



St. Joseph Elementary  
School 2023-24  
Sports Handbook

## **MISSION STATEMENT**

The purpose of the St. Joseph Elementary Athletic Program is to promote the spiritual, cultural, social and physical development of the youth of St. Joseph Elementary School by providing activities that will foster formation and practice of Christian values.

## **PROGRAM ADMINISTRATION**

The sports played through the athletics program are played under the guidance of the East Bay Parochial League Catholic Youth Organization (EBPL CYO) for the Diocese of Oakland. The values and rules established by the EBPL CYO for the conduct of youth programs are fully endorsed by the SJES Athletic Board.

## **OAKLAND DIOCESE CYO & EAST BAY PAROCHIAL LEAGUE**

The following experts come from the home page of the Oakland Diocese Catholic Youth Organization's Internet website:

"The Oakland Diocese Catholic Youth Organization is an athletic program for elementary and junior high age youth in the parishes of the Roman Catholic Diocese of Oakland.

CYO Sports that are offered to young people by the Church is a ministry to young people...The Catholic Youth Organization (CYO), through the vehicle of sports, provides youth with an opportunity to practice Christian attitudes and responsibilities and to become friends with other children throughout the diocese. CYO activities should be examples of the meaning of Christian sportsmanship." For additional information such as the "Purpose of CYO Athletics," "CYO Points of Emphasis," "Code of Conduct," and "The Value of Sports to the Church," log onto the Oakland Diocese CYO's website at:

<http://www.oaklandcyo.org> and [www.ebplcyo.org](http://www.ebplcyo.org)

The 10 schools/parishes forming the EBPL are:

- St. Anthony, Oakland
- Corpus Christi, Piedmont
- St. Elizabeth, Oakland
- St. Joseph, Alameda
- St. Leo the Great, Oakland
- School of Madeleine, Berkeley
- St. Martin de Porres, Oakland
- St. Philip Neri, Alameda
- St. Theresa, Oakland
- St. Lawrence O'Toole- Oakland

## **PHILIOSOPHY & GOALS**

The Athletic Board hopes that participation in sports will allow students to accept victory and defeat with equal grace and sportsmanship. The students will respect their sport, their teammates, opponents, coaches and referees. In addition, they will also learn to participate as a team, compete fairly and with full effort, and develop the physical and mental skills necessary for the sport they have chosen.

## **SCHOOL POLICY**

The faculty and administration regard sports as an important part of the total education of our students.

The sports program at St. Joseph Elementary School is sponsored and supported by the PTG group. As in all elective programs, students should view their participation as a commitment and not involve themselves in too many extra activities.

The school administration has the discretion to prohibit a student's participation due to low grades, un-sportsmanlike conduct, and/or school behavior. Failure to abide to the CYO and/or the school rules may result in the dismissal of you child from the school.

## **PROGRAMS OFFERED**

Boys & Girls Cross Country- Grades TK-8	Aug- Oct.
Boys Basketball- Grades 3-8	Oct.- Feb.
Girls Volleyball- Grades 4-8	Oct. -Feb.
Girls Basketball- Grades 3-8	Feb. - May
Boys Sand Volleyball- Grades 5-8	Feb. - March
Track and Field- Grades TK-8	Feb. - May

## **FEES**

Registrations fees per family are:\*

\$200 for oldest students playing more than one sport.

\$180 for oldest student playing only one sport.

\$150 for each sibling.

\$60 each for Cross Country or Track & Field play only

Registration fees are a one-time fee regardless of how many sports are played during the year. Fees are used to acquire uniforms and secure gym times for practices and games.

\*Sports Scholarships are available through the Chris Anderson Memorial Fund for families who need financial assistance. Please contact the Athletic Director for an application.

## **PRACTICES**

Just as success in the classroom is depended on regular school attendance and good conduct, practice attendance and behavior is key to athletic development and success. In addition, players are to conduct themselves appropriately, respecting coaches and fellow teammates while at practices.

Students are expected to attend scheduled practices on a regular basis. Participation in other activities or for non-school sports teams, should not be a basis for failing to attend practices. Students must notify the coach ahead of time if they will not be able to attend practice. (During the season, if a player has not attended a minimum of 75% of the practices, the coach has the right to reduce the student's playing time as a consequence and should notify the parents of such.)

NOTE: If a pattern of non-attendance persists, or a problem with misconduct/misbehavior persists, the coach(es) will consult the Athletic Director, and after a review, action may be taken to restrict the player's participation in future games (consultation will be made with the School Administration, and a final decision will be made by both parties; parents will be notified of the final decision.)

### **PRACTICES (TIME ALLOTMENT)**

The Athletic Board has set guidelines for practice times, recognizing that team practice time must be balanced with

school activities and homework. The maximum time allowed for weekly practices are as follows:

#### Multi-Grade Sports Teams

Cross Country- Grades 3 through 8, and

Track & Field- Grades K through 8: 3 hours per week max

#### Single Grade Sports Teams

Basketball and Volleyball

- Grades 3 & 4: two hours per week max.
- Grades 5 & 6: three hours per week max.
- Grades 7 & 8: four hours per week max.

## **GAMES**

Coaches are instructed to provide ample/equal playing time for all players on the team. Whenever possible, all players should be provided with the opportunity to play in 50% of each game or match. (i.e. in basketball, players should be played at the earliest opportunity in each half or quarter; in volleyball, every effort should be made to allow all players to serve at least once in a match.) Note, however, that game-playing time may be reduced as a consequence resulting from non-attendance at practices or conduct-related issues. In any case, the coach has the right, at his/her discretion, to immediately reduce playing time to the minimum allowed under CYO rules.

## **CONDUCT POLICY**

Every student in St. Joseph Elementary School is expected to exhibit exemplary conduct at all times while participating in sports activities- practices and games. Sport activities do fall under the category of school-sponsored events and students are and will be subject to the guidelines outlined under the Conduct section of the handbook.

Any un-sportsman-like conduct such as: fighting, verbal/physical abuse or harassment, persistent taunting, or display of disruptive behavior may result in the immediate removal of the student from the sports activity. Reinstatement of the student rests with the Administration.

## **CONDUCT OF COACHES & SPECTATORS**

Coaches in our sports' programs must follow the CYO Code of Conduct and the St. Joseph Elementary School Code of Conduct and abide by our program philosophy.

Breach of any of the tenets of these guidelines may be cause for suspension from one or more games or further consequences based on the violation. There may only be three coaches per team on the bench during a game.

## **ACADEMIC POLICY**

Student who fail to maintain a minimum "C-" in all areas of academics and conduct are subject to the policies as stated in the "Academic Probation" section of the handbook.

## **SPLIT TEAM POLICY**

In some circumstances, there may be a need to have two teams in the same grade because of a large number (18 or more) of students who desire to play. The following outlines our policy for "split" teams:

1. If the team is split for more than one year, the composition of the team must change each year.
2. The teams must be divided so as to be equal in skill as possible. The team composition is subject to approval of the Athletic Director and the Principal.

## **"PLAYING UP" POLICY**

All players must play in their grade appropriate groups. Only the Athletic Director and Principal can make exceptions for special circumstances (i.e. one grade does not have enough players to make a team.) No parents can request their child "play up."

## **PARENT VOLUNTEERS**

Volunteer support is vital to the athletic program. Parents are requested to volunteer as coaches and assistants.

Coaches will receive 30 volunteer hours for their commitment. Your presence at the events is, also, a strong statement of your support. Each family participating in a sport during the year will be charged an annual fee. These fees cover the cost of gym use and sports uniforms.

Note: Parent and volunteers must comply with S.E.C. (Safe Environment for Children) training per the Diocesan guidelines.

### **UNIFORMS**

The Sports Board Uniform coordinator supplies uniforms to the students and coaches. There will be a \$50.00 fee taken from each family's FACTS account for uniforms that are not returned. Uniforms are to be returned clean within five (5) days after the end of each season.

### **CONCERNS OR SUGGESTIONS FROM PARENTS**

If concern arises, parents must first bring it to the coach's attention. If the results are not satisfactory, the parents should bring it to the Athletic Director's attention. The Athletic Director will work with the parents to try to resolve concerns. If the concern is still unresolved, the Athletic Director will bring it to the Principal and/or Pastor for a final resolution.