

Saint Robert's Parish Athletic Handbook

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Introduction:

The St. Robert's Parish Athletic Program (SRPAP) is a member of the Peninsula Parochial School League (PPSL); therefore, it is the intention of the SRPAP and all its representatives to comply with the general guidelines and by laws of the PPSL (www.ppsl.info)

SRPAP exists as an extension of St. Robert's Parish, and as such, exists under the direction of the Parish Pastor, School Principal, Religious Education Coordinator, and the Parish Athletic Board. All participants in the SRPAP programs are expected to follow the rules as set forth in the SRPAP Handbook. *Adherence – signed athletic program contract – See Addendum*

Philosophy:

The philosophy of the SRPAP is to encourage the healthy growth and development of the student/athlete through a program of sports, competitions, and teamwork while representing the Christian values of respect, love, compassion, and support for each other. It is about fostering the physical, intellectual, emotional, and spiritual strengths through positive coaching and sportsmanship for children and their parents in games, practices, and the life lessons that sports teach.

SRPAP Goals:

- A. Instruct and improve the performance level of all participants, while promoting positive attitudes of mutual respect and self-discipline.
- B. Create an environment in which players have fun with athletic activities.
- C. Teach sport skills, rules and strategies to players.
- D. Model and teach the value of teamwork, cooperation, responsibility, and competitiveness, with an emphasis on good sportsmanship.
- E. Promote increased self-esteem among our players.
- F. Always treat players on other teams as members of our community first and as opponents second, evident in our words and actions.

Athletic Board Members

The Athletic Board is made up of voting members including

- Athletic Director
 - Assistant AD/Parish Club Liaison
 - Uniform Coordinator
 - Treasurer
 - Secretary
 - Facility Coordinator
 - At Large Member
- Non-voting members include the
- The Pastor,
 - The Principal,
 - The Religious Ed Coordinator,
 - Men's Club & Women's Guild,
or their appointed representatives.
 - Commissioners: Baseball (2), Volleyball (2),
Basketball (2), Track (1), Cheerleading (1).

All Athletic Board members qualify to receive the 40 hours of volunteer service for school.

Athletic Director – Two-Year Term (Current ~ Steve Hoff)

The Athletic Director(s) is a volunteer position approved by the Pastor, School Principal and the Religious Education Coordinator for a three-year term. A second term requires the approval of the Athletic Board, Pastor, School Principal and Religious Ed Coordinator.

- Primary responsibility for all administrative aspects of the SRPAP including financial responsibility.
- Submit annual budget for review by the board. *(With Treasurer)*
- Coordinates the distribution and collection of all sport registration forms.
- Coordinates the distribution and collection of all coaches/volunteer forms including Shield the Vulnerable and Live Scan/Background Checks.
- Coordinates the distribution of registration forms for athletes and coaches' to the Sport Commissioners.
- Serves as Chairperson of the Athletic Board and presides over all meetings. Meets regularly throughout the year with the Pastor and School Principal (or School Board if requested) regarding Sports Program activities.
- Annually evaluates the coaches in conjunction with the Athletic Board members. Provides feedback to the coaches along with the Commissioners from sport evaluations.
- Annually evaluates the season and its Commissioners in conjunction with the School Principal and Religious Education Coordinator.

- Works directly with and supervises the activities of the various Sports Commissioners to ensure that:
- Collaborates with the Sport Commissioners & Board Members on the following:
 - *Distribution and purchase of all sport equipment.*
(Non-budgeted purchases must have prior approval of the Athletics Board).
 - *Organization and implementation of sport tryouts and evaluations.*
 - *Reserving gym time for basketball, cheerleading and volleyball practices and games. Reserving game fields for baseball and track practices and games.*
 - *The distribution and collection of end-of-the season coach and sports program evaluations provided by athletes and parents.*
 - *Annual review and update, if needed, of the SRPAP Handbook*
 - *All St. Robert's and PPSL rules are followed while conducting the Sports Program.*
 - *Adequate supervision of student athletes is provided at all times during "home" sporting events, playoffs, and PPSL Championships, when appropriate.*
- When appropriate, represents SRPAP at PPSL Meetings with the Sports Commissioners.
- Assists Uniform Coordinator with the distribution and retrieval of sport uniforms and equipment, including maintenance of equipment room.
- Train/mentor an Assistant Athletic Director in all aspects of the AD's responsibilities.
- Liaison for information to all club and parish organizations

Assistant Athletic Director – Two-Year Term (*Current ~ open*)

- Assists the AD and Treasurer with submitting annual budget for review by the board.
- Assists the AD with coordinating the distribution and collection of all sport registration forms.
- Assists the AD with coordinating the distribution and collection of all coaches/volunteer forms including Shield the Vulnerable and Live Scan/Background Checks.
- Assists the AD with coordinating the distribution of registration forms for athletes and coaches' to the Sport Commissioners.

- Assists the AD with the annual evaluation of coaches in conjunction with the Athletic Board members. Provides feedback to the coaches along with the Commissioners from sport evaluations.
- Assists the AD with the annual evaluation of the season and its Commissioners in conjunction with the School Principal and Religious Education Coordinator.
- Works directly with and supervises the activities of the various Sports Commissioners to ensure that:
- Collaborates with the Sport Commissioners & Board Members on the following:
 - *Distribution and purchase of all sport equipment.*
(Non-budgeted purchases must have prior approval of the Athletics Board).
 - *Organization and implementation of sport tryouts and evaluations.*
 - *Reserving gym time for basketball, cheerleading and volleyball practices and games. Reserving game fields for baseball and track practices and games.*
 - *The distribution and collection of end-of-the season coach and sports program evaluations provided by athletes and parents.*
 - *Annual review and update, if needed, of the SRPAP Handbook*
 - *All St. Robert's and PPSL rules are followed while conducting the Sports Program.*
 - *Adequate supervision of student athletes is provided at all times during "home" sporting events, playoffs, and PPSL Championships, when appropriate.*
- When appropriate, represents SRPAP at PPSL Meetings with the Sports Commissioners.
- Assists the AD and Uniform Coordinator with the distribution and retrieval of sport uniforms and equipment, including maintenance of equipment room.

Uniform/Equipment Coordinator – Three-Year Term (*Current ~ Matt Toomey*)

- Is responsible for the upkeep of the Uniform/Equipment Room and all pieces included within the room.
- Makes recommendations for new uniform or equipment purchases for board approval.
- Distribute equipment to commissioners
- Distribute and collect all uniforms and sports equipment at the end of each season.

Treasurer – Two-Year Term (*Current ~ Matt Butler*)

- Collects registration, fees and uniform checks
- All payments processed in a timely manner (within 30 days)
- Assists Uniform Coordinator in distribution and collection of uniforms.
- Annually maintains a ledger of each student's sport(s) participation.
- Reports monthly to athletic board with financial report from Parish offices
- Responsible for verifying completion of Shield the Vulnerable, Live Scan, Background checks as needed for coaches.

Secretary – Two-Year Term (*Current ~ open*)

- Maintains minutes for meeting
- Distributes minutes to all board members within a week of the meeting.
- Coordinates and schedules team pictures at the beginning or end of each sport season. Maintains contact information for the photographer and coordinates with yearbook for timing.
- Annual review and update, if needed, of the SRPAP Handbook

Facility Coordinator – Three-Year Term (*Current ~ Brian Verna*)

- Is in direct contact with facilities within the community, including reservations and scheduling for practices, games and playoffs.
- Maintains a good relationship with facilities in use and ensures follow up for facility rental payments.
- Prepares the meetings for the coaches regarding practice dates & times for all grade levels

At Large Member – Two-Year Term (*Current ~ Tina Cava*)

- Coordinates distribution and collection of evaluations to parents, participants & coaches or programs.
- Assist commissioners with Home game clock, book & clean up of facility

Sports Commissioners – Two-Year Term

Baseball ~Rachelle Henley, Glen Wilson & Scott Zayac

Volleyball ~Yvette Kinchen & Lori Klinger

Girls Basketball ~ Ann O'Donoghue & Laura Davis

Boys Basketball~ Dante Venturi & Nick Paras,

Track ~ Kai Holloway

Cheerleading ~ Christina Gaines

There will be Commissioners for track, girls' volleyball, basketball and cheerleading, boys' baseball and basketball. In collaboration with the Athletic Director, they are:

- Responsible for coordinating clinics and/or evaluations.
- Responsible for selecting well-versed, unbiased evaluators.
- Make final decisions regarding team selection process, team selection and assignment of coaches to their teams.
- Coordinates with Uniform/Equipment coordinator to ensure distribution and collection of all sporting equipment and uniforms.
- Coordinate practice scheduling and gym/facility availability with the Facilities Coordinator, including reserving gym/field times for practices & games as need.
- Provide adequate supervision of student athletes at all times during scheduled sporting events.
- Receives and reviews coach evaluations. Provides feedback to the coaches.
- Ensure that all SRPAP and PPSL rules are followed while conducting the sports program.
- Distribute copies of the medical releases for players, parent & player codes of conduct to coaches.
- Conducts a pre-season coaches meeting covering: updated PPSL rules, season schedule, practice schedule, clinics and tournament information.
- Responsible for submitting all home game results, scores and absent players to the appropriate PPSL Sport Commissioner.
- Must attend all PPSL meetings for their particular sport as scheduled. In the absence of a Sports Commissioner, the Athletic Director may attend the meeting in his/her place.
- Must be present at all home gym games. In the absence of a sports Commissioner, an Athletic Board member may attend the game in his/her place.
- Resolve conflicts between coaches and parents.

- Submit team commitment forms and roster to PPSL after receiving approval by Principal, Religious Ed Coordinator, and Pastor.
- Receives notification of ineligibility of players from school Principal or Religious Ed Coordinator.
- Commissioners are encouraged to look for a Co-Commissioner to train as their successor during their final year of term. This Co-Commissioner would step in to the spot the next term year.

COACHES & ASSISTANT COACHES

- I. Coaches are volunteers devoting their time to helping our children. Coaches will be assigned at the discretion of the Commissioner and Athletic Director depending on the needs of the students and only **after divisions of teams has been completed**. Coaches are picked without regard of race, color, or gender. No individual may be the head coach of multiple teams in a given season, unless there is no other qualified coaching candidates. Both positions qualify for service hour requirement at the school – Head Coach (40 hrs) & Assistant Coach (20 hrs).

- II. Coaches must have necessary knowledge and experience to be eligible to coach. Coaches, either head or assistant, are identified by Commissioners of individual sports and assigned by the Athletic Board. Head Coaches must be at least 18 years of age. Assistant coaches may be less than 18 years old, but must have an adult present at all practices and games. Coaches, either head or assistant, will not be able to coach the same group of students in consecutive sport season, unless no other coaches volunteer. (i.e.: boys’ baseball and basketball, girls’ volleyball and basketball or cheerleading). Track coaches are the exception of the above rule.

- III. All St. Robert’s coaches must complete Live Scan fingerprint process as well as the on-line training course “Recognizing, Reporting and Preventing Child Abuse” found at www.ShieldtheVulnerable.org prior to the start of a season, in order to coach, in accordance with the requirements of the Archdiocese of San Francisco (same process used for teachers and other in-classroom volunteers) and PPSL.

General Duties

- I. Coaches are ultimately responsible for the conduct of the team during practices and games until the athletes have been dismissed to their parents/guardians. No athlete shall be left unattended after a game or practice. Practices may not be allowed to begin without the supervision of a coach or head coach. Never leave any athlete in an unsupervised area at any time. Athletes must be instructed not to enter an unsupervised area or leave a practice or game area prior to team dismissal.
- II. If an athlete is seriously injured, **DO NOT REMOVE THE INJURED CHILD**. Stay with the injured child and request the team parent to obtain appropriate medical help (i.e. 911). All injuries must be reported to the Sport Commissioner, if unavailable, the Athletic Director who will inform the Principal.
- III. Only players listed on the PPSL Roster may participate in scheduled practices and games. (Rfr PPSL general guidelines)
- IV. Coaches shall set an example by treating all participants (team members, opposing coaches and teams, officials, and spectators) with respect. The Athletic Board reserves the right to require mandatory participation at coaching clinics aimed at developing and fostering coaching skills. Responses from Parent/Athlete evaluations will be used to determine if participation is needed.
- V. Coaches are expected to know and follow the rules of the game and the applicable rules of the PPSL general rules. Ejection from a PPSL game will warrant an investigation by the Athletic Board with possible disciplinary consequences. The Sports Board can remove a coach from his/her coaching position at anytime as deemed necessary. The ATHLETIC BOARD will review coaches on a yearly basis and make changes based upon the needs of the program.
- VI. Coaches are responsible for all equipment necessary for proper and safe conduct of practices/games. Coaches must obtain equipment from the Sport Commissioner. Specifically, coaches are not authorized to buy equipment or supplies. Equipment and uniform purchases will be determined/coordinated by the ATHLETIC BOARD. The individual Sport Commissioner, in conjunction with the Athletic Director, will evaluate equipment purchases.
- VII. Each Coach is responsible for checking with the Sport Commissioner for any sport specific guidelines regarding field/gym set up, tear down, clean up at the end of games and supervision during home games.

A Head Coach/Coach will automatically be suspended from practice(s) and the next game if he/she:

1. Possesses a weapon.
2. Uses profane language.
3. Uses drugs, alcohol, or any other hazardous substance during practice or games.
4. Engages in physical, sexual, verbal or written harassment toward an athlete, coach, parent or official or their property.
5. Is incorrigible or participates in disruptive behavior that impedes the progress of the game.
6. Any coach, player, or spectator ejected from a game is automatically suspended from attending that team's next league game. The Conference Director will review violations or misconduct. Further action may be taken by the Executive Board including suspension from the remaining games of the season and if necessary, expulsion. (*Rfr PPSL general guidelines*)

The ATHLETIC BOARD will review and decide if further disciplinary action is necessary. Coaches can be removed/suspended from participation in SRPAP, at any time, under direction from the ATHLETIC BOARD Executive Committee, and/or the ATHLETIC BOARD.

Teams with multiple coaches expressing interest are encouraged to co-coach; however, if unresolved each coach must present their case to the Athletic Board. The Athletic Board will review and make a final decision.

Coaching Guidelines by Grade:

Fourth Grade (Training) – The fourth grade is purely an instructional year; no score is kept. Coaches should rotate players through the various positions to increase their knowledge of the sport.

Fifth Grade – The fifth grade is still considered an instruction year (including rotating positions), with increasing emphasis on being competitive. In volleyball and basketball, teams will be divided according to skill and ability by independent evaluators in conjunction with the Sport Commissioner and Athletic Director. There are PPSL team standings at this level. However, there are no playoffs.

Sixth Grade, Seventh Grade and Eighth Grade – The sixth, seventh, and eighth grades are considered competitive. There are PPSL standings, Division Playoffs, and North-South League Playoffs.

Parent Participation:

- A. Parent Code of Conduct, Athletic Program Contract, and medical forms for players must be signed and placed on file prior to the beginning of the season.
 - a. *It is strongly advised that parents evaluate their child's participation prior to registering because their absence from the submitted PPSL roster may have an adverse effect on the team as a whole. (i.e.: forfeits) – Find in PPSL*
- B. Parents are welcomed to attend practices at any time. Please remember that you are there as an observer and not as a coach. This helps keep the athlete's attention on his/her coach. Please be respectful of your coach's wishes at all times. Show support of the coaching staff and accept constructive criticism in the manner in which it is intended.
- C. Parents are to see that their children get to and from all games and practices on time. Ensure that coaches are present before leaving your child. The coaches are not responsible for driving the children, or taking care of them before and after games and/or practices.
- D. Parents/Athletes are to contact coaches in a timely manner if their child/they will not be attending practice or game.
- E. Parents are encouraged to attend all games and to properly support their child's efforts, as well as showing support for the other members of their team.
- F. As representatives of St. Robert's Sports Program, parents should exhibit good sportsmanship and Christian behavior at all times towards coaches, officials, the opposing team and their fans.
- G. Parents are to respect the facility we are renting by not bringing food or drink inside and throwing away all empty water bottles. **Young children must stay with their parents and are not free to roam or play in the gym.**
- H. Any and all concerns regarding a coach or official should be directed to the respective Commissioner in a timely manner following the incident.
- I. At the conclusion of each game parents/family members/ friends must refrain from going onto the court or near the team bench or score table. Please wait in the stands for your child and be respectful to the team warming up for the next game.

J. Refunds cannot be given once registration is accepted.

Athlete Participation:

An athlete's participation in the St. Robert's Athletic Program can be a rewarding experience. In order to enhance performance at athletic events, an athlete must be committed to give 100% effort in both practices and games. Athletes are responsible for the following:

- a) Athletes should attend all required practices. Missed practices can adversely affect performance at games.
- b) Failure to attend required practices may result in a consequence as established by the coach (i.e. not starting the next game).
- c) Habitual tardiness, missed practices/games and insubordinate behavior will result in disciplinary action.
- d) If you have to be excused from practice or game you must call your coach.
- e) St. Robert's practices and games take precedence over other extracurricular activities.
- f) All athletes will participate in games for which they are eligible according to PPSL rules.
- g) Athletes will treat their coaches, other players, officials, and fans with respect regardless of race creed, sex or abilities.

ELIGIBILITY STATUS

A. To be eligible to participate in the SRPAP students must qualify under PPSL Eligibility standards. (PPSL Section 2.1) Individual pastors will approve parish membership. Religious Ed Coordinator will confirm Rel Ed registration and attendance. A St. Robert's athlete is not allowed to participate on another school sponsored athletic league whose season coincides with the season for the PPSL sport for which eligibility is sought.

Athletes are responsible for maintaining eligibility status. Eligibility status can be affected by any of the following:

- a) The Pastor, Principal, Religious Ed Coordinator, and/or ATHLETIC BOARD may declare an athlete ineligible to participate at any time.
- b) A coach may declare an athlete ineligible to participate for failure to observe a rule(s) of conduct or due to an injury. The coach must notify the Athletic Director, parent and Commissioner any player that has been restricted from participation.

c) If a student is absent from school he/she may not attend practice that day or play in a game scheduled that day.

d) Any athlete who has quit or drops from a team without the approval of the Athletic Director at any time *after* initial sign-ups, he/she ***may be restricted from participation in the same sport the next year.*** Fees will not be refunded for the current season.

Note: When an athlete is declared ineligible to play he/she may not, by PPSL rules, sit on the bench with their teammates during the games, but are expected to attend all team functions including games and practices unless otherwise instructed. In the event of ineligibility by injury, a player may sit on the bench dressed in uniform.

B. Ineligibility Issues:

Injury – Injuries should be reported to the Head coach who will immediately notify the sport specific Commissioner. Athletes suffering an injury that requires medical attention by a medical professional will need a medical release before being eligible to practice or play again. **No exceptions are allowed.**

Academic -- Athletes must maintain a grade C- or higher in every subject, with no D's or F's and a 2 or higher in general conduct and effort. Students whose grades are in jeopardy will be placed on academic probation at progress report or report card period. Academic probation means the student may still participate in practices and games, but grades will be closely monitored. A further drop down or failure to improve grades will mean dismissal from the St. Robert's Sports Program until the next progress report or report card period.

School Suspension -- Any student who is placed on suspension from their respective school is ineligible until their suspension is lifted.

Disciplinary action will be handled as follows:

- ✓ First Offense: Player will be given a verbal warning by the Head Coach regarding their inappropriate behavior and the imminent consequences if the behavior continues.
- ✓ Second Offense: Player will be asked to sit out the remainder of the practice/game and parent(s) will be notified by the Head Coach. The sport specific Commissioner will also be notified. The Commissioner will notify the Athletic Board as an FYI.

- ✓ Third Offense: Player will become ineligible from further participation in the current season and may only resume pending Athletic Board approval. The Athletic Board will notify the parents in writing.
- ✓ For egregious discipline issues a coach may remove a player immediately and bring the issue to the Athletic Board for resolution.

Parents and coaches are expected to work together for the benefit of all athletes and the team. The sport coach is responsible for informing an athlete & their parents (prior to game) anytime he/she is altering their playing time.

Teams

C. <u>Team</u>	<u>Name</u>	<u>Formation</u>
8 th Grade	Division I	could have 8 th & 7 th grade students
7 th Grade	Division I	could have 7 th & 6 th grade students
7 th / 8 th Grade	Division II & III	could have 8 th , 7 th , & 6 th grade Div II & III students
6 th Grade	Eagles	could have 6 th & 5 th grade students
5 th Grade	Cubs	5 th grade students only (4 th grade ok for baseball only)
5 th /6 th Grade	Lions	could have 5 th & 6 th grade students
4 th Grade	Training	4 th grade students only

Sport, season, grade, division of teams

SRPAP as a member of the PPSL league offers the following list of PPSL Sanctioned Sports for our athletes to participate in:

Registration	Sport	Season	4th	5th	6th	7 th	8th
	GIRLS						
May Prev Year	Volleyball	Fall	Training	Training/Comp	COMPETITIVE		
October	Basketball	Winter	Training	Training/Comp	COMPETITIVE		
February	Track	Spring	Not Eligible	Training/Comp	COMPETITIVE		
Aug/Sept	Cheerleading	All Year	Not Eligible			Training/Competition	

	BOYS				
May Prev Year	Baseball	Fall	Training	Training/Comp	COMPETITIVE
October	Basketball	Winter	Training	Training/Comp	COMPETITIVE
February	Track	Spring	Not Eligible	Training/Comp	COMPETITIVE

DIVISION AND FORMATION OF TEAMS

The number of teams the SRPAP will field depends on the number of registered participants by the registration deadline. Whenever possible, each grade will have its own team. However, as it is the objective of the SRPAP to allow each participant reasonable playing time, it may be necessary in given sports season to utilize the Division I, II or III teams, and or to have combined grade teams.

The track teams will be comprised of a 5th grade training team, and the 6th, 7th and 8th grade athletes will make up the St. Robert's Track Team.

In order to maximize playing time, the SRPAP recommends the following number of participants per sports team:

SPORT	PPSL MINIMUM	SRPAP Recommendation
Baseball	9 players/team	9-12 players/team
Volleyball	6 players/team	6-9 players/team
Basketball	6 players/team	6-8 players/team
Track	None	> 10 participants/class
Cheerleading	None	8-18 participants (no tryouts)

Under no circumstance will a student be asked to play down a grade level to allow a younger student to play on a higher grade level team. *ie:* An 8th grader will not be asked to play on a Shark's team to allow a 7th grader to play on a Varsity team. If there is an abundance of signups from a particular grade the SRPAP will form either a second or third team in the Varsity or Junior Varsity Division I, II or III.

TEAM TRYOUTS

Team tryouts are conducted to establish a process of fairness and equality. All athletes must try out. Tryouts shall be held in late May for Volleyball and early November for Basketball. The Commissioner, with the guidance of the Athletic Director, will plan and conduct the tryouts. There will be no tryouts for baseball; a team draft will take place. There are no tryouts for track or cheerleading.

The Athletic Director and Sport Commissioners must attend the tryout session and will in conjunction with the evaluators decide on the team composition. The evaluators shall be (when possible) individuals who are not associated with St. Robert's, therefore eliminating a potential conflict of interest. If the Athletic Director or Sport Commissioner considers himself/herself unqualified to participate in tryout process, or believes there is a conflict of interest, he/she may substitute another qualified individual. Every athlete who tries out will be placed on a team.

Evaluators will be given instructions as to how to tabulate scores for each athlete during the evaluation period. No athlete will be placed on the roster after final submission of teams to the PPSL.

Parents and perspective coaches are not allowed at tryouts.

GRIEVANCE PROCEDURE

Parent/Guardian:

Any parent/guardian with a student participating in the SRPAP who has a concern or grievance regarding the SRPAP may contact the Athletic Board. In doing so, they must adhere to the following procedure:

- A. The parent/guardian must **FIRST** discuss the grievance with the coach(es).
- B. If after this, the grievance is still unresolved, the parent/guardian must discuss the grievance with the Commissioner of that sport.
- C. If after this, the grievance is still unresolved, the parent/guardian must present the grievance to the SRPAP *in writing through the Athletic Director*. The Board will consider the grievance, within a reasonable time frame, and resolve the conflict.
- D. In the event an unsatisfactory solution has been presented, the parent/guardian may appeal the decision to the SRPAP Executive Committee. That committee consists of the Pastor, School Principal, Athletic Director, and/or Religious Education Coordinator. The decision of the Executive Committee is final.

UNIFORMS

Uniforms are loaned to the students for game purposes **ONLY**. Parent assumes liability for uniform replacement when uniforms are not returned or not returned in good condition. A deposit in the form of a check or money order for \$60.00 is required at the time of each uniform pickup. The check or money order will be returned when the uniform is returned in good condition at the end of each sport.

Uniforms must be laundered and cared for according to SRPAP recommendations

Baseball – Jersey

Volleyball – Jersey

Handle uniforms with care!!

Basketball – reversible jersey and shorts

Track – Jersey & Shorts

Wash uniforms separately from other clothing items

No rubber bands to tie back shirts

Machine wash in cold water, on gentle cycle

NON MARKING soles for gym sports

Line dry only Do NOT put in dryer

Matching color shirts under jersey

Do NOT iron or dry clean

Material is very fragile and prone to snagging

At the end of league play, when uniforms are returned clean and in good condition, parents will deposit check will be returned. If a uniform is damaged or not returned, the parents will be invoiced for the uniform.

SCHEDULE OF DISTRIBUTION

The following is the suggested schedule of distribution of registration forms:

Volleyball -	Last week of April
Baseball -	First week of March
Basketball -	First week of October
Track -	Last week of February
Cheerleading -	First week of May – Commitment Form

REGISTRATION PROCEDURES

Parents/Guardian(s) must complete a registration form for each student participant. It is strongly advised that parents evaluate their child's participation prior to registration because their absence from submitted PPSL roster may have an adverse effect on the team (i.e. forfeits if not enough players) A student may not begin practicing unless the Athletic Director has verified the completed registration form and the Commissioner has given copies to his or her coaches.

All applicants who comply with the registration due date are guaranteed placement on a team. Once team commitment forms are filed with the PPSL, refunding of registration fee will be issued for medical reason only. Doctor verification will be required in order to issue the registration fee refund. Once the season has commenced, no refunds will be issued.

FEES

The fees will be set each year according to the needs of the program

The Current Fees are:

There is fee for each sport. A Participation Fee and Facility Fee per student, per sport.

Fees must be paid at the time of registration

All sports fees are non-refundable

Playing time – according to PPSL rules

Pictures – Commissioners will coordinate photography schedule. Photography in an effort to get team photos to the yearbook by beginning of February.

Cheerleading

Cheerleading is part of the SR Athletic program. Cheerleaders help to foster school spirit, increase crowd participation, and spread enthusiasm for all the teams.

All girls in 7th and 8th grades at St. Robert School, with acceptable grades and conduct, are eligible to be school cheerleaders. Cheerleaders must be available to cheer throughout the basketball season and competition(s). The cheerleading coach is assigned by the Cheer Commissioner. Cheerleading is governed by the PPSL and Athletic Board.

Participation regulations that apply to the other sports are the same for cheerleading unless otherwise noted.

Since cheerleading uniforms are personal possessions, they are to be purchased by the participants and will remain the same for both 7th and 8th grade years. Individual participants are responsible for the purchase and proper maintenance of the cheerleading uniform and shoes.

Evaluations – Coaches/Players

Post-season evaluation forms:

Coaches, parents, and athletes will have the opportunity to complete evaluation forms at the end of the regular season. The purpose of these forms is to offer all the program participants the opportunity to present suggestions/recommendations in a positive and constructive manner, to the Athletic Board regarding the athletic program.

AWARDS:

The Joe DeBono Sportsmanship Award, the Stella English Sportsmanship Award, and the Kenneth Cilia Spirit Award will be presented to 8th Graders at the graduation awards ceremony. *Awards are based on overall sports participation throughout their career at St. Robert's school. Input is gathered from coaches for the current year. The class teacher and Principal make the final decision.*

Joe DeBono was the father of three of our graduates, Ann Marie, Joelle, and Joe. During the 1990s he coached several SR teams and was a friend to all of the students. When he died suddenly, his family asked to have this sports award given each year, in his memory, to an eighth grade boy who was an exemplary student/athlete and always displayed good sportsmanship.

Stella English lived on Oak Avenue, right across the street from St. Robert School. Her son, Dennis, graduated from here and so did her granddaughter, Meghan. Stella left funds to the school to establish an award each year to acknowledge an eighth grade girl who was a good student/athlete and who contributed 100% of herself to her teams.

The Kenneth Celia Spirit Award was established in the name of an outstanding young man who died during his time as a student here at St. Robert. Kenneth was spirited player and great student/athlete. His family began this award to acknowledge the student/athlete, boy or girl, who exemplified Kenneth's contributions to St. Robert and to the teams on which he played.

COACHES CODE OF CONDUCT

- I hereby pledge to live up to the guidelines and standards as a Coach for St. Robert's School by following the Coaches' Code of Conduct.
- I will place the emotional and physical well being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I will promise to review and practice the basic first aid principles needed to treat injuries of my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will provide a sports environment for my players that are free of drugs, tobacco and alcohol and I will refrain from their use at all youth sports events.
- I will be knowledgeable in the rules of each sport that I coach and will teach these rules to my players.
- It will be my responsibility to supervise all players from the time practices and games start, until a parent or guardian picks them up.
- I will use those coaching techniques appropriate for each of the skills that I teach.
- I will remember that I am a youth sports coach and that the game is for children and not adults.
- I understand that if I do not follow this Coaches' Code of Conduct, the St. Robert's Athletic Board and/or Principal may relieve me of my coaching duties.

PLAYER CODE OF CONDUCT

- I hereby pledge to be positive about my youth sports experience and accept responsibility for my participation by following this Player's Code of Conduct Pledge.
- I will encourage good sportsmanship from fellow players, coaches, officials and parents at every game and practice by demonstrating good sportsmanship.
- I understand St. Robert practices and games take precedence over other extracurricular activities.
- I will attend every practice and game that I can and will notify my coach if I cannot.
- I will expect to receive a fair and equal amount of playing time.
- I will do my best to listen and learn from my coaches.
- I will treat my coaches, other players, officials and fans with respect regardless of race, creed, sex or abilities and I will expect to be treated accordingly.
- I deserve to play in an environment that is free of drugs, tobacco and alcohol and expect adults to refrain from their use at all youth sports events.
- I will encourage my parents to be involved with my team in some capacity because it's important to me.
- I will do my best in school.
- I will remember that SR sports is an opportunity to learn and have fun.

PARENT CODE OF CONDUCT

- I hereby pledge to provide positive support, care and encouragement for my child participating in youth sports by following this Parents' Code of Conduct Pledge.
- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sports event.
- I will make St. Robert practices and games a priority over other extracurricular activities.
- I will place the emotional and physical well-being of my child ahead of a personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will support coaches and officials working with my child.
- I will help ensure that the sports environment is free of drugs, tobacco, and alcohol and will refrain from their use at all youth sports events.
- I will remember that the game is for youth--not for adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- I will promise to help my child enjoy the youth sports experience by doing whatever I can, such as being a respectable fan, assisting with coaching or providing transportation.
- I will ensure my child is dropped off directly with the coach(es) and picked up from the coach(es) promptly at the designated times for practices and games.
- I will require that my child's coach(es) upholds the Coaches' Code of Ethics.
- I understand that if I do not follow this Player's Code of Conduct, the St. Robert's Athletic Board and/or Principal may remove my child from his/her team