

Saint Ann Catholic School

Parent & Athlete Handbook
2026-2027



"Education of Spirit, Mind and Body"

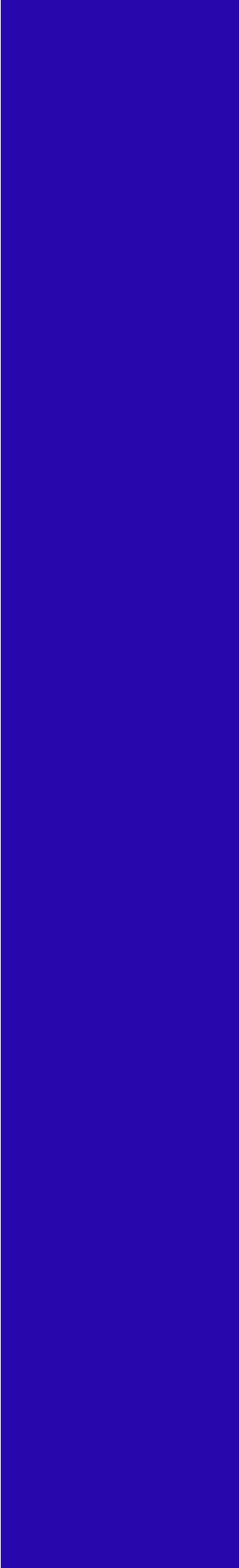


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01 About Our School Athletic Program

The Saint Ann Athletic Program (SAS) is based on competitive sports for student-athletes. The SAS Sports Program is designed to provide the players with an opportunity for athletic involvement and healthy competition while abiding to the Good S.P.O.R.T. (Sportsmanship, Participation, Ownership, Respect, Teamwork) Philosophy and Catholic virtues.

Through the SAS Sports Programs, students-athletes will develop:

1. an appreciation for the athletic ability God gave us
 2. an understanding that athletic competition is another way to serve God
 3. sportsmanship, ownership, respect, and teamwork
 4. physical fitness
 5. opportunities for participation
 6. assessment of one's capabilities through engagement in athletic competition
 7. a sense of achievement
 8. a positive self-image
 9. speed, strength, endurance, and agility
 10. an understanding of healthy competition
 11. self-reliance
 12. leadership skills
 13. independence through interdependent activities
- 

02 Program Philosophy and Objectives

The coaching staff will guide the student-athletes' skill development, promote team cohesiveness, encourage good sportsmanship, and exhibit Catholic virtues—not winning at any cost. Through the rigors of practice and competition, each student-athlete receives skill enhancement, personal growth, and an equitable chance towards positive self-esteem. The environment at practice and the playing arena should be one of continual efforts toward team goals and immense respect for coaches, team members, and fellow contenders.

Being a member of the Saint Ann Athletic Program is a privilege that a student-athlete may earn through acceptable academic standards, overall behavior on and off the court, and skill achievement. The team members, coaching staff, and spectators are expected to represent the entire school with great dignity and fair play.



03 Description of Athletic Program

Participation in school activities outside of the classroom gives students a sense of camaraderie and teamwork, strengthens leadership qualities, provides a vehicle for self-discovery, and offers an outlet for youthful energy.

It is the goal of the Saint Ann Athletic Department to provide as many students as possible with the opportunity to participate in interscholastic competition and to enjoy the recreational and health benefits associated with such participation. It is also the Saint Ann Athletic Department's goal to provide the opportunity for all students that participate to develop their skills to the best of their ability through successful competition with students of similar age and skill levels.

The sports offered during the 2026-2027 school year are:

Fall:

Co-Ed Varsity Cross Country - (Gr. 3 - 8)

Girls' Volleyball - JV (Gr. 5 - 6) and Varsity (Gr. 7 - 8)

Boys Varsity Flag Football (Gr. 6 - 8)

Winter:

Co-Ed Intramural Soccer - (Gr. Pre-K4 - 4)

Boys' Basketball - JV (Gr. 5 - 6) and Varsity (Gr. 7 - 8)

Girls' Basketball - JV (Gr. 5 - 6) and Varsity (Gr. 7 - 8)

Spring:

Co-Ed Intramural Basketball (Gr. 1 - 4)

Boys' Soccer - Varsity (Gr. 5 - 8)

Girls' Soccer - Varsity (Gr. 5 - 8)

Co-Ed Track and Field - Varsity (Gr. 3 - 8)

04 Athletic Fee

Our athletic fees go directly towards the refereeing, administrative costs, and equipment for the athletic program. The fees are broken down by team sport, individual sport, and off campus sport. Any family that may need financial assistance or scholarship for the fees, please contact:

Athletic Director - Larry DeCaria at athletics@stann.net

Fall:

Co-Ed Varsity Cross Country - \$150

Girls' Volleyball - \$150

Boys Varsity Flag Football - \$150

Winter:

Co-Ed Intramural Soccer - \$100

Boys' Basketball - \$150

Girls' Basketball - \$150

Spring:

Co-Ed Intramural Basketball - \$100

Boys' Soccer - \$150

Girls' Soccer - \$150

Co-Ed Track and Field - \$150

05 Eligibility

For a Saint Ann student to be eligible to become a member of an SAS sports team, he/she MUST:

- One parent from each family must attend the 1 hour “Play like a Champion Today” training. No athlete can participate until a parent takes the training regardless of circumstance.
- Be in the appropriate grades for the level of competition:
 - Grades Kindergarten through 4 = Intramurals
 - Grades 5 and 6 = JV (Exceptions: Cross Country, Track & Field)
 - Grades 7 and 8 = Varsity
 - Note: Any change or movement from JV to Varsity, as well as 4th grade participation on the JV level, or 6th grade participation on the Varsity level, will be decided by the athletic director.
- Has not been removed from an SAS athletic team during the prior season unless for injury or academic reasons (fall sports= ineligible for winter, winter sports = ineligible for spring, spring sports = ineligible for following fall).
- Sign up prior to tryouts with the Athletic Director.
- Meet conduct and academic eligibility requirements.
- Student-athletes may not participate in more than 1 sport per season, except if it involves Cross Country or Track and Field.
- Student must have a signed Parent Code Form, Emergency Card, and Student-Athlete Program Contract.

05 Eligibility Cont'd.

Junior Varsity – JV: This level is considered developmental and as such is open to all students in the appropriate grades that meet the academic and conduct eligibility requirements. Students are required to attend tryouts to evaluate the skills of each student. All students who try out will be given playing time, at the discretion of the team coach.

Varsity: This is a competitive level, but open to all students in the appropriate grades that meet the academic and conduct eligibility requirements. Tryouts are held to evaluate the skills of each student. Each student will be required to have playing time during the season. The coach will determine when playing time occurs.

The number of players needed to field a team varies from sport to sport. Depending on the number of students that tryout for the sport, the team may be divided into two teams, if we have coaching staff to support.

These teams will be divided by ability level: The A team will consist of the more advanced, skilled players and the B team will consist of players who need more time to develop skills.

These teams will play each other as regular season competitors.

06 Academic Eligibility

To participate in extra-curricular activities, students must meet several academic criteria.

Eligibility will be verified by the school after each Interim Report and Report Card.

For students to be academically eligible, they **MUST**, per quarter:

- Not be failing any subject
- Maintain at least a C or better grade point average
- Not have any U's (Unsatisfactory) nor more than two N's (Needs Improvement) in conduct grades

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Conduct Eligibility

Extra-Curricular Activities, Disciplinary Eligibility and Participation

Participation

Students who participate in athletics, clubs, school organizations, social functions, or other extra-curricular activities are reminded that participation is a privilege, not a right. Students participating in extra-curricular activities are expected to maintain the standards of conduct, character, integrity, respect, and safety expected of all Saint Ann Catholic School students.

Disciplinary Eligibility

Disciplinary consequences may affect a student's eligibility to participate in extra-curricular activities. The following consequences will generally apply to detentions received during a student's current sport season or applicable extracurricular activity:

- One (1) detention: The student will be suspended from participation in extra-curricular activities for one (1) week.
- Two (2) detentions: The student will be suspended from participation in extracurricular activities for two (2) weeks.
- Three (3) detentions: during the same sport season: The student will be dismissed from the extra-curricular activity for the remainder of the season.

A suspension from an extracurricular activity includes practices, games, competitions, performances, meetings, and other official activities associated with the activity, unless otherwise determined by the Assistant Principal of Student Affairs.

08 Administrative Discretion

The consequences outlined above are intended to provide clear and consistent expectations; however, the school recognizes that individual circumstances may differ substantially from one incident to another.

The Assistant Principal of Student Affairs, in consultation with the Principal and/or the appropriate coach, sponsor, or activity director, retains the authority to determine the appropriate extra-curricular consequence based upon the circumstances of each individual incident.

In making such a determination, the administration may consider the student's level of responsibility, intent, prior conduct, role in the incident, efforts to prevent or de-escalate the situation, whether the student was acting in self-defense or in defense of another person, the severity of the conduct, and any other circumstances deemed relevant by the administration.

Students involved in the same incident may receive different consequences based upon their individual conduct and degree of responsibility. Participation in an incident does not, by itself, establish equal responsibility for all students involved.

When circumstances warrant, the Assistant Principal of Student Affairs may modify, reduce, or waive an otherwise applicable extracurricular consequence. The administration may also impose an additional or more serious consequence when the nature or severity of the conduct warrants such action.

09 Serious Misconduct

Nothing in this policy limits the authority of the Principal or Assistant Principal to impose immediate or additional consequences for serious misconduct.

Conduct involving violence, threats, harassment, bullying, dishonesty, substance use, weapons, significant disrespect, or other serious violations of school policy may result in immediate suspension from or dismissal from an extra-curricular activity, regardless of the number of detentions previously received.

The school may also immediately suspend a student's participation when the administration determines that continued participation presents a safety concern, substantially disrupts the activity, or is inconsistent with the mission, values, or expectations of Saint Ann Catholic School.

Relationship to Other Disciplinary Policies

Nothing in this section supersedes the school's general disciplinary policies. A student who is placed on Disciplinary Probation, suspended from school, or otherwise determined to be ineligible under another provision of the Student Family Handbook may be prohibited from participating in extra-curricular activities for the duration specified by that disciplinary action.

The administration reserves the right to apply the disciplinary provision that is most appropriate to the circumstances of an individual case. This replaces the current general extracurricular conduct-eligibility language and preserves the handbook's existing distinction between extracurricular eligibility and broader disciplinary probation.

10 24 Hour Rule & Attendance Eligibility

24 Hour Rule

No parent should contact a coach over a concern for 24 hours after a situation arises.

If after this time the parent feels like they would still like to talk, they will contact the coach first. If the parent feels like the issue has not been adequately addressed, he or she should contact the Athletic Director.

Parents/athletes who fail to represent the school positively in the athletic arena are subject to temporary suspension and/or removal from the team, or in the case of parents, preclusion from attendance at practices or athletic events as decided by the Athletic Director and Principal based on the action and/or frequency of the action.

Attendance Eligibility

To be permitted to participate in a school sponsored sports practice, game, or organized meeting, students cannot miss more than 2 hours of instruction during the school day.

Students must also qualify by having less than 5 tardies each quarter. Once a student is tardy more than 5 times, they will be dismissed from the team for that quarter.



Practices

Practices are the most important part of any athletic program.

The student-athletes are expected to attend practices; they are NOT optional.

Some practice expectations for the student athletes are as follows:

- Attend practice.
 - If you miss practice, you MUST notify the coach BEFORE as to the reason.
- Show up on time.
- Have proper attire and equipment for activity.
- Take direction from the coaching staff.
- Listen and respect the coaching staff at all times.
- Follow school, athletic, and team rules.

Individual coaches, due to their work schedules and families, may occasionally need to adjust their practice schedules. Students are often required to convey this information to their parents.

12 Additional Student Athlete Responsibilities

In addition to the prior information regarding practices, students are expected to:

- Work diligently to achieve team success and team unity.
- Take direction from the coaching staff
- Interact positively with coaches, teammates, opposing team members and referees
- Always participate in practice and games with full effort.
- Be an active team member who shows up on time and ready to go for all practices and games.
- **Place academics above athletics.**
- **Display Catholic values in daily life including sporting events.**
- **Positively represent Saint Ann School at all sporting events.**
- Follow the Athletic Handbook.

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Parent Responsibilities & Team Travel

The following is a list of responsibilities and instructions which are expected of every family of SAS student-athletes. By allowing your child to be a part of the SAS sports team, you are agreeing to uphold your responsibilities as expected below:

- **Practice and game pickup**– Parents will arrange to have a ride home for the student-athlete from practices and games; the ride **MUST** show up at least ten minutes prior to the scheduled end time. If the practice is held later in the afternoon, it is the parent's responsibility to pick up the student-athlete and bring them back for practice. The student-athlete may not leave campus and return for practice/game unless there is a note on file in the main office from a parent.
- **Home games**– If the game begins at 4:00pm, students may remain at school. They are to change into their uniform after the regular 3:00pm dismissal and report directly to the coach. If the game is later than 4:00pm, or it falls on a half-day of school, it is the parent's responsibility to pick up the student-athlete from school or place the student-athlete in SAS aftercare. The parent must notify the coach so the student-athlete can be signed out by one of the coaches.
- **Away games**–Includes Saint Elizabeth Seton, Naples Christian Academy, First Baptist, Saint John Neumann, Royal Palm Academy, Donahue Academy, The Village School, St. Francis Xavier. Parents are responsible for picking up their children at the regular 3:00 pm dismissal and having transportation to the game. There will be no scheduled drivers for away games!

PLEASE NOTE: If you are scheduled to drive, or bring snacks and are unable to fulfill your duties, you must arrange for a replacement.

As a parent of an athlete in this school, I promise:

- To accompany my child to the annual mandatory athletic orientation and informational meeting offered by the Athletic Department.
- To work closely with all school personnel to ensure an appropriate academic and athletic experience for my child.
- To assure that my child will attend all scheduled practices and athletic contests, as my schedule will permit.
- To require my child to abide by the Athletic Department's Handbook.
- To acknowledge the ultimate authority of the coach to determine strategy and player selection.
- To promote mature behavior from students and parents during athletic contests.
- To work cooperatively with other parents and school personnel to ensure a wholesome and successful athletic program for our school.
- To work closely with coaches and other school personnel to identify a reasonable and realistic future for my child as a student-athlete.
- I acknowledge I have read the Saint Ann Catholic School Athletic Handbook and agree to abide by the policies.

Signature: _____



Student-Athlete Athletic Program Contract

I understand exactly what it means to be a part of a Saint Ann School Athletic Team. By signing this, I agree to be an active and positive member of the Saint Ann Catholic School Team.

Specifically, I will:

- Work diligently to achieve team success and team unity.
- Take direction from the coaching staff.
- Interact positively with coaches, teammates, opposing team members, and referees.
- Always participate in practices and games with a full effort.
- Be an active team member who shows up on time and is ready to go for all practices and games.
- Place academics above athletics.
- Voice my concerns, comments, and/or questions appropriately.
- Display Catholic values in daily life including sporting events.

Ultimately, I understand that being a member of the SAS Athletic Team means that I will place the needs of my teammates in equal value with mine. I will try my best for the team, the coaches, and myself. I will follow the obligations associated with the team, and I understand that if obligations to the team are broken, consequences such as diminished playing time, suspension or dismissal from the team can and will occur.

Signature: _____

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After School Athletics Cell Phone Use Policy

Philosophy

Participation in athletics at Saint Ann Catholic school is a privilege that calls students to demonstrate discipline, respect, integrity, and responsibility. Student-athletes are expected to uphold the values of the Gospel and represent the school with honor both on and off the field. Limiting cell phone use during athletic activities promotes safety, teamwork, coachability, and full engagement with teammates and coaches.

Social Media, Text Messaging, and Electronic Communications

Student-athletes are expected to demonstrate Christian character and respect for the dignity of every person in all forms of electronic communication. The use of social media, text messages, group text chains, messaging applications, email, or any other electronic platform to post, share, transmit, or encourage defamatory, threatening, harassing, bullying, discriminatory, or otherwise inappropriate content directed toward fellow students, teammates, coaches, officials, opponents, school personnel, or members of the school community is strictly prohibited. Participation in or contribution to group text message chains or online discussions that ridicule, demean, spread rumors about, or target others is considered a violation of this policy, regardless of whether the student initiated the communication.



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After School Athletics Cell Phone Use Policy

Our school maintains a policy for cyberbullying, harassment, defamation, and any electronic communication that undermines the safety, dignity, reputation, or well-being of another individual or the mission and values of the school. Violations may result in immediate suspension from athletic participation pending administrative review and may lead to permanent dismissal from a team, additional school disciplinary action, or other consequences as outlined in the Student Handbook. Conduct occurring off campus or outside of school hours remains subject to disciplinary action when it substantially disrupts the school environment, negatively impacts members of the school community, or is inconsistent with the expectations of student-athletes representing the school.

Cell Phone Policy

Student-athletes may possess a cell phone while participating in school-sponsored athletic activities; however, cell phone use is prohibited during all practices, competitions, team meetings, conditioning sessions, travel (unless otherwise authorized), and other team activities unless specifically permitted by the coach or Athletic Director. Students represent Saint Ann whenever they are participating in a school activity, wearing a Saint Ann uniform, or acting as members of a Saint Ann team.

Off-Campus Conduct – Students may not post, share, or participate in videos, photos, or social media content during school-related athletic activities regardless of the location of the event.

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Permitted & Prohibited Use of Cell Phone

Permitted Use of Cell Phone

Cell phones may be used ONLY:

- After the coach has dismissed the team following a practice or game.
- To communicate with a parent or guardian regarding transportation.
- In an emergency.
- When expressly authorized by the coach or Athletic Director for a team-related purpose.

Prohibited Use of Cell Phone

Student athletes may NOT:

- Remove phone from Yondr pouch while on school grounds, specifically before practice.
- Text, call, browse social media, play games, or use entertainment apps during team activities.
- Wear earbuds, headphones, or smart devices for personal use during practices or competitions unless approved by the coach.
- Photograph, record, livestream, or post images or videos of teammates, coaches, opponents, officials, or school events without authorization.
- Use any electronic device in locker rooms, restrooms, or other areas where privacy is expected.

Cell phones must remain powered off or on silent and stored in the athlete's bag, Yondr Pouch, or another location designated by the coach.

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Consequences if policy is violated

Violations of this policy will result in the following consequences:

First Offense

- Phone is confiscated by the coach and returned to the student after the practice or event.
- Incident is documented with school.
- Parent/guardian is notified.

Second Offense

- Phone is confiscated for the remainder of the activity.
- Parent/guardian conference with the coach.
- Incident is documented with school.
- Student-athlete sits out the next scheduled game.

Third Offense

- Student-athletes are suspended from the team for 2 weeks.
- Conference with the Athletic Director, coach, parent/guardian, and student before returning to participation.
- Incident is documented with school.

Fourth Offense

- Suspension from the athletic team.

The Athletic Director and Principal reserve the right to impose more significant consequences for serious misconduct, including but not limited to cyberbullying, harassment, academic dishonesty involving electronic devices, recording others without permission, or behavior that compromises student safety or the mission of the school.

20 Emergency Communication

Parents needing to reach a student-athlete during practices or games should contact the coach or Athletic Director. Student athletes will be given access to communicate with parents whenever necessary.

Exceptions for cell phone use:

- Medical devices or documented health needs.
- Emergencies.
- Accommodation required by a student's educational plan.
- Specific educational or athletic purposes approved by the coach or Athletic Director.

Commitment

Participation in athletics signifies a commitment to place team before self, to be fully present, and to model the virtues of respect, self-discipline, and responsibility. Compliance with this policy is a condition of participation in the athletic program.

Students and parents/guardians will acknowledge this policy by signing the Athletic Handbook prior to participation.

Athletic Handbook & Code of Conduct Acknowledgment Form

I hereby acknowledge that I have received, read, and understood the contents of the athletic handbook and code of conduct provided by Saint Ann Catholic School.

I agree to abide by the rules, regulations, and policies outlined in the handbook and understand that adherence to these guidelines is essential for participation in athletic programs.

Student Printed Name: _____

Student Signature: _____

Parent Printed Name: _____

Parent Signature: _____

Date: _____

22 After School Practice & Game Policy

As part of our commitment to ensuring the safety and well-being of all student-athletes, we want to clarify the procedures regarding after-school practices and games.

If your child is remaining on campus after school for practice or a game and there is a significant gap between the end of the school day and their scheduled activity, they will be required to do one of the following:

- Students are required to go to after-care during this time. We understand there may be options like going to Fifth Avenue, Starbucks, or the park; however, due to liability concerns, students will not be permitted to leave the campus unsupervised. The school is responsible for the safety of the students who leave campus and return, and we take this responsibility seriously.
 - Additionally, all parents are required to sign up for aftercare, even if they do not anticipate needing it. An emergency may arise, and students must be listed with our aftercare service to stay.
- If parents wish to take their child out to eat before returning for practice or a game, this can be arranged, but a responsible adult must accompany the student. Students may not leave by themselves.

Thank you for your understanding and cooperation in keeping our students safe.

Thank you

Thank you for volunteering your time to your child's team.

Without everyone's help, the sports programs at SAS would not be possible.

With your help, we're looking forward to a fun and exciting athletic season.

If you have any questions, please feel free to email Larry DeCaria at athletics@stann.net.



Contact
Larry DeCaria



551-486-6026



athletics@stann.net



www.stann.net/athletics