or the YAC Chairperson for more information.

The YAC normally meets on the third Sunday of each month at 7:30PM in the SJV Administration Center.. Meeting dates will be indicated in the monthly school and parish calendar and Sunday bulletin. The YAC meetings are open to all interested individuals, and include an open session for input from parents, coaches, etc.

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