

SAINT ANN CATHOLIC SCHOOL
ATHLETIC DEPARTMENT



PARENT AND ATHLETE HANDBOOK
2023-2024

PROGRAM PHILOSOPHY AND OBJECTIVES

The Saint Ann Athletic Program 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

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.

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 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 skills levels.

The sports offered at Saint Ann School during the 2023-2024 school year are:

Fall:

Girls' and Boys' Cross Country - Varsity (3rd through 8th)
Girls' Volleyball - JV (5th and 6th) and Varsity (7th and 8th)

Winter:

Coed Intramural Soccer - (PreK-4 through Grade 4)
Boys' Basketball - JV (5th and 6th) and Varsity (7th and 8th)
Girls' Basketball - JV (5th and 6th) and Varsity (7th and 8th)

Spring:

Coed Intramural Basketball (1st through 4th)
Boys' Soccer – Varsity (5th and 8th)
Girls' and Boys' Track and Field - Varsity (4th through 8th)
Girls' Soccer - Varsity (5th and 8th)
Coed Tennis – Varsity 6th – 8th *previous experience required
**younger students with approval through coach

Athletic Fee Schedule:

\$100 – Volleyball, Boys/Girls Soccer, Boys/Girls Basketball
\$50 – Cross Country, Track & Field
Tennis will pay directly to the outsourced company/team
\$50 – Intramural Soccer, Intramural Basketball

These fees will go directly toward 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 Nick Musicco.

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:
 - Kindergarten through Grade 4 = Intramurals
 - Grade 5 and Grade 6 = JV (Exceptions: Cross Country, Track)
 - Grade 7 and Grade 8 = Varsity
 - Note: Any change or movement from the JV to Varsity, as well as 4th grade participation on the JV, or 6th grade participation on the varsity, will be decided by the athletic director.

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 tryout will be given playing time, at the discretion of the team coach.

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.

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.

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Eligibility Continued

- Not have 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= 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 2 or more sports at one time, except if it involves Cross Country or Track and Field.
- Student must have a signed Parent Code form, Parent Consent Form, Emergency Card, and Student/Athlete Program Contract

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

Conduct Eligibility

In addition to the conduct grade requirements mentioned above, students are also expected to meet several conduct criteria to participate in activities:

- Students receiving a detention are not allowed to participate in any team function such as games, practices, or meetings on the day the detention is served.
- Students receiving Out-of-School Suspension will be evaluated by Administration to determine whether an athlete should be ineligible to participate in any extra-curricular activities for the remainder of the season.

Officers of any school organizations, including team captains, can be removed from office upon receiving any kind of suspension.

24 Hour Rule – No parent should contact a coach over a concern for 24 hours after a situation arises. The parent will contact the coach first and if the parent feels 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.

ADDITIONAL STUDENT-ATHLETE RESPONSIBILITIES

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

- Work diligently to achieve team successes 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.

PARENT RESPONSIBILITIES AND 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:

- **Concession stand**- Parents are required to work the concession stand for specific athletic seasons and tournaments.
Team parents will assign your date and times.
- **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 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 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 3:00pm dismissal and having transportation to the game. There will be no scheduled drivers for away games!

PLEASE NOTE: If you are scheduled to drive, bring snack, or work the concession stand and are unable to fulfill your duties, you must arrange for a replacement.

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 contact me at anytime.

Thank you for your cooperation and support to make our Athletic Program a great experience for your child!