

MESSAGE FROM THE PRINCIPAL

We believe that through participation in the athletic program students may develop lifelong skills and positive values. These values include reverence, respect and responsibility, as well as leadership, healthy living habits, self-discipline, integrity, teamwork and the ability to participate with dignity and grace.

You have committed yourselves to certain responsibilities and obligations as parents/guardians of an athlete. We hope that your participation in your child's sports and their own personal investment will help students in personal growth and development, as we strive to live the mission of Catholic education.

Sr. Cherree Ann Power, C.R.

MESSAGE FROM THE ATHLETIC DIRECTOR

The primary purpose of the athletic program is to promote the physical, emotional, and social well-being of the participants. It is hoped that athletics in our school will be a positive and rewarding experience for our children in preparing them for adulthood.

As a member of an athletic team at Saint Veronica School, your son/daughter is expected to abide by the rules governing sports. Please read and review this student athlete handbook with your child and upon completion return the last page to the school. If you have any questions, please feel free to contact me at the school (732)364-4130, Ext. 3.

Mrs. Donna Kisiel

ST. VERONICA SCHOOL MISSION STATEMENT

*St. Veronica School strives to provide
a Safe, Loving, Catholic Community,
rooted in the Gospel of Jesus Christ.
We foster Reverence, Respect, and Responsibility,
and encourage students to become lifelong learners,
who are Confident, Knowledgeable, and Caring citizens.*

ATHLETIC GOAL AND OBJECTIVES

Participation on a team at St. Veronica School is a privilege and with this privilege comes responsibilities in the areas of preparation, attitude, sportsmanship, and academics. Our intention in offering athletics is to expose students to the arena of competition and to help them grow in skills and dealing with the lessons that competition can provide. These lessons include winning, losing, competitiveness, teamwork, sacrifice, fairness, and perseverance.

GOAL

The overall goal of St. Veronica Athletic program is to broaden the Catholic educational experience through planned competitive activities while maintaining the priority of academic excellence. It is our hope that the student athlete shall become a more effective citizen in a democratic society.

SPECIFIC OBJECTIVES

The student athlete shall learn teamwork. To work with others in a democratic society, a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. *Athletes must place the team and its objectives higher than personal desires.*

1. To have fun – The main reason people participate in sports and games.

2. To be successful – Our society is very competitive. We do not always win, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. Develop a desire to excel.
3. Sportsmanship – To accept success and defeat like a true sportsman, knowing you have done your best. We must learn to treat others with respect as we would have others treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation, and dependability.
4. To improve – Continual improvement is essential for good citizenship. As an athlete, you must establish a goal and constantly try to reach that goal. Try to better yourself in the skills involved and in those characteristics set forth as being desirable.
5. Enjoy athletics – It is necessary to acknowledge all of the personal rewards we derive from athletics, and to give sufficiently of ourselves in order to preserve and improve the program.
6. To develop desirable personal health habits – To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits, and to develop a desire to maintain this level of physical fitness after formal competition has been completed.

It shall be the purpose of the athlete to promote and uphold school spirit, to develop good sportsmanship among students, and to support the athletic programs. The athlete is to work in harmony with the administration, faculty, coaches, athletic teams, and individual team members.

ACADEMIC POLICY

Athletics is part of the total educational experience. Participation should be understood as a privilege with responsibilities attached. The approval of the Principal is necessary for participation in the SVS Athletic Program.

A person's athletic career is very short-lived, whereas their education lasts a lifetime. The purpose of this policy is to instill in our student athletes the idea that they are students first and foremost, their athletic careers take a back seat to their academic careers.

To be eligible for participation in sports, students must maintain "satisfactory" grades in subjects as well as conduct on their report cards. Students who fail to maintain these standards may be placed on probation at the direction of the principal.

All class assignments must be current – this includes class work and homework. If a student athlete fails to turn in assignments, this action will result in restriction from the team.

The conduct of an athlete is closely observed in many areas of life. It is important that your behavior be above reproach in all of the following areas:

In the classroom: Strong academics reinforce strong athletics. As an athlete, you must plan your schedule so that you give sufficient time and energy to your studies.

In addition to maintaining strong academics, an athlete should give respectful attention to classroom activities and show respect for other students and faculty at all times.

School discipline referral: Any student referred to the Administration for a rules violation may be denied the privilege of participation in all athletic activities for a period determined by either the principal or athletic director.

On the field: In the area of athletic competition, a true athlete does not use profanity or illegal tactics and understands that losing is part of the game. You should be gracious in defeat and modest in victory. It is always courteous to congratulate the opponent on a well-played game after the contest, whether in defeat or victory.

ATHLETIC CODE

In addition to the schools discipline policy, the student athlete is also governed by the following:

1. A display of unsportmanlike conduct toward an opponent, official, or coach, or use of profanity during practice or game will result in suspension from the team. Subsequent violations will result in dismissal from the team.
2. Suspension from school renders the student athlete ineligible for the participation in athletics for the prescribed time.
3. Damage to school property or theft of school property will result in the student athlete being suspended or dismissed from the team, to be determined by the Athletic Director and Principal. This applies to our school as well as the schools which we visit for games.
4. Completion of the sports season and the return of all uniforms and equipment are required in order to be eligible for individual awards, and the following season participation.
5. A student must be in school by 9:30 A.M. in order to participate in sports that day. Dental, medical, or legal appointments shall be considered exceptions. A

note from the physician, dentist, or parent shall be required. If a student is not in school or goes home sick, they are not permitted to attend a practice or a game.

6. Action for excessive tardiness to practice and games will be left up to the discretion of the coach.

Athletes are responsible for the care of equipment and uniforms issued to them for use during the season. Uniforms should be kept at home and brought to school only the day of contests. Uniforms are not to be worn at any other time in or out of school except or scheduled school games.

7. Captain and Co-Captains: These positions shall be filled by team members who are responsible and who can show exemplary behavior to other team members. They will assist the coaches in any way needed.
8. Written notification will be sent to parents if a team member is suspended or dismissed from the team.
9. Players must report to practice at specified team practice time. No loitering in the hallways or on school property is permitted. Use of equipment in the hallways is not permitted. Permission to leave the gymnasium/practice field must be obtained by the coach at all times.
10. Parents are responsible to drop off and pick up their children in conjunction with practice and game schedules. Players must vacate the building when coaches leave and may not enter the building until the coaches arrive.

11. If an unforeseen emergency situation should occur that would warrant a coach to leave with an athlete, the team Captain/Co-Captain should contact the team parent if another coach is not available. If in the event that neither are available, the Athletic Director should be contacted. All students should stay in the gym/on the field and cease playing until an adult can be there.

HOMEWORK TIPS FOR PARENTS

Due to the many hours devoted to practice and games, it can be very stressful to students and parents to devote the necessary time to studying and homework. The following are some tips to make life easier for all:

1. Provide a clean, well-lit area for homework and studying.
2. Designate a time for study. It could be right after dinner but definitely before T.V.
3. Do not allow your child to make or receive phone calls during study time. Take a message, he/she can call back.
4. Motivate your child to work independently. Try to make yourself available to help, but remember it's not your homework.
5. Show interest in your child's schoolwork. Praise good work and improvement and it is likely to continue.
6. Ask every night what the homework assignments are. If you continually get the answer "I have none," something is wrong. Call the teacher to discuss it.

7. Set up a long-term schedule for major projects or reports. Do not let them go until the last minute.
8. Plenty of rest and good nutrition will help athletic and academic performances.

ELIGIBILITY

Eligibility is based on Monmouth/Ocean Parochial School League eligibility rules as follows:

1. Players must be enrolled in Saint Veronica School.
2. Players who are 15 years old before October 1st or who play for another grammar school team are not eligible.
3. JV Boys and Girls players must be in 5th or 6th grade.
4. Varsity Boys and Girls players must be in 7th or 8th grade.
5. An overall "satisfactory" average must be maintained.
6. A written note from parent must be submitted for any medical problems.
7. Each student must turn in a written permission slip, which is found in the back of this handbook.
8. Each student must turn in the Diocese medical form, Student-Athlete contract and Parent contract prior to the first game.
9. Each student must have a physical **prior to the try-outs** and turn the form into the school nurse.

UNIFORMS

1. Saint Veronica School will supply the athletic uniform.
2. The maintenance of the uniform is the responsibility of each individual team member.
3. Any uniform returned in damaged condition will be paid for by the individual team member.
4. Cheerleaders must follow specific rules for care of their uniforms.

APPEARANCE

1. Uniforms will be kept perfectly clean and worn only at games.
2. Hair must be neat and clean.
3. No jewelry should be worn.

TRANSPORTATION

1. The team members are responsible for securing transportation to all practices and games.
2. Pick-up must be prompt. Coaches have families and other responsibilities and cannot wait for late rides. If a student is picked up late more than 2 times, possible dismissal from the team may result.
3. Please notify one of the coaches personally if a practice or game will be missed due to illness or emergencies.

FINANCES

There will be a registration fee determined by the Parish Center Activities Committee (PCAC). If necessary, a fundraiser project will be held sometime during the year.

PARENTAL COMMITMENT

During the course of the year, **parents will be required to work at various sports functions.** Your cooperation and support at these times will be critical to keep expenses down and the athletic fees at a minimum. At the beginning of each sport season you will be required to sign a permission form for your child/children to participate in the sports program. Your signature will also commit you to working in support of the program.

During basketball season every athlete's parent will be required to work 4 – 5 home games during the season. If you fail to fulfill your obligation, your child will not be able to participate in the next scheduled game. Continued failure to fulfill this obligation may result in dismissal from the team. The PCAC will assign the time slots. In the event that you are unable to be there, it is your responsibility to find a replacement.

Your failure to fulfill your commitment could result in your son or daughter being dropped from their sports team.

PARENTS CODE OF ETHICS

1. I promise to uphold the Catholic Church and reinforce the educational goals and values stressed in parochial education.

2. Through our sport program I will uphold our school motto of Reverence, Respect and Responsibility and encourage my child to do the same.
3. I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and official's at every game, practice or other Youth Sports events.
4. I will place the emotional and physical well being of my child ahead of my personal desire to win.
5. I will insist that my child play in a safe and healthy environment.
6. I will require that my child's coach be trained in the responsibilities of being a Youth Sports coach and that the coach upholds the Coaches' Code of Ethics.
7. I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
8. I will ensure a sports environment for my child that is free from drugs, tobacco and alcohol and I will refrain from their use at all Youth Sports events.
9. I will remember that the games are for youth – not adults.
10. I will do my very best, to make youth sports, fun for my child.
11. I will ask my child to treat other players, coaches, fans and officials with respect, regardless of race, sex, creed or ability.

12. I will help my child enjoy the youth sports experience, by being a respectful fan at all times and by doing whatever I can to assist with coaching when asked, or provide transportation, etc.
13. I will take the responsibility to supervise my children and guests I take to all Youth Sports events.
14. I will return my child's borrowed St. Veronica uniform on the date designated by the Athletic Director.
15. I will fulfill my responsibility to work in the kitchen on my assigned day or find a replacement.
16. I will be responsible for any cost to repair or replace a damaged or lost uniform.
17. I hereby pledge to provide positive support, care, and encouragement for my child who is participating in Youth Sports by following this Parents' Code of Ethics.
18. I agree to follow the 24 hour rule whereby I will not approach a coach about a situation for at least 24 hours.

Please feel free to address all concerns regarding sports, a particular event, or a difficult situation, to the Athletic Director.

ATHLETIC EMERGENCY INFORMATION

Name _____ Grade _____

Address _____

Home Phone _____

Family Physician _____

Father Work Number _____

Place of Business _____

Mother Work Number _____

Place of Business _____

Father Beeper/Cell _____

Mother Beeper/Cell _____

Person(s) designated to care for students when parent is not available:

Name _____

Phone _____

Address _____

Cell _____

Name _____

Phone _____

Address _____

Cell _____

PERMISSION SLIP

I give my son/daughter _____ permission to attend all practices at Saint Veronica School throughout the 2009– 2010 season. My child has permission to attend all scheduled games during the 2009 – 2010 season.

WAIVER OF LIABILITY

There are no physical limitations regarding the health of my child. I will not hold Saint Veronica School or coaches liable for any injury, etc., my child may incur while attending practices or games.

PARENTAL COMMITMENT

I have read the Athletic Handbook of St. Veronica School and agree to follow its models and rule to the best of my ability. I also agree to do my part to make athletic participation a positive experience for all including athletes, coaches, fans, and officials. I will model my behavior in a consistency with Christian living.

Both Parents' signature are required below

Date _____

PLEASE RETURN THIS PAGE TO MRS. KISIEL.