

ST. PATRICK CATHOLIC SCHOOL

Athletic Handbook

2023-2024



Where the love of God is, there is purpose.

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Mission: Our “WHY”

We offer values-driven families an authentic Catholic education so that they can encounter God’s love and their children have a steady place to discover their God-given purpose.

Where the love of God is, there is purpose.

Core Values:

We begin with love.

People rise to the level of the love that they are given. That’s why, in everything we do, we begin with love. Excellence and achievement are important, as is building virtue, but these are the fruits of a culture where everyone knows they are loved — no matter what. No one cares how much you know unless they know how much you care. That’s why the first job of every person in the building, no matter their title, is to care for the hearts of our students. It’s what God has done for us and what we must do for one another.

We see you.

We take the time to intentionally learn about each child, parent, teacher, and faculty member, because when we know their story, and they know ours, we find common ground to build on. This means we never correct from a distance; instead, we strive to see from their vantage point and accompany them on their journey.

We tell the truth.

In a world that’s so full of confusion and chaos, the most caring thing we can do for our families is to tell them the truth — especially the eternal truths of our shared Catholic faith. When we are fully honest about what God desires of us, we create an environment where true growth is possible. We know how important it is to show up with courage and compassion to the tough topics and the hard truths. God’s Word matters, so we don’t let our words and actions fall out of sync with His.

We honor our role.

There is no greater responsibility than the task of raising wholehearted children. When parents entrust their children to us, we honor their trust by embracing every challenge with calmness, clarity, and compassion. Even when a situation arises that could shake us or our students, we act as the protectors and advocates that every parent expects for their child. Our sense of responsibility gives children the safety they need to flourish and reach their God-given potential.

We care for the whole person.

We’re not just preparing kids for high school; we’re fortifying them for their eternal destiny. In academics, extracurriculars, and everything in between, our hope is to help students discover the truth of God and their identity and calling as His sons and daughters. We believe that being rooted in our identity impacts and changes everything we do. At St. Patrick’s, every subject, class, club, and conversation is a chance to encounter and express God’s love.



Contacts

Name:	Title:	Contact Information:
Carley Dunphey	School Principal	principal@stpatschool.org
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Role Descriptions

Principal

Oversees all activities involving the school

The Athletics Supervisor

Oversees the Athletic Department

The Athletic Director

Handles and manages all activities involving the Athletic Department
Supervises the coaches, student-athletes, and spectators.

The Athletic Administrator

Facilitate the operation of the athletic department by assisting the athletic director with planning and implementing all athletic functions.

Head Coaches

Manages all issues pertaining to their sport alone.
Supervises student-athletes and each individual coaching staffs.

Assistant Coaches

Handles assigned duties and obligations given to them by the head coach
Supervises student athletes and teams assigned to him/her in accordance with the Head Coach.



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Athletic Curriculum

Fall Sports

CYO Volleyball- Mini
Volleyball

CYO XC
Mini XC

CYO Competitive Cheer
Mini Cheer

CYO Soccer
Mini Soccer

Winter Sports

CYO Basketball

Mini Basketball

CYO Competitive Cheer

Mini Cheer

Spring Sports

CYO Baseball

Golf

CYO Competitive Cheer

Brighton Catholic
Volleyball



Athletics Philosophy and Sportsmanship

The athletic program at St. Patrick Catholic School. is an integral part of the entire school structure and should comply with and reinforce the school's overall statement of purpose. Our highest goal is to bring athletics under the lordship of Jesus Christ by encouraging the physical, emotional, and spiritual growth and development of all participants through their athletic experiences. Properly done, athletics are a positive learning experience. The athletes learn to refine their skills and improve their physical fitness. Participants in the program experience the privilege of membership on a team and learn their responsibilities to each other, the coach, the spectators, their school, and their opponents. Being part of the group teaches the important life lesson of placing group goals ahead of personal ones and how to make a personal contribution to the welfare of the team. Athletes are taught how to control their emotions and actions in a Christ-like manner, a valuable skill which carries over into everyday life. Athletes learn sportsmanship. More than mere self-control, sportsmanship is being thoughtful, kind, generous, and courteous even while being intensely competitive. Participants learn self-discipline and the benefits of hard work. Athletes are encouraged to always use and develop their talents to the fullest. School sports teach team members how to both win and lose with grace and dignity. Athletics is a learning experience and all team members, regardless of ability, will be afforded the opportunity to develop intangibles: Pride, teamwork, self-discipline, self-sacrifice, work ethic, commitment, spirituality, perseverance and sportsmanship.

Eligibility

Eligibility:

- Mini Shamrock: Kindergarten through 3rd grades - Depending on Program
- Jr. Varsity: 4th- 6th grades
- Varsity: 7th-8th grades
-

The following athletes are eligible for CYO League Membership

In Parish/School/Academy Ruling: Registered Catholic members of a sponsoring Parish.

Out of Parish/School/Academy Ruling: A participant whose home Parish or School/Academy does not sponsor a sport is eligible to participate with a direct bordering Parish or School/Academy.

Please review CYO RULES and submit appropriate documentation.

*When in doubt as to the eligibility of an athlete, check with the St. Pat's Athletic Department.



CYO Guidelines Regarding Team Memberships

Limited Team Membership (CYO):

During the middle school season a member of the school/parish team in that sport may participate in a maximum of two (2) non-school meets or contests in that sport while not representing his or her school. An event held on not more than three (3) consecutive calendar days is considered a single event.

Athlete Expectations

Athlete Expectations:

Participation in extracurricular competitive interscholastic athletics is a student's privilege, not a right. This privilege could be removed at any time for failure to meet the standards and requirements of St. Patrick School.

- Attendance and participation at practice sessions and contests is expected. When you are an active member of a St. Patrick School Athletics team and season has begun, we expect your St. Patrick School team to take precedence over other activities during the season.
- All athletes are expected to support and encourage fellow teammates.
- All athletes are expected to show respect for coaches, opponents and officials.
- All athletes are expected to adhere to all school regulations and policies (**Academic and Behavioral**). Failure to do so may result in the athlete losing his/her privilege to participate in the school's athletic program.
- During **any school suspension**, the student athlete may not attend ANY school-sponsored activity.
- If an athlete's school determines that a student-athlete is not maintaining satisfactory academic standards, administration reserves the right to temporarily suspend from practice and/or games.
- St. Patrick School prohibits acts of bullying, harassment, and any other forms of aggression and violence. Each case will be investigated and handled by the athletic program/school with appropriate consequences.
- **Uniforms:** Athletic uniforms are the property of St. Patrick School unless otherwise noted by the Athletic Director. The student athlete is responsible for any uniform that is checked out to him/her at the beginning of the season. Any damaged or lost uniform will be charged back to the student athlete at replacement value.
- All athletes are expected to know and adhere to the athletic and student handbooks of the school.
- All athletes are expected to understand, promote and play by the specific rules of the sport.
- Observe all policies regarding conduct, doing so as a duty to school, team and self.
- Practice and play fairly, giving complete effort in all circumstances and credit in victory to teammates and to opponents in defeat accepting favorable and unfavorable decisions, as well as victory and defeat, with equal grace



Parent Expectations

Parent Expectations:

- All parents are expected to be supportive of the team, athletes, coaches, and officials at all times.
- All parents are expected to be respectful to opponents, spectators, and visitors.
- All parents are expected to become a school ambassador at school sponsored events and activities.
- All parents are expected to help your child follow and uphold the training rules and team policies.
- All parents are expected to encourage your child to play multiple sports year-round and to be actively involved in all team's activities.
- Do not approach coaches before, during or after a game or practice.
- Wait 24 hours before contacting a coach after a game. Talk to coaches in private. Do not confront any St. Patrick School staff in public, by phone or social media.

**See grievance procedures included in this Handbook

Coach Expectations

Coach Expectations:

The Coach is the official representative of the school at interscholastic athletic activities. In this important capacity, these standards should be practiced:

- Promote and integrate the mission of St. Patrick School within the day-to-day coaching activities.
- Be a Catholic Christian role model. This includes beginning and ending each practice in prayer (see athletes prayer as an example).
- Develop an up-to-date knowledge of the rules, strategies, precautions, and skills of the sport and communicate them to players and parents.
- Timely and detailed team communications.
- Develop fair, unprejudiced relationships with all squad members.
- Allow athletes to prove themselves anew each season and do not base team selections on previous seasons or out-of-season activities.
- Allow athletes time to develop skills and interests in other athletic and non-athletic activities provided by the school and community groups.
- Give the highest degree of attention to athletes' physical well-being.
- Teach players, by example, respect for school authorities and contest officials, providing support for them in cases of adverse decisions and refraining from critical comments in public.
- Present a professional image in terms of personal appearance and provide a positive role model in terms of personal habits, language and conduct.



Exit Policy

Exit Policy:

If you decide to no longer participate in the current sport in which you had previously committed to - after the allotted evaluation period - you must follow the school's exit policy.

- Communicate with your Coach and Athletic Director (parents may attend) and explain your reasoning for leaving the team.
- No refund will be granted if you decide to leave the team after the tryout period.

Healthy Communication

Healthy Communication:

Grievance Etiquette:

- Coaches should not be approached before, during or after a game or practice.
- Parents should not attempt to contact the coach within 24 hours after a game/practice.
- All conversations must occur in a calm and respectful manner.

Procedures:

Step 1: Issues should be handled between coach and athlete before or after practice. It is the athlete's responsibility to share discontent with their coach and communicate that respectfully.

Step 2: If the issue persists, parents should email the coach to schedule a meeting.

Step 3: If the issue persists, parents should email the Athletic Director to schedule a meeting. A meeting should be scheduled within three business days and must be convenient for all parties involved. Athlete may be asked to attend this meeting.

Step 4: If the issue persists, the Athletic Director will schedule a meeting with the Athletics Supervisor, the coach and the parents. Athlete may also be asked to attend this meeting. The principal may or may not need to be included at this meeting. It will be up to the supervisor's discretion.



Medical and Safety Issues

Medical Procedures and Safety Issues

- In the case of an accident or injury, the site supervisor is to fill out an incident report the following day. See the athletic director for the correct form.
- In the case 911 is called, parents are to be notified immediately.
- After accessing an injury, using your judgment, coaches are to recommend to parents if in their opinion a doctor or hospital care is needed.
- If a parent or family member is not able to go to the hospital with a student-athlete, a coach, staff member, or family friend is required to go with the child. No student-athlete is to go alone.
- The person accompanying the child must stay until the parent(s) arrive.
- Coaches are to follow up with a phone call or visit. If the coach must go, and there is no other coach to supervise practice, then practice must be canceled.
- If the athletic director or principal is not at the event and 911 is called, they must be notified.
- Before returning to play, student athletes must be released from a medical doctor for athletic competition.
- Remind all athletes to report injuries.
- Students are to have a current up to date physical on file.
- In the case of thunder and lightning, athletic play must be STOPPED immediately.
- Allow 30 minutes to pass from the last sound of thunder or lightning strike prior to resuming play

Sports Physicals

Physicals are good for 13 months from the date taken. All of the information must be filled out correctly and a medical doctor must sign off on it, clearing the student for all physical competition. For example if a physical was taken on January 1, 2021. The physical is good up until February 1, 2022. Starting February 2, 2022 the student will no longer be able to participate in athletic competition until he or she has a current physical on file.



The Athlete's Prayer

The Athlete's Prayer

God let me play well, but fairly.

Let competition make me strong, but never hostile,
In this and in all things, guide me to the virtuous path.

If I know victory, help me be humble;

If I am denied, help me be gracious.

See me not when I am cheered, but when I bend to help my opponent up.
Seal it in my heart that everyone who takes the field with me becomes my
sister or brother.

Teach me something that will matter once the games are over.

And if through athletics I set an example, let it be a good one.

Amen.



Athletic Parent and Student Agreement

Athletic Parent and Student Agreement

Please read, sign, and date this statement and return it to the school office.

I have read and understand the St. Pat's Athletic Handbook and agree to abide by the guidelines outlined in this document.

Parent Signature

Date

Student Athlete Signature

Date

