

# **Most Blessed Sacrament Athletics**

## **Philosophy and Purpose**

*Most Blessed Sacrament is a community of faith, which shares in the teaching of Christ as proclaimed by the Catholic Church. The mission of Most Blessed Sacrament School is to minister to the educational needs of our parish family by providing a teaching atmosphere, which promotes gospel values and academic excellence for our students. The prominence of a religious atmosphere provides for the development of faith that is living, conscious and active.*

Athletics can be an important part of a young person's life. It teaches discipline and self-pride while helping one realize the importance of cooperation. Athletics are a component of, and interact with, the spiritual, social and academic components of the overall school program. MBS recognizes that support from the administration, faculty, staff, coaches, parents and fans are necessary in providing a positive Catholic athletic experience for the student-athlete. Athletes, parents, and fans are a direct reflection of MBS and should adhere to the philosophy of the school by acting in a dignified manner at all times.

Team members are expected to conduct themselves in a sportsmanlike manner. The coach, and/or the Athletic Director and/or the school administration may discipline any team member, who fails to do so. Discipline will be administered in accordance with the action committed, which includes but is not limited to a one game suspension or the removal of the student from the program.

Parents are expected to conduct themselves in a manner which best exemplifies a Christian attitude. Parents are leaders by their actions. Any parent who physically or verbally abuses an official, coach, or player will be asked to leave the facility. A parent's action could result in that parent being removed permanently from attendance at events. Remember, your actions are a direct reflection of the Most Blessed Sacrament School and Church Community.

## **CSAL/CYO ATHLETIC**

Purpose of CSAL - The Catholic School Athletic League (CSAL) is an extracurricular sports program. The CSAL is organized to provide an opportunity for students enrolled in Catholic schools of the Diocese of Baton Rouge to participate in an organized interscholastic athletic program, which is consistent with the philosophy and values of the diocesan school.

The CSAL sports program includes basketball (6th through 8th grade boys and girls), tackle football (5th through 8th grade boys), track and field (5th through 8th grade boys and girls) and volleyball (6th through 8th grade girls). Each school is allowed only one team per league. Most Blessed Sacrament participates in CSAL of the Diocese of Baton Rouge.

## **SCHOOL - BASED PROGRAMMING - BATON ROUGE CYO**

Purpose of CYO - The Baton Rouge CYO sports program is dedicated to improving the youth sports experience for children in the community. The number one goal is for all participants to have a fun experience in the activity.

The CYO program, based upon team and league feasibility, includes basketball (5th through 8th grade boys and girls) and volleyball (5th through 8th grade girls). The CYO program is not available to any student who is listed on a CSAL roster. Most Blessed Sacrament participates in the Baton Rouge CYO.

## **DIOCESAN PHILOSOPHY OF SCHOOL-SPONSORED ATHLETICS**

The greatest strength of the elementary and middle Catholic schools of the Diocese of Baton Rouge is the opportunity and responsibility of the administration of each school to consider and use the uniqueness of its circumstances to provide the best Catholic education possible for its students. Within this basic tenet, the first priority of such schools is the overall development and growth of each of its students - spiritually, socially, mentally, emotionally, and physically. School-sponsored intramural and interscholastic athletic programs shall provide a medium by which students can:

1. Develop an awareness of their abilities.
2. Learn and improve athletic skills.
3. Acquire the true meaning of and practice sportsmanship.
4. Be a part of a team effort.
5. Enhance their self-esteem and feelings of belonging.
6. Form foundations for a healthy adult life style.

Such programs should emphasize the positive accomplishments of the individual through recognition, praise, and positive constructive criticism. Athletics should be a component of and interact with the spiritual, social and academic components of the overall school program. Administration, faculty, staff, coaches, parents, and fans are necessary components in nurturing a positive Catholic athletic experience. Schools with interscholastic programs should participate in leagues or programs in agreement with their philosophy and that of the individual school.

## **A WINNING PHILOSOPHY**

We WIN when our student-athletes, by their participation in our athletic programs:

1. Develop pride in them and in their teammates, team, school, and church parish.
2. Develop respect for the rights and privileges of their teammates, coaches, opponents, and officials.
3. Succeed academically.
4. Develop a sense of responsibility to the team and their teammates.
5. Communicate with their teammates and coaches candidly.
6. Develop a desire to excel and be the best they can be.
7. Mature mentally, emotionally, physically, and socially.
8. Become willing to make personal sacrifices, putting team achievement ahead of personal achievement.
9. Become leaders on and off the field.
10. Enjoy the spirit of competition.
11. Accept wins and defeats with dignity.

## **PROGRAM GUIDELINES**

1. Every effort will be made to allow all students who desire to join a school-sponsored sport this opportunity. However, due to league guidelines and practical restrictions, this may not always be possible.
2. Once a student commits to participate in a particular sport he/she must continue to play that sport for the entire season.
3. A student who participates in tryouts for the CSAL team has made the commitment to play that sport on either a CSAL or CYO team. If that student fails to honor his/her obligation, eligibility for future sports will be in jeopardy and all fees paid are non-refundable.
4. No student shall be publicly embarrassed or loudly criticized by coaches or by teammates. Coaches shall correct student in a dignified manner in a spirit of encouragement.
5. No student or coach shall publicly criticize or openly show displeasure toward game officials.
6. Students will not be allowed to harass or antagonize opposing players.
7. No coach or parent can solicit funds for their particular teams. All donations must be sent through the school athletic department.
8. The guidelines for CSAL grade 8 volleyball, grade 8 basketball, and grades 5-8 football do not have mandatory playing time. In those sports every effort will be made to provide an adequate amount of playing time to make the players feel a part of the team effort.

## **PLAYER PARTICIPATION**

1. In any sport, participation in games may be based on attendance and participation at practice, attendance at games, conduct, and attitude.
2. A player will receive a one game suspension for each unexcused absence. An unexcused absence includes missing a game or practice. Leaving early or arriving late to a game or practice also constitutes an unexcused absence.
3. A student who is absent from school because of illness will not be allowed to attend after school activities that day. Example: practice, games, etc.
4. If a student doesn't participate in P.E., he/she will not be allowed to participate in sport related activities that day. Example: practice, games, etc.
5. A student may be checked out of school after 2:00 for a scheduled appointment and still participate in extra curricular activities that day.
6. If a child is suspended from school he/she may not participate in a game or practice from the time of the suspension is issued until he/she is admitted back into school. If the suspension is on a Friday, he/she may not participate in any activities during the weekend.

## **STUDENT ELIGIBILITY**

To be eligible for extra-curricular activities, students must maintain prescribed standards of academic achievement and conduct.

1. The report card issued immediately before the beginning of the activity will be used to determine eligibility. The student should have a passing grade in every subject and at least a 2.0 grade point average. The conduct grade must be at least a 86% B.
2. To determine eligibility in an activity that begins before the first nine weeks report card is issued, the report card from the previous year will be reviewed. The student's final yearly average of academic grades will be used. The grade point average must be at least a 2.0 and should include no F's. The student's fourth nine weeks conduct grade will be used to determine eligibility at this time. The conduct grade must be at least an 86% B.
3. During a school based extra curricular activity, if a student's conduct grade in any class or general conduct falls below an 86%, that student will immediately be placed on probationary status. They are then in jeopardy of being removed from that team or organization. However, prior to the start of a new extra curricular activity, (ex. beginning of Volleyball) the conduct grade in any class or general conduct must be at least an 86% B.
4. If a report card is issued after a sport begins, that report card will be used in determining continued eligibility.
5. A student's continued academic progress and ongoing conduct determine continued participation. If a student is in jeopardy, a parent/teacher/administrator conference may be held to determine continued eligibility. The administration may choose to place a student on probation or remove that student.
6. The administration may choose to remove a student from an activity at any point during the school year.

## **STUDENT BEHAVIOR**

Students are expected to maintain on-campus and off-campus behaviors that are consistent with the standards of the Most Blessed Sacrament School. The school administration reserves the right to remove any student from school-sponsored sports eligibility should a serious incident occur during the school day, at a sports or school related activity after school on or off campus.

Students who participate in sports must be cooperative with coaches and may be removed from the team by the administration should a serious incident occur during a sports related activity.

## **REGISTRATION**

Prior to participation in each school-sponsored athletic activity, a completed Most Blessed Sacrament School Athletic Consent Form and MBS Physical Examination Form for current school year and all required fees must be submitted. These forms will be made available by the school office and must be returned to the school office before a student may attend practice.

A student must be examined by a physician prior to participation in any CSAL or CYO sport.

## **STUDENT PARTICIPATION**

There are times, especially for volleyball and basketball, when more students want to participate on a CSAL team than can be accommodated. When this happens, the athletic director will try to provide a clinic for the particular sport prior to team selections. The students attending the clinic will practice together for a determined amount of time. Team selections using Plan A or Plan B will follow the clinic.

Plan A: An independent high school coach or person knowledgeable in the sport will be invited to make team selections. If there are enough students, the “selecting coach” will divide the participants into two teams, CYO and CSAL. If there are not enough players to fill two teams, only a CSAL team will be selected.

The “selecting coach” will observe the participants and divide them into the two teams. The Most Blessed Sacrament coaches will submit their choices for the two teams to the selecting school coach. The selecting school coach will compare his/her lists to the MBS coach lists, and the students that the lists have in common will remain on the respective teams.

All students will continue participating in the tryouts without knowledge of the lists. The “selecting coach” will observe the students who were not common to the lists to determine the final team selections.

Plan B: If the athletic director is unable to schedule a “selecting coach”, Plan B will take precedent. The Most Blessed Sacrament coaches will select the teams - other than their own. Example: sixth and seventh coaches select eighth teams; sixth and eighth coaches select seventh teams; etc.

Every effort will be made to insure that every child who wants to play a sport will have a team on which to play. Both CSAL and CYO teams are equally fine programs, and both teams represent Most Blessed Sacrament School. We are pleased to have the opportunity to participate in both leagues.

### **SELECTION OF COACHES AND SPONSORS**

Coaches and sponsors are selected by the athletic director, with the approval of the principal. The primary factors considered in the selection of coaches are:

1. Evidenced Christian values
2. Depth of character and personality
3. Ability to communicate with athletes
4. Technical knowledge of sport
5. Coaches serve at the discretion of the school athletic director and principal

Due to concerns expressed regarding parents coaching their own son or daughter; MBS has adopted the following principle:

Where possible MBS will no longer allow parents to act as Head Coach of a team in which that parent may have a son or daughter participating.

At MBS we rely on volunteers to coach our teams. If we do not have a coach, we cannot have a team. Every effort will be made to prevent this from occurring at MBS. Therefore, a qualified parent may be allowed to coach his or her son or daughter’s team.

## **RULES, SCHEDULES, AND AWARDS**

### **Playing Rules and CSAL Guidelines**

Copies of playing rules for the various sports and other CSAL guidelines may be viewed at the school office or through the athletic director.

All coaches will have an updated copy of the current playing rules and CSAL guidelines for the sport.

### **Game-Practice Scheduling**

Games scheduled by CSAL or CYO are based upon team and facility (gym or field) availability. The athletic director based on the league schedule and gym availability schedules all tournaments. The athletic director determines participation in tournaments at other schools. Practices are scheduled based on the league schedule and coach and facility (gym or field) availability. Practices and games are not scheduled during mid-term or final exams.

### **Fall and Spring Recognition**

Students who participate on CSAL or CYO 5th - 8th official school teams are recognized and awarded letters and pins or bars for continued participation. All 5<sup>th</sup> grade recognition awards occur at the Spring Recognition.

## **GRIEVANCE PROCEDURE**

The principal and athletic director are available to discuss program sport, coach, or player problems or concerns. However, players and parents\* are urged to first discuss the problem or concern with the coach, where applicable and practicable. If further discussion is warranted, then contact the athletic director. Finally, if the matter is still not resolved, the principal will be contacted by the athletic director to discuss a plan of action and/or resolution. The athletic director and principal will notify the parent or parents of the decision or actions taken.

**\*24 Hour Rule for Parents** – Any comments or concerns regarding a game or practice are not to be addressed for at least 24 hours after the game or practice. Parents who approach the coach, athletic director and/or principal after a game may result in a parent suspension for the next game.

## **SPECTATOR CONDUCT**

Fan conduct in the stands and the pressure this places on our athletes are major concerns.

Fans should cheer a good play, avoid negative comments, be supportive, not shout instructions from the stands, and let the coach perform his or her duty. If you have a parent/coach problem, discuss it at the proper place and time. Participants do not like being highlighted by shouts from the stands.

Do not criticize opponents' players, coaches, or other fans. Our student-athletes must learn the respect due others. This is part of our character building process. It is not fair to ask children to show good sportsmanship if adults do not act in a sportsmanlike manner. Parents and coaches should be leaders by their actions.

Do not criticize game officials. They are dedicated individuals who love youth sports. They will make mistakes, but they should not be subjected to abuses from spectators. They are trying to do their best to make youth sports an enjoyable environment for the participants.

Under no circumstances are parents to accost coaches or referees verbally or physically.

Anyone flagrantly violating this standard will be asked to leave the premises.

No drinks are to be brought to ball games (football, basketball, etc.). Concessions are available at all the games. No alcohol is to be brought to any of these functions. Those fans bringing drinks or ice chests to student activities will not be allowed to enter. Anyone using alcoholic beverages will be asked to leave the school premises. This is a CSAL (Catholic Schools Athletic League) ruling and will be strictly enforced. Our school is judged by our behavior and can be penalized by inappropriate behavior of fans as well as athletes and coaches.

Depending on the severity of the spectator's actions, the athletic director may contact that person or persons to meet with the athletic director and principal to discuss the situation and possible consequences.

## GENERAL RULES AND INFORMATION

Most Blessed Sacrament has had very successful sports seasons. This is due, in great part, to the cooperation of our players, parents, coaches, pastor and principal. As we all know, much can be accomplished with the full cooperation, dedication and understanding of everyone. Therefore, the following is a list of rules, regulations and general information that our pastor, our principal and our athletic director have compiled in order to have a fun and successful year of sports.

1. For those parents who are experiencing their first year of tackle football with their son, please remember that it is quite different from flag football. Tackle football is a full contact sport, and there will be 22 boys on the field at all times. In order for players to hear certain plays, the coaches may raise their voices. The coaches may also raise their voices in order to motivate a player. This is part of football. Better they learn now to listen to a yelling coach than be shocked when they get to high school! Please remember, the coaches have your son's best interest at heart when it comes to teaching him the skills and camaraderie of football.
2. Parents are asked to pick up their children after practice **on time**. There may be times, however, when parents may have to wait a few extra minutes if a practice needs to be extended. Please be patient!
3. Parents of students participating in athletic activities are responsible for getting them to and from athletic practices and events.
4. M B S will provide a first aid kit to use for mishaps during practices and games. If your child needs to have his/her ankle, fingers, etc. taped, please do so before he/she comes to practice or to a game.
5. Mouthpieces must be worn at all practices and games for football; therefore, we suggest that when purchasing your child's equipment that you consider purchasing several. It is a CSAL rule that no child can play or practice without a mouthpiece.
6. Football players are expected to bring their own containers of water to practices. The coaches will provide water at games.
7. I understand that there will be no medical personnel present during practice or games. For any injuries requiring medical attention, 911 will be called. Coaches are provided emergency contact information that is provided by the parent on the student's registration form.
8. If a student has an injury or is excused from physical education, that child cannot participate in a sporting event. A medical release by a physician must be on file in the school office in order for that student to return to the activity. The school office will notify the athletic director when a student has received a medical release.
9. If parents anticipate that their child's additional outside activities will conflict with the sport season, it is expected that MBS sports will be given first priority.
10. An adult must supervise students attending after school activities. They may not be dropped off without adult supervision. Once students enter the facilities, they may not leave without an adult. This is for the protection of your child.
11. A student who is absent from school because of illness will not be allowed to attend after school activities that day. Example: practice, games, etc.

12. If a student doesn't participate in P.E., he/she will not be allowed to participate in sport related activities that day. Example: practice, games, etc.
13. A student may be checked out of school after 2:00 for a scheduled appointment and still participate in extra curricular activities that day.
14. If a child is suspended from school he/she may not participate in a game or practice for the time of the suspension is issued until he/she is admitted back into school. If the suspension is on a Friday, he/she may not participate in any activities during the weekend.

**PARENTS, PLEASE REMEMBER THAT THESE RULES ARE DESIGNED WITH YOUR CHILD'S SAFETY AND THAT OF HIS FELLOW PLAYERS IN MIND.**

### **PARENT PARTICIPATION**

**Mandatory Parent Meeting** – A parent must attend the mandatory parent meeting prior to the sport in which your child is registered. All necessary materials will be distributed at that meeting. If you are unable to attend you must make arrangements with the athletic director to meet, at her convenience, to review materials for your child to be eligible to participate.

Parent participation is a necessary part of a successful sports program. In each season, parents of students participating in the CSAL and CYO programs are scheduled to assist in the collection of admission charges, manning of the concession areas and official scoreboard at home games and tournaments. After rosters are determined and the league schedule received, a work schedule with specific assignments is prepared and distributed.

A team coordinator will be appointed to formulate a parent schedule for the operation of facilities including concessions, gym, and field maintenance.

### **Facility Responsibilities**

**Football** - Before the game the field must be mowed, lines painted, markers placed, and the scoreboard set up and turned on. Three people will be needed to assist referees with chains, markers, etc. After the game the area must be cleaned and field equipment put away.

**Basketball and Volleyball** - Before the game the gym floors must be swept and chairs and score table set up. After the game the gym must be cleaned. Trash must be picked up, floors swept and game equipment and chairs put away.

**Concessions** - The concession stand will be stocked. Workers need to set up 45 minutes before the first game, sell concessions for the games, and clean up after the games. Start-up money will be provided, and collected money will be returned to a designated person.

### Issuing and Returning Uniforms

Prior to each sport season the Athletic Director will issue uniforms with assigned numbers. Once issued, this is the uniform and number that will become part of the official team roster for the season. No player is to exchange uniforms, unless approved by the Athletic Director.

Players are responsible for the uniform during the season. When the season is over, the **clean** uniform is to be returned to school. The uniform must be placed in a bag with the players name and the contents of the bag listed on the outside. A student's uniform must be returned by the due date. **Non-compliance with this policy could result in parents being financially responsible for the full cost of a replacement uniform.**

### Equipment to be Purchased by Parents

#### **Girls:**

1. Appropriate footwear
2. Sports bra (strongly recommended)
3. Volleyball knee pads (strongly recommended)
4. Basketball knee pads (strongly recommended)

#### **Boys:**

1. Appropriate footwear
2. Football only:
  - a) A pair of practice football pants – make sure they fit correctly because no one's pants will be taped unless they are torn during a game
  - b) Shoulder pads with extra straps and buckles - make sure they fit correctly and meet safety standards
  - c) Helmet - make sure it fits correctly and meets safety standards
  - d) Set of pads to fit into pants
  - e) Two or more colored (not clear) mouthpieces that can be fastened onto cage of helmet - it is a CSAL rule that every player must wear a mouthpiece. Players will be responsible for always having mouthpieces for **practices and games**. Coaches do not provide mouthpieces.
  - f) Practice jersey - the mesh kind is cooler and less expensive.
  - g) Athletic supporter
  - h) Any other padding that a player wishes to purchase is fine

## **Parent/Student Informed Consent for Football**

Student and parent acknowledge the following:

1. My participation in football at Most Blessed Sacrament requires an acknowledged acceptance of the risk of injury, however minor or catastrophic it may be.
2. The rules of conduct of football are designed to help protect me as an athlete from injury, but even the proper enforcement of such rules by game officials is not a guarantee against injury. Also, printed labels or warnings on equipment and instructions by my coaches in proper techniques may minimize but can never completely eliminate such risk.
3. As a result of the tremendous forces encountered during conditioning, training, and competition, I understand that serious injuries, including, but not limited to the neck and head, may result in death, permanent brain damage, and/or paralysis with resultant paraplegia, quadriplegia and/or confinement to a wheelchair for life.
4. I understand that the rules of football against intentional butting, ramming or spearing the opponent with or without the helmeted head are designed to protect the attacking player much more than the other player. **CLEARLY, MY FAILURE TO COMPLY WITH THESE RULES MAKES ME A CANDIDATE FOR CATASTROPHIC INJURY, AND MAY RESULT IN REMOVAL FROM THE TEAM.**
5. I recognize that I have the responsibility to wear the required equipment, obey the rules of football, train and condition my body to the best of my ability, and to utilize the proper techniques when playing. I also know that I must avoid athletic activities for which I have not been trained or do not feel qualified to perform. I agree to uphold my responsibility to report any injuries to the coach in charge. A coach may at his/her discretion refuse to allow a student to play or practice until he/she seeks medical attention and a doctor provides a release allowing the student to participate.
6. I understand that there will be no medical personnel present during practice or games. For any injuries requiring medical attention, 911 will be called. Coaches are provided emergency contact information that is provided by the parent on the student's registration form.

