

COLLINS CATHOLIC



BEARS

James L. Collins Catholic School

ATHLETIC HANDBOOK

2016-2017

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Collins Catholic School Athletics

Philosophy of Athletics:

The philosophy of athletics at Collins Catholic is to offer a positive sports experience for students which emphasizes the development of athletic abilities, good sportsmanship, team cooperation and unity. Students, parents, and volunteer coaches are the backbone of our athletic program. We uphold Christian values and principals in our competition.

Conference and Governing Body:

The Governing Organization for Collins Catholic School Athletics is the Dallas Parochial League. Please visit the DPL website for more information about specific sports as well as the DPL Handbook:

www.dallasparochialleague.com .

All athletes are now required to complete an athletic physical form (found attached) prior to competing in a DPL sport. In addition, all parents must complete a registration form and a release form. Please select the file above to view the DPL policy regarding its website and pictures.

Sports Offered for 5th through 8th grade:

<u>Volleyball</u> - late August through November	Girls / CO-ED
<u>Cross Country</u> - Three meets in October	open
<u>Basketball</u> - Some December tournaments January through early March.	Boys and Girls
<u>Soccer</u> - (co-ed) – April and May	Boys and Girls
<u>Track</u> - April and May	Boys and Girls
<u>Baseball</u> - April and May	Boys
<u>Softball</u> -April and May	Girls
<u>Tennis</u> - Fall	Boys and Girls

"I can do all things through him who strengthens me." - Philipians 4:13

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Registration Process for a Sport:

1. Student and parent/guardian have completed and returned Collins Catholic Athletic Parent and Student code of conduct form and release form.
2. 5th Grade Student Athletes and New Student Athletes who start playing sports at after 5th grade will be required to attend with their parent/guardian the school's DPL Informational Preseason Orientation Meeting.
3. Student and parent/guardian have read the Collins Catholic Athletic Handbook and signed the Athletic Contract
4. A current physical report is on file at the school. This must be updated yearly.
5. Fees: All sports offered at Collins Catholic School have different costs required for operation. Fees will be disclosed prior to the start of the season and paid to the school through the Athletic Director. Fees cover the cost to enter teams in the league and for supplies and uniforms. Fees are not to be paid to coaches.
6. The uniform deposit check has been delivered to the school office prior to the first practice.
7. The registration fee has been paid prior to first practice.

The deposit check will be held until the uniform is returned at the end of the season.

Uniforms must be returned within 30 days of the last game played. Uniforms must be returned in good condition (washed appropriately; no stains; no bleach; no tears or snags; no discoloration).

During the season, it is the responsibility of the student-athlete/parent/guardian to professionally mend the garment, if needed, before returning it to the Athletic Director.

Once the uniform is confirmed to be in good condition, the deposit check will be shredded. If a uniform is not returned, or is returned in poor condition, the uniform deposit check will be cashed.

Eligibility

Students 5th through 8th grade level that have completed the above registration process.

Collins Catholic School expects student-athletes to maintain academic and behavioral standards in keeping with the Parent-Student Handbook and the teachings of the Catholic Church. These regulations and procedures apply while on school premises, during practices and competitions, and in the public arena. A student will be considered *eligible* to participate in interscholastic athletics at Collins Catholic School if their most recent academic report reflects:

1. A 76% or above average in academic areas in each subject
2. A *Satisfactory* grade or better in behavior

Ineligible students may not practice or dress out and sit on the bench with other players. They may, however, attend games as part of the audience.

Notification of eligibility or requalification will come from a school administrator to the coach, after notifying parents. Constant encouragement for every student-athlete is essential.

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Student Expectations and Requirements

Students and parents should recognize that participation in the athletic program is not a right of all students, but rather a privilege to those selected individuals who possess the ability, attitude, disposition, cooperative spirit, and desire to represent the James L Collins Catholic community in a favorable way. By joining the school's athletic program, a student becomes a representative of his/her team and of Collins Catholic School.

Attendance

All student-athletes must be marked as present in school on the day of practice or a game in order to participate. Please see the *Family Handbook* for what constitutes an absence.

All student-athletes must recognize the time commitment made to a team. One is expected to attend all practices and games. If one cannot attend a practice or game, please make sure the coach and/or athletic director has been notified *in advance*. Consequences for a missed practice or game will be informed by the team rules as outlined by the coach/team at the beginning of the season in addition to the natural consequences that result from missing practice instruction or game experience.

Sportsmanship

All student-athletes are expected to represent Collins Catholic in an exemplary manner. This behavior is expected both on and off the court or field. Student-athletes are expected to display the best of Christian courtesy and manners to all officials, coaches, opposing coaches, players, and spectators. If there is an issue the athletic director and principal will make the final decision following a meeting with the athlete, coach, and parent.

Transportation

Transportation to/from practices and games is the sole responsibility of the parents. Please ensure that your student-athlete is picked up promptly at the end of each practice/game.

Prayer

Team prayer is an essential component prior to the start of every contest.

Commitment Agreement

I will strive to give my best to the team in every practice and in every game. I will be on time to practices and games. I will not miss a practice or a game unless my coach or athletic director approves that absence. I will cooperate with my coach and my teammates. This cooperation will make me a better athlete and my team more successful. I will play hard while exhibiting exemplary sportsmanship and my behavior will be a positive reflection upon my family, team, Collins Catholic School and myself. I will remain academically eligible and meet standards established by the principal for participation in extra-curricular activities.

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Expectations of Parents

Five Ways to Support your Student-Athlete:

- 1. Be present-** Show up to games, cheer, and support our teams!
- 2. Be positive-** Children learn from modeling. When talking about the game, season, performances and decision-making, please share the gift of a positive outlook on the milieu.
 - ↳ Stay positive in a winning and losing environment.
 - ↳ Do not applaud errors made by opponents or penalties assessed against them.
 - ↳ Refrain from sideline coaching, allowing your student-athlete to focus on his/her game, the coach, and his/her teammates.
 - ↳ Avoid profane language and obnoxious behavior that are contrary to the values of Christian behavior and good sportsmanship.
 - ↳ Communicate appropriately and respectfully with coaches on an individual basis. Mass emails voicing displeasure are neither productive nor respectful.
- 3. Encourage independence-** Encourage student-athletes to be responsible for the care of their athletic gear and to be prepared for practices and games.
- 4. Observe the "24 Hour Cushion"** – Please allow coaches the time they need to process their decisions before approaching them with any questions.
- 5. Model Collins Catholic behavior expectations for visiting spectators-** Take pride in our athletic program and model for visitors how we:
 - ↳ Cheer for our team rather than against our opponents.
 - ↳ Respect the integrity and authority of game officials.
 - ↳ Allow coaches to coach without criticism from the spectators.
 - ↳ Help clean up at the end of athletic events.

All parents of student-athletes are expected to represent Collins Catholic School in an exemplary manner. This behavior is expected both at practices and games. Parents of student athletes are expected to display the best of Christian courtesy and manners to all officials, coaches, and opposing coaches, players, and spectators. At all times, good sportsmanship is the rule not the exception. The penalty for unsportsmanlike behavior during a practice or game will be left to the discretion of the coaches of each sport with the input of the Athletic Director and the Principal.

- All parents must read, initial, sign, and return a Parent Code of Conduct Agreement to the Athletic Director. This agreement can be found on the last page of this handbook.

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Coaching Duties

In addition to serving as witnesses and models of faith, Collins Catholic coaches are expected to fulfill the following duties:

- Plan out practices and games
- Supervise athletes at all times until they are picked up from practices/games
- Condition athletes properly
- Assess athletes' readiness for practice & competition
- Maintain safe playing conditions
- Account for equipment
- Communicate practice and game schedule to athletes and parents in a timely manner.
- Supervise assistant coaches
- Secure parent volunteers to work as scorekeepers and photographers as necessary for each sport.

Please Note: Coaches are not *responsible* for collecting an athlete's paperwork or fees.

Communication with Athletes and Parents

Collins Catholic coaches should establish clear procedures and guidelines for communication with athletes and parents that align with the philosophy and mission of Collins Catholic School. E-mail should be used only to communicate basic information, such as time and location of games and practices. Discussions of concerns should always be done in person. If a face-to-face meeting is not possible, a phone call is acceptable.

Awards and Recognition

The Collins Catholic Athletics Program hosts an annual Sports Banquet during the Spring Season. Coaches are expected to attend the evening to celebrate, publicly introduce their players and summarize their season.

Play like A Champion Today

Sports as Ministry (PLC) initiative supports Catholic leagues and dioceses in promoting: athletics as ministry to youth and families, building teams as Christian communities, character development, spiritual growth, intrinsic motivation and responsible decision-making. Attendance at a PLC workshop is mandatory for all DPL coaches

Volunteer Coaches - are the backbone of the program.. As the child progresses in school, usually most of the coaches continue with their teams as they move on to 6th, 7th and 8th grade. Coaches meetings are conducted before each season to discuss expectations, techniques and communication to try to prevent some of the aforementioned problems. All coaches must go through safe environment training and a background check required by the diocese. Other parishes, and usually encompasses about a 2-hour session of information. Dates and times are usually published in the bulletin.

Forms: