



**MORELAND
NOTRE DAME**

Educating students for life

**2018-2019
Sports Handbook**

Statement of Mission

“How good the good God is. Why can’t we proclaim it to the whole world! “

—St Julie Billiart, Foundress of the Sisters of Notre Dame

Moreland Notre Dame School is a Catholic school rooted in the educational ministry of the Sisters of Notre Dame de Namur. The Hallmarks of a Notre Dame de Namur Learning Community guide the school in creating a community of faith in which a challenging curriculum educates our students for life. Faculty and staff, in partnership with parents, work to foster a school environment in which each child is held sacred; justice and service are honored; diversity is valued, and above all, the goodness of God is proclaimed.

Introduction

Moreland Notre Dame School offers a variety of opportunities to 6th, 7th and 8th graders for participation in competitive extracurricular sports. For the 2018-2019 school year these include basketball for 7th and 8th grade boys and girls, co-ed cross-country, girls’ volleyball, boys’ volleyball, co-ed golf, co-ed track and field, and girls’ softball. Sixth graders are eligible to participate in cross-country, flag football, and track and field. Eighth grade girls are eligible for cheerleading during the boys’ basketball season; that program is administered through student council.

The existence of the sports program is entirely dependent upon the skills and goodwill of coaches, many of whom are volunteers, and volunteers who serve as “team parents,” drivers, fundraisers, and supervisors. The student athletes and school administration are grateful to these volunteers. The purpose of this handbook is to provide students, parents, and coaches and other volunteers with guidelines for participation.

Moreland Notre Dame is a member of the Coast County Athletic League and abides by the Constitution and Bylaws of that organization, adopted October 25, 1999.

The Athletic Director, Ms. Tracey Haneta, has day-to-day responsibility for supervision of coaches and student athletes and the smooth running of the extracurricular sports program. She consults with and informs the principal of all information concerning the program.

School Philosophy Governing Extracurricular Sports:

Essentially, the purpose of Catholic school sports is to foster the total personal and spiritual development of the young person. Our sports opportunities reflect the diversity of the community, including those with all levels of gifts and abilities.

Christian values such as fair play, sportsmanship, honesty, respect, loyalty, patience, tolerance, gratitude and humility are taught in words and actions. The ultimate responsibility for the success of our sports programs rests with the student-athletes, parents, coaches, and administrators.

The Mission and Philosophy of Moreland Notre Dame School calls for a partnership between the school and parents. This partnership supports an environment in which students can grow in their understanding of themselves as children of God and members of ever-widening communities. One important type of community for the students is the athletic team.

While not all students can participate in every team or sports activity, many opportunities are offered so that each student who desires to participate will have a chance. Students also experience competition that is gracious and respectful, learn new skills, grow in fitness, learn cooperation, and share in the fun and challenge of competitive play.

We believe:

- ❖ Our students are our highest priority. Their academic success and adherence to the school's code of behavior is our first consideration.
- ❖ The dignity, worth, and self-esteem of our athletes should be paramount in all decisions related to athletic activities.
- ❖ The most important result of competition is the development of life-long values and skills.
- ❖ Our athletic program is an integral part of the junior high experience.
- ❖ Open communication and mutual respect among coaches, parents, athletes, and school administration provides the foundation of a successful athletic program.
- ❖ Positive parent support and involvement enhances student growth and the quality of the sports program.

Eligibility for Participation:

Students who want to participate in extracurricular activities, including sports, must maintain a grade point average of 2.0 or better in academic subjects. The Coast County Athletic League requires that students maintain a GPA of 2.0 and have no grade of "F" on the report card.

The League does not recognize or allow academic “probation” for students who do not meet the above academic standard. For Notre Dame students to participate, the average of grades given in the areas of conduct, effort, and homework must be 2.33 or better according to MND policy. We will allow students who have a conduct, effort, home study average of 2.34 - 3.0 to be placed on *behavioral probation*, assuming they have met league academic requirement. **During the period of probation, which extends until the next formal progress report, student may practice with the team but may not participate in games.** The report card prior to the beginning of the particular sport season is the one consulted. This policy supersedes the one included in the *Parent Student Handbook*.

In addition, it is our expectation that our student athletes will adhere to a high standard of conduct on a day to day basis, both on and off the field or court of play. **Therefore, if a student receives a school detention, the player will sit out the next game, be it a league game, non league scrimmage or contest, jamboree, or tournament, whichever occurs next.** This will apply to any infraction that receives a detention slip—and is in addition to the time spent in detention.

In determining eligibility for fall sports, the third trimester report card of the previous year will be reviewed. Names of students trying out for the sport must be given to homeroom teacher by the coach following the first tryout date. (See last page for the yearly sports schedule.)

Player skill and attitude are assessed by the coach. It is the responsibility of the coach, in consultation with the AD, to determine which students will play on a team, based on criteria that are explained to students during tryouts. Some sports lend themselves well to large numbers of participants, while others may require “cuts” to achieve a team of optimal size.

Commitment by Parents to the Sports Program and to Student Athletes:

Because of our dependence on the goodwill of volunteers in staffing our sports program, it is necessary for the parents of students who participate to make a commitment to the program, too. A participation fee, which helps pay for tournaments, referees, and other team expenses, is assessed at the beginning of each season. The amount varies based on the needs of the particular sport. If there is a problem meeting this financial obligation, please see the Athletic Director.

Even more importantly, a commitment of time is required of each parent. The following are requirements that must be met by each family to support their student athlete:

1) Practice times will be announced in advance. Students must have all equipment, an appropriate snack, a water bottle, etc. For gym sports (volleyball and basketball) time must be shared by two teams, and there will be an early practice from 3:00-4:30 and a later practice from 4:30-6:00. (Notre Dame only has use of the gym until 6:30 each evening.) Students participating in the later practice must leave school or be placed in the School Extension Program and then return for practice or be released to practice. There will be no other supervision for students prior to their practice time. **Athletes must participate in all practices unless there is a legitimate excuse, such as illness.** Please communicate plans such as medical appointments in advance. A coach may decide that a student may not play in a game following a missed practice, **no matter the reason for the absence.**

2) **Students must be picked up promptly at the end of practice.** Because coaches must stay until all students are picked up, it is an imposition on them if parents or others picking up athletes at the end of practice are late even a few minutes. Students who are not picked up promptly will be taken to the School Extension Program. **If a student is picked up late 3 times, the student may be dropped from the team.**

3) Coaches are not expected to supervise younger siblings during practice. Siblings of student athletes may stay at practice with Athletic Director approval of a parent request. Other arrangements must be made for these children, such as the School Extension Program

4) On “away” game days, which require athletes to leave school early or immediately after dismissal, transportation to the game is provided by parent volunteers. Families will be required to arrange for their student athlete’s transportation from the game to home. The vehicles of drivers for games may not come into the school yard. All drivers for the athletic program who carry children not their own must complete the appropriate paperwork in the school office: fingerprints, proof of insurance, clean driving record.

5) Be sure that students understand that if they forget equipment or uniforms they may phone home. (See Parent and Student Guidelines.)

6) Parents must support the philosophy of the school, exhibiting a spirit of welcome for visiting teams and a willingness to represent the school well at away games. Parents may not “coach from the sidelines” or question the judgment of coaches or referees during the course of the game or competition.

7) Students who are enrolled in the School Extension Program must check in to the program first, then sign out to the practice or other school related activity. If they follow that procedure parents will not be billed from SEP for the time the student is involved in an extra-curricular activity such as sports. After the sports activity, the student may sign back into SEP.

Conduct for Student Athletes and All Participants in the Program:

When a student is part of an extracurricular sports team, she/he represents the school. Students must always embody the mission and philosophy of the school in their demeanor, their words, and their actions. It is the right and responsibility of the coach to remove any student from a game or from the team who does not live up to the high standard expected of each team member. Aside from this obligation, students must also follow these guidelines:

- 1) Academics and the core curriculum of the school, as well as student behavior and willingness to cooperate, are the student's first responsibility. Students who do not meet the standard for eligibility in extracurricular activities outlined in this handbook may not participate in the sports program. Students who are eligible at the beginning of the season, but experiencing academic or behavioral difficulty will be monitored closely by their classroom teachers, who will report progress every two weeks to the AD.
- 2) All documents concerning consent for treatment and permission to participate must be given to parents to be completed and returned to school prior to participation.
- 3) Student athletes must responsibly assist parents in meeting obligations concerning practices and games by taking all communications from coaches or the school home promptly.
- 4) Student athletes must take responsibility for bringing to school all equipment and supplies needed for practice or games. Students will not be allowed to call home for items that have been forgotten.
- 5) Students who have the early practice time in the gym may not leave campus prior to practice for snacks or any other reason, unless permission from a parent has been communicated to the school in advance. Students with the later practice time may not stay at school because there is not adequate supervision for those students.

Responsibilities of Coaches:

In addition to the many responsibilities a coach has in teaching and monitoring his or her athletes, there are additional responsibilities a coach must assume in keeping with school, league, and diocesan policy. The athletic director works closely with coaches to assure compliance with the following requirements and any others that may arise.

- 1) Practice times will be announced in advance. Students must have all equipment, an appropriate snack, a water bottle, etc. For gym sports (volleyball and basketball) time must be shared by two teams, and there will be an early practice from 3:00-4:30 and a later practice from 4:30-6:00. (Notre Dame only has use of the gym until 6:30 each

evening.) Students participating in the later practice must leave school or enroll in the School Extension Program and return for practice. There will be no other supervision for students prior to their practice time. Athletes must participate in all practices unless there is a legitimate excuse, such as illness. A coach may decide that a student may not play in a game following a missed practice.

2) Students must be picked up promptly at the end of practice. Because coaches must stay until all students are picked up, it is an imposition on them if parents or others picking up athletes at the end of practice are late even a few minutes. Students who are not picked up promptly will be taken to the School Extension Program or the convent to wait for parents. ***If a student is picked up late 3 times, the student will be dropped from the team.***

3) Coaches are not expected to supervise younger siblings during practice. Siblings of student athletes may not stay at practice. They will be taken to the School Extension Program, and parents will be billed appropriately.

5) All communication that is made verbally to students regarding the scheduling of games or practices must be accompanied by an email to parents and students. The list of scheduled league games constitutes written notice. In the case of changes from the normal routine in scheduling, students, parents, and the school must be informed in advance.

6) Disruption of the school's academic program is to be minimal. Occasionally, because of distance, an away game may require an early dismissal of team members.

7) Coaches need to keep track of attendance at practice. Students who are not picked up on time three times during a season will be dropped from the team. For practices at Notre Dame, students who are not picked up promptly will be taken to SEP to await pick up. **Students who are absent from school on a game day may not play in that game, exceptions are made for school shadowing.**

8) For gym sports, coaches must take responsibility for the cleanliness and security of the gym. The gym is the property of St. Patrick's Parish, and Notre Dame has an agreement that allows us to use the gym during school hours and until 6:30 p.m. on school days. All use outside those hours must be cleared first with the principal and then with St. Patrick's. At the end of a game or practice the coach must make sure that all equipment is secured, that the players have cleaned up after themselves; that bathrooms are checked, lights are turned off, and the front and two side doors are locked. Often students will be asked to assist with cleanup and putting away equipment after the last practice or game. The gym may not be used at any time other than those times scheduled for games or practices. If a coach discovers a problem with the facility, he or she must report it to the AD.

9) Coaches of sports not utilizing the gym must secure fields or venues for the sport and inform the AD so that necessary certificates of insurance can be provided.

10) Coaches must inform the AD of any problems concerning students, parent cooperation, facilities, or safety.

Code of Fair Play

(from the Constitution and Bylaws of the Coast County Athletic League)

1. We shall treat the visiting teams and spectators of visiting schools as our guests.
2. We shall avoid rowdyism, profanity or uncouth actions of any nature.
3. We shall respect our school campus and those of other schools, and avoid any action which is in any way destructive toward them.
4. We shall respect the integrity and judgment of game officials and avoid derisive action or words toward them.
5. We shall enthusiastically support our cheerleaders and respect the cheerleaders of our opponents.
6. We shall respect skillful and courageous performance by all participants in the athletic contest and at all times refrain from derogatory remarks to or about visiting team members and spectators.
7. Necessary comments or discussions with a game official shall be made by the head coach only and he/she shall be the only coach who approaches the official.
8. When a head coach is ejected from a game, his/her team will be declared to have forfeited the game to the other team if there is no certificated representative of that school present to replace the ejected coach.

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MORELAND NOTRE DAME SPORTS SCHEDULE

2018-2019

<u>Sport</u>	<u>Start Date</u>	<u>End Date</u>
Cross Country	August 31	October 30
Flag Football	August 31	October 30
Girl's Basketball	August 31	October 30
Boy's Basketball	October 26	January 22
Girl's Volleyball	January 15	March 12
Golf	March 15	May 14
Track	March 15	May 14
Boy's Volleyball	March 15	May 14
Girl's Softball	March 15	May 14

If you would like a hardcopy of the Athletic Handbook or have any questions please contact
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