

## **ST. MARTIN AFTER-SCHOOL SPORTS**

### **I. General Philosophy**

The goal of the St. Martin's After-School Sports Program is to provide enjoyable, wholesome activities for all qualified students who wish to participate. School athletics should provide the development of physical well-being, the acquisition of self-discipline vital to adult life, a wholesome release of physical energy, the development of good sportsmanship, understanding of the need for selflessness and teamwork, and the acquisition of emotional control during times of stress. Competition should be a positive experience in a supportive setting. A high priority should also be placed on the improvement of individual skills and the development of self-confidence in each player. The after-school sports program should be a focal point for generating school spirit and a sense of community.

### **II. Program Description**

The Diocese of San Jose Athletic League is a recreational league. The sports offered and the number of teams organized will depend on the number of students who wish to participate each year. (The director of the after-school sports program will survey student interest.) Boys' sports will normally include flag football, basketball, soccer and baseball. The girls' program will include softball, soccer, basketball and volleyball. Both boys and girls have the opportunity to compete in a swim meet and track meet held annually. If an insufficient number of students are interested, if a sport conflicts with other activities, if certain sports are too expensive, or if proper equipment, uniforms or facilities are not available, then St. Martin School will not participate.

### **III. Participation Fee**

Each student who decides to participate in After-School Athletics will be assessed a fee per sport. This fee is due at the time of sign-ups and is non-refundable. The monies collected will be used to offset the cost of referees, entry fees, equipment, uniforms etc.

### **IV. Player Participation and Eligibility**

The program is open to students in grades 4 - 8. Even though this extra-curricular activity offers a multitude of benefits, it is understood that it should not interfere with the student's academic work. A mark lower than a "C+" in conduct, effort or homework may result in a suspension at the discretion of the athletic director and the teacher(s). This evaluation will be made based on progress reports and report cards.

If suspension is a result of actions in a sports-related incident, the student may be suspended from the sports' program and this incident may impact his/her conduct grade. Each team member who attends all practices will play 25% or more of every competition. All players and coaches should understand the concept that winning is secondary to team play and participation by all.

### **V. Cheerleading Participation and Eligibility**

Interested students from grades seven and eight are eligible to participate as members of the cheerleading squad. A teacher/parent moderator will assist the participants in:

- 1) promoting school spirit,
- 2) deciding on and making or purchasing uniforms.

Cheerleaders must remember that they represent their school at the games. Therefore, they are to follow all school rules including those regarding make-up, jewelry and conduct. All cheerleaders are subject to the same standards of academic and disciplinary performance that govern athletic participation.

## **VI. Responsibilities**

### **A. Coaches**

A St. Martin coach must conduct themselves at all times in a manner acceptable and appropriate since they are representatives of St. Martin School. Coaches must show respect for players, parents, opponents, other coaches and officials. A coach is usually a parent, a relative or a former student. It is the duty of the coaches to train and instruct the players in the fundamentals and rules to the best of their abilities. The coach has the responsibility for the well-being and safety of the players at all times. While encouraging all participants to excel, a coach should make "winning" secondary to team play, sportsmanship and encouragement. It is the coach's responsibility to see to it that all players participate in games as well as practices. At all practices and games, where a coach is under 18 years of age, a parent must be in attendance as "assistant coach". A coach should maintain discipline at all times and realize that he/she should be an example for players as to how they should conduct themselves. Students must be supervised at all times at games. An important consideration for any coach must be effective communication not only with his/her players, but also with the parents. It is recommended that there be a parents' meeting before each season.

Coaches must insure that a first aid kit is taken to each game along with a team roster that lists the parents' home, work and at least one emergency telephone number. In the event of any injury requiring a doctor's attention, the school principal/assistant principal must be notified and an injury report completed. Coaches must also be aware of the eligibility of each participant. The athletic director will inform coaches of ineligible students.

### **B. Parents**

Parents of St. Martin's students who participate in the after-school sports program must model sportsmanlike conduct. If it is to be a positive experience for their sons or daughters, they should become involved in the program. It is the parents' responsibility to encourage the players to attend practices and to be punctual for the games. Parents should be ready to assist the coaches in any way possible. Whenever possible, parents are encouraged to attend the games and provide positive encouragement. Parents should communicate directly with the coaches in a respectful manner and at an appropriate time. Students and siblings must be supervised at all times at games.

- 1) Parents are responsible for the transportation of their child/ren to and from the games.
- 2) Communication with any official is the sole responsibility of the coach.

### **C. Players**

Players must conduct themselves at all times in an acceptable and appropriate manner. Players must show respect for teammates, opponents, coaches and officials. Talking back, using foul or abusive language or displaying unsportsmanlike conduct will result in a player being withdrawn from the game and possibly suspended from the team. Players must be willing to devote the time and attention necessary for the putting forth of their best efforts at all times. Players should also keep their parents informed of all team activities. Any player absent from school on a game day shall not participate in any game scheduled that day. If concerns or issues arise, they

must be addressed according to the established chain of communication - first, the coach; second, the Athletic Director; third, the principal. In order for concerns to be addressed, these proper steps must be followed.

#### **VII. Scheduling of Games and Practices**

Coaches should set up regular practice times each week and not change these on short notice. A schedule for both non-league and league games should be provided as soon as possible to all parents and players. This will allow parents and players to organize their other activities in a way which will enhance the ability of the players to participate in the after-school sports program at St. Martin.

#### **VIII. "Team Parent"**

It is recommended that a parent from each team volunteer to provide assistance to the coach by being a liaison between the players/parents and the coach. This parent might do any or all of the following:

- 1). Make sure the game schedule and team roster are provided to the players and their parents promptly.
- 2). Assist the coach in contacting the players/parents about any changes or cancellations of practices or games.
- 3). Answer questions for players/parents about schedules and refreshments.
- 4). If so desired, make up a refreshment list. Using the game schedule, refreshments could be provided by parents on a rotating basis.

#### **IX. Transportation**

The ultimate responsibility for your child's transportation to and from games is yours.

#### **X. Awards**

It is the policy of the school that all trophies and/or awards will be given by the league or the school. No coaches will purchase awards for his or her team.