



ATHLETIC HANDBOOK

Santa Barbara Catholic School

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Dear Parents and Student Athletes,

Welcome to Santa Barbara Catholic School Athletics Program. Getting involved in school athletic programs is a wonderful way to feel more a part of your school. Regardless of the skill level, the development of self-discipline, confidence in abilities and good habits of physical fitness are important in the development of the whole child.

Along with the rewards of athletic participation, there are responsibilities that accompany the choice to become a student athlete. Athletes who wear the uniform of Santa Barbara Catholic School represent the whole Catholic Community at venues throughout the whole island of Guam. Our expectations for the student athletes are high. As much as we wanted to excel in their chosen sport we also expect them to be achievers inside the classroom.

The primary purpose of the athletic program in Santa Barbara Catholic School is to promote the physical, mental, social, emotional and moral being of the student athletes. It is the hope of Santa Barbara Catholic School that athletics in our school will be a positive force in preparing our young people for an enriching and vital role in our society.

If an athlete, parent, or fan has concern or question regarding an athletic situation, that individual should talk with the person along the following communication line: Coach; Athletic Director; Principal; Superintendent.

We at Santa Barbara Catholic School hope you enjoy your athletic experience. We are open to discuss any concerns you might have with your student athlete regarding academics, health, or other concerns. If there is any matter that may be affecting your student athlete's performance that we should know about, please contact the coach.

Coach

Mr. Rafael Mojas
Athletic Director

Sister Jeanette Marie Pangelinan, RSM
Principal

STUDENT ATHLETE REQUIREMENTS AND EXPECTATIONS

Students and parents should recognize that participation in the athletic program is not a right of all students, but rather a privilege to those selected individuals who possess the ability, attitude, disposition, cooperative spirit, and desire to represent the Santa Barbara Catholic School community in a favorable way. By joining the school's athletic program, a student becomes a representative of his/her team and of Santa Barbara Catholic School.

All student athletes must submit their most recent physical clearance from their doctor.

Eligibility requirements:

- A. The student athlete must have an overall "C" or higher average in his/her classes at all times. The student must not have more than one "Need Improvement (NI)" department grade in any subject including homeroom. Grades will be checked consistently throughout the season. If a student athlete receives a grade lower than a "D", the student athlete will not be active with the team in any capacity. **There are no exceptions to this rule.**
- B. A student with a failing mark in one (1) academic subject will not be allowed to join practice until proof of improvement in his/her grades is presented (i.e. note from his/her teacher)
- C. A student athlete with failing marks in two (2) or more subjects will not be allowed to join the team until he/she improves in all his/her subjects with failing marks and proof of improvements are presented (i.e. note from his/her teacher).
- D. A student athlete with a trend of failing his/her subject will be limited to a maximum of three (3) days practice sessions.
- E. An ineligible student because of grades will need to make up the necessary work to achieve the required grade. The student will then need to get a hand written note from the teacher in question, stating they have met the requirement. The note will need to be given to the athletic director and the coach.
- F. A student will have two weeks to make up or show progress that their work has reached a grade of "C". If they do not, they will be dismissed from the team for the remainder of the season.
- G. The school through the Principal and Vice Principal has the prerogative to decide on the matter of allowing the student athlete to participate based on his/her academic performance.

We expect student-athletes to maintain behavioral standards in keeping with SBCS Parent-Student Handbook and the teachings of the Catholic Church. These regulations and procedures apply while on school premises, during practices and competitions, and in the public arena.

Student athletes have responsibility for:

- A. Conducting themselves both on and off the field in an appropriate way
- B. Demonstrating proper sportsmanship
- C. Being safe and playing hard, always trying their best, regardless of the outcome
- D. Showing respect toward opposing teams, coaches, fans, facilities, equipment and officials

Discipline Policy:

- A. The first offense is a warning.
- B. The second offense results in a half game suspension.
- C. The third offense results in a full game suspension or dismissal from playing for the rest of the season depending on the severity of the offense.
- D. The fourth offense results in a two game suspension.
- E. The fifth offense results in the dismissal from the team for the remainder of the season.

(THIS POLICY CAN BE SUPERSEDED BY THE SCHOOL POLICY)

The use of profanity at any time is deemed detrimental to the school's integrity. This will not be tolerated. If it is a recurring issue then the athletic director, the coach, the parent and the student athlete will meet to come up with an appropriate plan of action. It may result in dismissal from the team.

The use of tobacco, alcohol, and drugs is strictly forbidden. This will result in the immediate dismissal from the team.

Players must demonstrate respect for all volunteers, parents, teammates, coaches, and opponents as well as the staff and facilities of the school. Failure to fulfill this may affect the amount of playing time or ultimately dismissal from the team.

APPEARANCE, STUDENT BEHAVIOR

All athletes are to obey the school dress code. On game days, student athletes must dress appropriately and in a manner that reflects positively on the team. All student athletes are representatives of SBCS and are expected to exercise good judgment and follow directions of the coach at all times. A student must maintain a satisfactory record of school behavior and academic performance. A student who is suspended from school is automatically suspended from all athletic activities for the duration of the suspension. If a student's behavior indicates that the student athlete is bringing discredit to himself/herself, the team, and/or to the school, the student athlete may be removed from the team.

DETENTION

If a student athlete is assigned detention on a practice day, he/she will not practice on that day, but is expected to attend practice when detention is over. If detention occurs on a game day, the student athlete will not be eligible to participate in the game. If detention occurs on the day before a game, the student athlete will not be eligible to start, but their playing time will be at the coach's discretion. **(No Practice – No Play)**

SUSPENSION

Student athletes suspended from school are not allowed on school property, and therefore, may not practice or participate in a scheduled contest during suspension. The student athlete may resume practices when reinstated to classes. Student athletes who are suspended from school the second time for violation of school rules and/or policies will not be allowed to participate in any sports program for the remaining of the year.

PRACTICE

Attending practice is a crucial part of a team's success and development. We ask that players and parents be ready to make the commitment before the competitive season begins. All practices during the season are mandatory. Whether an absence is excused or un-excused will be left to the coach's discretion. If the student athlete absolutely must miss practice, the matter should be discussed with the coach ahead of time whenever possible. If the student athlete should miss practice due to illness, injury, or family matter, a note signed by parents explaining the situation must be presented to the coach prior to the next practice; this will assist the coach in making a decision. Student athletes should be dressed, and ready to begin at 3:30 pm on practice days. Practice times may vary as necessary but student athletes will be notified of any changes as soon as possible. The coach will make every effort possible to minimize the changes, but occasionally they are inevitable. Student athletes must make the effort to ensure they are aware of the weekly schedule. Student athletes are expected to be present and on time for all team meetings unless other arrangements have been made with the coach. **All practices will be closed to parents and others not in the team unless other arrangements have been made with the coach.**

Come prepared and ready to practice. Your coach will show up every practice prepared and ready to teach, and will expect the student athletes to come and give 100%. There will be a lot of things to go over, and the only way we as a team will benefit is to have committed, hardworking individuals showing up, willingly and ready to practice.

SPORTSMANSHIP

Athletics at SBCS has earned an outstanding reputation for good sportsmanship. Athletes and fans (students and adults) have always conducted themselves commendably. Everyone is proud of this reputation and works hard to uphold it. Please review the following:

- A student spectator represents his/her school the same, as does the student athlete.
- The good name of the school is more valuable than a game won by unfair play.
- Accept the decisions of the officials without dispute.
- Recognize and show appreciation of fine play and good sportsmanship by opponents.

ATTENDANCE

The student athlete must be present in every class all day to be eligible to practice and play unless unavoidable situations arise and the matter has been discussed with the coach. The Coach, Principal and Athletic Director must approve exceptions to this rule. Unexcused absences will put a student athlete's participation privileges in jeopardy. Absences from practices and/or contests must be with coach's knowledge and consent. It is the student athlete's responsibility to notify the coach if circumstances prevent him/her from attending practices or games.

RESPONSIBILITY FOR THE EQUIPMENT

A student athlete is responsible for the care and security of all athletics equipment. Any equipment lost or damaged by neglect on the part of the player will be replaced at the expense of the player. Vandalism and destruction of school property will lead to dismissal from the squad. Replacement cost for damaged or lost items will be the responsibility of the athlete.

TRANSPORTATION

Santa Barbara Catholic School does not provide any transportation to or from athletic events. Parents must provide transportation to away games. If parents decide to car pool, the Coach or the athletic director must be informed of transportation arrangements ahead of time. On the matter of our school transportation protocol, kindly refer to the Parent-Student Handbook under Field Trip/Interscholastic Game Driver Agreement.

LATE PICK UP

Parents are expected to pick up their student athlete promptly at the end of every practice or game. A late pick up of \$12 will be imposed for the athletes not picked up 15 minutes after the end of every practice or game.

BUS BEHAVIOR EXPECTATION

On the event where renting a bus would be deemed necessary, the cost will be divided among the riders.

- Appropriate Noise Level
- Stay seated
- Keep your area in the bus clean.

PARTICIPATION FEE

A participation fee of \$100 for basketball, \$75 for Volleyball and Soccer and \$50 for other sports will be charged to the student for each sport he/she will be joining. This will be used to purchase the uniform, bus rental, payment for the league registration and referees fees. Additional fees will be collected whenever deemed necessary. **The fee will be paid before any student can play in the League. Commitment is important when signing up for a sport and once accepted the fee is non- refundable.**

MISCELANEOUS TEAM RULES

Be respectful of your teammates and coach. Name-calling, harsh criticism, foul language, or rude comments will not be tolerated. If this rule is unclear to a student athlete he/she should discuss it with the coach.

Talking while the coach is instructing is disrespectful and will not be tolerated. Continual violations of any rule will result in dismissal from practice. If a student athlete is asked to leave practice he/she will be counted absent thus jeopardizing participation.

If coach receives a report from any teacher or principal, (i.e. behavior problems, abuse of classroom rules, etc.), the student athlete will be benched on the next game. If this occurs the second time, the student athlete will be benched on the next two games, so on and so forth. **(THIS CAN BE SUPERSEDED BY THE SCHOOL POLICY AND WILL BE DEALT ACCORDINGLY DEPENDING ON THE SEVERITY OF THE OFFENSE.)**

If the student athlete must be late or miss practice, he/she must notify the coach. Do not depend on a teammate to deliver the message.

Students excused from Physical Education class due to illness or injury with a note from parent or physician may not participate in the game, scrimmage or practice on the same date.

The student athlete should **never** question the coach about playing time. The coach may establish reasonable rules for the participation on a specific team at any time. If a student athlete violates team rules, the coach may impose reasonable disciplinary measures.

IIAAG Student – Athlete
Sportsmanship Pledge

**As a student-athlete,
I understand I am a role-model.**

**I will keep myself drug,
alcohol,
and tobacco-free.**

**I will strive always to respect my teammates,
the other players,
coaches, and officials.**

**I pledge to hold myself
to the highest level of sportsmanship and
behavior**

**both on and off the playing court/field
as I represent my school,
the IIAAG,
and myself.**

Coaching Expectations and Requirements

Coaches are first and foremost educators, and must work in coordination with the parents who are the primary educators of children. At all times, coaches must be examples of Christ the Teacher who serve as role models for student-athletes to emulate. They must be messengers of the school mission and ensure that athletic programs embody the Catholic characteristics prevalent at Santa Barbara Catholic School.

Goal Setting

When working with Santa Barbara student-athletes, a successful coach will work towards goals in the following three dimensions: team, personal, and school.

Team Goals

Santa Barbara Catholic School coaches build a team by:

1. Advancing the athletes' understanding of their role as members of the communal body of Christ.
2. Creating a positive and memorable experience that will be cherished by the student-athlete for the rest of his/her life.
3. Teaching the specific and unique skills of this sport to the very best of his/her abilities by using all means, methods, and resources available.
4. Teaching the skills of healthy competition that will prepare athletes and the team to succeed.

Personal Goals

Santa Barbara Catholic School coaches grow as individuals by:

1. Modeling character, sportsmanship, self-discipline, and a lived faith.
2. Appreciating the moments of grace throughout a season, at times of winning and losing.
3. Becoming a lifelong learner of their sport.
4. Maintaining perspective in and throughout all athletic endeavors, realizing teachable moments exist in all experiences.
5. Fostering positive relationships with all school community stakeholders.

School Goals

Santa Barbara Catholic School coaches contribute to the school community by:

1. Infusing the school mission in all athletic activities.
2. Promoting academic excellence as an essential component in the development of student-athletes.
3. Committing to effective communication with administrators, teachers, parents, and athletes.
4. Supporting the development of student-athletes as leaders and role models in the greater school community.
5. Creating a culture of school unity and spirit as exemplified through sportsmanship, positive fan participation, and respect for all.

Conduct of Coaches

Coaches are called to be models and witnesses to their faith each day and as such, coaches are expected to uphold high standards of conduct in and out of season.

Language

Language should be appropriate and constructive at all times. Coaches are expected to not only monitor their own language, but they should also set and enforce standards of appropriate language for their athletes. This includes, but is not limited to swearing, harassment, exclusionary language, sexual innuendo, personal attacks, and unsportsmanlike gestures.

Treatment of Opponents

Although opponents are not a part of our school community, they are members of the larger body of Christ and should be treated as such. Coaches should model such respect for their athletes and should instruct players on how to welcome their opponents and all visitors in a way that conveys a sense of hospitality and community.

Prayer

Athletic experiences play an important role in the spiritual formation of students at Santa Barbara Catholic School. Genuine and lasting spiritual development is only possible through careful and conscientious preparation by those in leadership positions. Coaches, as team leaders, are chosen not just to be mentors and role models for student-athletes, but also to be witnesses. Prayer should become an intentional component to a team's culture, not just a rushed event before or after a game or practice. Rather than emphasizing winning, prayers should focus on embodying the spirit of Christianity. Coaches are encouraged to build and create spiritual traditions into their approach to coaching at Santa Barbara Catholic School.

PARENT/COACH COMMUNICATION

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH:

1. Philosophy of the coach/school
2. Expectations for your child and the team
3. Locations and times of all practices and contests
4. Discipline that may result in the denial of your child's full participation

COMMUNICATION COACHES EXPECT FROM PARENTS:

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts that may occur
3. Specific concerns regarding philosophy/expectations

As you sit and enjoy the experience that your child has the opportunity to participate in, things may not always go the exact way you or your child wish. The direct communication is strongly encouraged between the coach and the player or the coach and the parent. Refrain from making remarks about the coach to others and to your child.

APPROPRIATE CONCERNS TO DISCUSS WITH THE COACH:

1. The treatment your child is receiving both mentally and physically
2. Ways in which you as a parent can help your child
3. Concerns about your child's behavior

Although we stress equal playing time in Santa Barbara Catholic School, we realize this is highly unlikely. Coaches are making judgment decisions based on what they believe is right at the moment. Please refrain from discussing playing time with the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH THE COACH:

1. Playing time
2. Team strategy
3. Play calling
4. Other student athletes

The above concerns require a conference between you as the parent and the coach. This is not to be discussed on the field prior to or after a practice or game. These can be emotional times for both the parent(s) and the coach. If you would like to set up a conference with the coach, please call them directly or call the school at 632-5578 to schedule one.

If you and /or the coach did not come to a satisfactory resolution, call and set up an appointment with the Athletic Director.

Expectations of Parents and Stakeholders

Santa Barbara Catholic School's coaches and administrators respect the primacy of the parents as the first teachers of their student-athletes, and will partner with parents in the formation of student-athletes. Parents and other members of the community play a vital role in the holistic education of children including students' participation in school-sponsored athletics. Together, all stakeholders should actively work to ensure that the Catholic mission and identity of Santa Barbara Catholic School permeates the athletics program.

Removal from Team – Parent Decision

The principal, athletic director and coaches will respect and support the decision of a parent to remove his or her child from a team for any reason. However, once the child is removed, he or she may not return to that team for the remainder of the sport season.

Parents' Code of Ethics

I hereby pledge to provide support, care and encouragement for my son/daughter participating in athletics by following this Code of Ethics.

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other athletic events.
- I will place emotional and physical well-being of my son/daughter ahead of any personal desire to win.
- I will insist that my son/daughter compete in a safe and healthy environment.
- I will provide support for the coaches and officials working with my son/daughter to provide a positive, enjoyable experience for all.
- I will demand a drug, alcohol, and tobacco-free sports environment for my son/daughter and agree to assist by refraining from their use at all youth athletic events.
- I will remember that the game is for Spartan students and not for adults.
- I will do my very best to make athletics fun for my son/daughter.
- I will demand that my son/daughter treat other players, coaches, fans and officials with respect regardless of race, creed or ability.
- I will take pride in our athletic program and model for visitors how we...
 - cheer for our team rather than against our opponents.
 - respect the integrity and authority of game officials.
 - allow coaches to coach without criticism from the spectators.

Revisions/Modifications to Policy

The Principal may make changes to any policies outlined in this handbook as needed, and has the final decision with regards to any policy.

The Principal has the authority to remove a student or cancel a season if student-athletes or parents are not adhering to Santa Barbara Catholic School standards.



SANTA BARBARA CATHOLIC SCHOOL

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PARENTS AND STUDENT ATHLETE'S AGREEMENT

For everyone's protection, the parents and student athletes of Santa Barbara Catholic School shall sign the following:

We have read and agree to follow the Santa Barbara Catholic School Athletics Program Guidelines.

Father's Signature

Mother's Signature

Guardian's Signature

Student's Signature

Please sign and submit this form to the Athletic Director.