

Saint Simon Athletic Ministry Commission



Coach Handbook

*“A hundred years from now, it will not matter what my bank account was, the type of house I lived in, or the kind of car I drove...
...but the world may be different because I was important in the life of a child”*



Mission

Saint Simon Athletic Commission is dedicated to the spiritual and athletic development of all participants in Saint Simon athletic programs. We prepare our student athletes, parents, and coaches to:

- be spiritually grounded,
- play fair,
- respect each other, their coaches, the officials, and their competitors.

This is the Saint Simon Athletic Ministry Commission Coach Handbook. Please take time to read the information inside the handbook and save it for future reference. Your position is an important

one that carries a great deal of responsibility. This material will help you with organization, leadership and guidance.

Perspective - Coaching is a Ministry

Your most important allies as a coach are the parents of your student-athletes. It is crucial that they invest and believe in your personal coaching philosophy, the Saint Simon values, and the idea that the development of the child and the moral, physical, and spiritual characteristics of that student-athlete is what matters most, not winning at all cost.

Parents only want the best for their children. They want to be reassured that this experience will be a positive, faith-based one for their son or daughter. Keeping the parents informed will ease their anxieties; if their son or daughter is having fun, they will too, and they will become a primary source of support. The best way to get them on board is to hold a pre-season meeting (see guidelines below).

Incorporating Christ into Sports

You have a great opportunity to positively impact the children you coach this season. The Saint Simon Athletic Ministry Commission expects you to:

- Read scripture or pray with the team BEFORE and/or AFTER practice
- Discuss with your team how a player acted Christ-like (following practices and games)
- Reinforce faith conduct
- Prior to the start of every game, invite the opposing team to join in the sports blessing and/or prayer

Sports Blessing and Prayer:

Dear God, bless our officials for guiding these student-athletes today and help them instruct our youth in sportsmanship, camaraderie, and the rules of the game. Bless the fans for the hard work it takes to raise healthy children, their dedication as parents, and proper perspective on sports. Bless the coaches for dedicating their time to teach the student-athletes to be leaders, acting as role models, and conducting themselves as Jesus would. Bless the student-athletes who go into competition today to reach their personal best in faith, fun, fundamentals, and fellowship.

Positive Coaching

The Catholic Community of Saint Simon requires its coaches to accept the following general listing of responsibilities and positive coaching techniques. Coaches are expected to:

- Utilize an approach to developing and enhancing the welfare of all student-athletes with regard to Saint Simon policies at all times, including communications, practices and competition.
- Be prepared for games and practices with proper drills and plans.
- Complement the skills and gifts of the assistant coach(es) and include them appropriately.
- Use positive coaching methods that increase confidence and self-esteem in your student-athletes and foster a love and appreciation for the sport.
- Identify and develop the goals of the student-athletes individually.
- Identify and develop the goals of the team.

Pre-Season Coordinator Meeting (for each sport)

The Coordinator for each sport/activity will meet with all coaches prior to the start of the season and prior to the pre-season Parents Meeting. The Coordinator will discuss the following key topics with all of the coaches:

- **Minimum Playing Time Guidelines** - Each Coordinator will review the Saint Simon minimum play time guidelines (Appendix II herein) and stress the importance of playing time in achieving a rewarding experience for each of our student-athletes, regardless of athletic ability.
- **Coaches' Responsibilities** – Each Coordinator will discuss the responsibilities of all coaches as defined in this handbook.
- **Playing Time Tracker** – Each Coordinator will develop a playing time plan and appropriate templates for tracking playing time. These plans and templates will be presented and discussed with the coaches.
- **Letters Re: Parents Meeting** – Each coordinator will hand out and review the letter template for the Parent Meeting. This will include drafts of letters (emails) to be sent by the head coach to each parent.

Responsibilities - Coordinator

March 10, 2008

Coordinators are responsible for scheduling gym managers for their respective sport.

Pre-Season Parents Meeting

The head coach for each team will meet with the parents of the children on the team prior to the first practice. The following key topics will be discussed:

- Review play time goals and the importance of play time in achieving a rewarding experience for each student-athlete
- Review the letter prepared by each coach for parents on the team
- Review the Parent Handbook
- Communicate roster information, practice and game schedules (if possible; game schedules may not yet be available)
- Review expectations of the athletes and parents including volunteer responsibilities

In addition, the following list of topics and deliverables should be covered with the parents:

- Open the meeting with prayer and scripture to invite Christ to be present!
- Review expectations for behavior of parents, student-athletes and fans (only the coach should talk to the players and officials during the games and practices)
- Communicate team and personal rules
- Review seasonal expectations for the team
- Review policy for absences from practices and games
 - Playing time issues in regards to attending practices
 - Excused and unexcused absences
- Drop-off and pick-up procedures
- Review what you will do if a child is not picked up timely
- Review what you will do if a child is injured
- Review what you will do if inclement weather occurs
- Practice and game schedule – season calendar, special events, post season dinner/meeting
- Parents guide to the sport and info regarding any new rule changes – online, books, handouts
- Team phone tree and parent email addresses
- Phone number that parents can call in case of inclement weather, or what the plan is for inclement weather
- What to do if it rains on game day (outside sports only)
- Emergency phone numbers (cell) for coach, assistant coach(es), janitors, and closest hospital/ER (where you will take someone who is injured)
- Address of parish or facility where the competition takes place
- Code of Conduct for parents, players, and coaches to sign
- Team roster
- List of what each student-athlete needs for every practice and game
- Review the best way to get in touch with coach if a parent has an issue he or she would like to discuss and how you will contact them. Right after practice or before a game is not seen as an acceptable time; communication through evening phone calls or emails will prevent the coach from being bombarded by parents.

Tasks and Responsibilities - Coaches

Following is a list of tasks and responsibilities that you will have during the season.

Administrative and Organizational Tasks:

- Obtain and maintain signed Code of Conduct forms – bring them to the field
- Coordinate parent volunteers to cover assigned concession stand obligation
- Designate a team parent
- Develop a practice plan – include prayer (before and after practice), general practice flow, warm-up, stretching, review, new skills, and team concept
- Provide a check-in table or area for 1st practice and games
- Distribute and/or communicate any instructions, directions, or notices for the next practice or game.
- Manage playing time of student-athletes in accordance with guidelines (see appendix II)
- Maintain clear communication with the respective sports coordinator
- Coordinates with the gym manager and/or coordinator of the facility; club sports must adhere to this procedure
- Communicate practice and game schedules to parents and student-athletes
- Coordinate the volunteers required for each game and/or tournaments
- Distribute and collect all uniforms/equipment timely (with coordinator)
- Review feedback from independent parent survey process conducted by Athletic Commission

Safety:

- Obtain and maintain Medical/Emergency Contact Forms – Include child's name, parent/guardian names, phone numbers (home, work, cell) email addresses, emergency contact person other than a parent (home, work, cell), allergies, insurance information, doctor's number, permission/medical release form. Bring completed forms to field/court every day.
- Maintain list of emergency telephone numbers – closest hospital/ER, ambulance, and the phone number of the facility you are using
- Have an Emergency /Disaster Plan – Have a “plan B” for surprise bad weather (thunder and lightning) or if someone gets hurt and you need to leave to take him/her to the hospital.
- Check field or court for safety concerns (broken glass, wire, open drain holes, sprinkler heads, loose boards)
- Have a First Aid Kit – including rubber gloves, CPR Certification, EPI pen
- Have ice and plastic bags for injuries (or breakable ice packs)

Supplies, equipment, and coaching aids:

- Cell Phone (make sure you have reception on the field)
- Water bottles, cooler and cups
- Whistle
- Clip board (including prayer and monthly virtue with scripture focus)
- Clock wristwatch for practices, time clock and penalty clock
- Equipment – additional mouth guards, plenty of balls, jerseys, personal protective gear
- Field lining equipment
- Rulebook
- Scorebook for games
- Horn for games
- Benches for teams

- Timekeepers, scorekeepers, ball boys/girls for games

Coaching Requirements and Terms

Saint Simon appreciates those who volunteer to be a coach for the Athletic Ministry programs. In order to coach at Saint Simon, you must meet the following requirements:

- Regular attendance at Mass (Catholics)
- Coaching as a Ministry (attend mandatory retreat)
- CYO Coaches Certification
- VIRTUS Training including background check
- Saint Simon Policy and Procedure Training
- Sports Training (recommended)
- Officials training (recommended)

Term:

- One year renewable annually
- Application and requirements requested one month prior to the start of the season
- Assigned by the coordinator and approved by the Athletic Director
- In Cadet "A" and 5/6 "A" sports, a non-parent coach is preferred

Eligibility:

- Head coach, Catholic, parishioner, or St. Simon school family member in good standing. March 10, 2008
- Assistant coach, St. Simon school family in good standing. March 10, 2008
- Head coaches are required to have participated for at least one year as an assistant or have had previous experience that can be verified
- Have completed the Saint Simon / CYO Coaching certificate
- Have completed and on file the VIRTUS Training and background check required by Saint Simon
- Have read the Parent Handbook
- Impeccable driving record with current insurance on file
- CPR and Basic First Aid Training recommended
- Understand emergency procedures

Responsibilities - Ethics and Conduct

Coaches are, above all, teachers with an ethical duty to enhance the physical, mental, social and moral development of student-athletes and teach them positive life skills that will help them become personally successful and socially responsible. To achieve these goals, coaches should teach, enforce, advocate and model qualities associated with good character and sportsmanship, including trustworthiness, respect, responsibility, fairness, and good citizenship (see appendix IV for descriptions of values that you should review regularly as a memory-jogger). Good-faith efforts to honor the words and spirit of this program are a condition of a volunteer coach at St. Simon and violation of any provision will result in disciplinary action.

Saint Simon supports the Code of Ethics of the Catholic Youth Organization (Appendix I included for your reference).

All coaches must adopt the following ethical responsibilities:

- Must abide by the Saint Simon Athletic Ministry Commission's Coaching Code of Ethics (see below). You will be asked to agree to the contract in writing.
- Ensure all policies and procedures of Saint Simon are followed at all times.
- Place every child's mental and physical welfare, confidence and self-esteem above the team's or own personal goals.
- Act as a Christian role model, teacher, and leader to all team members.

(Note: The following agreement is available on the Saint Simon Athletic Ministry website as a stand-alone form to be printed out, completed, and submitted to the respective sport's Coordinator. Forms will be retained by the Athletic Ministry Administrative Coordinator.)

*Saint Simon Athletic Ministry Commission
Coach's Code of Ethics and Conduct Agreement*

The following is a list of policies concerning conduct and behavior expected of all volunteer coaches in the Saint Simon Athletic Ministry.

Coaches must be aware that they have a tremendous influence in the education of the student-athlete and therefore will not place the value of winning above the value of competing and instilling the highest desirable ideals of character.

Coaches must always uphold the integrity and honor of being a teacher/coach in programs sponsored by the Catholic faith. In all personal contact with the youth, opposing coaches, fans, families, and officials, coaches must set an example of high ethical and moral conduct.

Coaches will serve as "ministers" to the youth, and are responsible for developing the character and self-esteem of each and every child.

Coaches shall run their team ministry consistent with the total school and religious education ministries of the parish community.

Coaches serve at the discretion of the Athletic Ministry Commission.

Coaches shall know and adhere to the league and contest rules and be responsible for their communication to team and club members.

Coaches shall promote good sportsmanship with student-athletes and families.

Before and after games, opposing coaches will meet and exchange friendly greetings with officials and each other and will make sure their teams do as well. Saint Simon coaches will invite the opposing coaches and parents to pray with us.

Coaches will treat student-athletes with dignity. Coaches will not use profanity, touch athletes in a negative manner, or make demeaning criticisms to student-athletes, families or officials.

Any players, coaches or spectators who are not living up to the Code of Ethics and Conduct will be subject to immediate suspension or expulsion for competitions. The head coach is ultimately responsible for the conduct of his or her players and assistant coaches. The head coach and any parish administrators in attendance at a game are asked to be responsible for the behavior of their fans.

I have read the above and agree to abide by these rules of conduct.

Coach's Signature

Date

Assistant Coach's Signature

Date

Violations

Any violation of the above Coach's Code of Ethics and Conduct will be brought to the attention of the Athletic Ministry Commission, which will issue the appropriate penalty.

Penalties could include one or all of the following:

- 1) Reprimand
- 2) Probation
- 3) Temporary suspension
- 4) Permanent suspension

Communication with Officials

Officials deserve to be treated with respect; how you treat them will also affect how your student-athletes treat them. Officials and coaches will meet before the game for prayer and introductions and to discuss any question about rules, etc. As a coach, you are responsible for the behavior of your fans.

Communication – Parent / Coach Relationship

Parents and coaches of youths, by nature of their roles, care about kids. There are challenges to parenting and to coaching. It is important for parents and coaches to understand each other's role and be a good influence and role model to the children spiritually, mentally, and physically. Parents have been reminded that their cooperation is necessary in our athletic programs. Expectations have been outlined in the Parent Handbook and should be reviewed by coaches, including:

Communication Parents Expect from Their Child's Coach

- 1) Expectations the coach has for the child as well as all players on the team – having fun, being courteous, good sportsmanship, skills, etc.
- 2) Location and times of all practices and games.
- 3) Procedures should a player be injured during practice or game.
- 4) Reasons why a child may not be participating or may have limited playing time (24 hours' notice must be given by coach). This should be conveyed in private.

Communication Coaches Expect From Parents

- 1) Concerns expressed directly to the coach (at the appropriate time).
- 2) Notification of any schedule conflicts well in advance.
- 3) Specific concern in regard to a coach's expectations.

Appropriate Concerns for Parents to Discuss with Coaches

- 1) The treatment of the student-athlete mentally and physically.

- 2) Ways to help the student-athlete improve.
- 3) Concerns about the child's behavior.
- 4) Playing time if guidelines are not being met.

Issues Not Appropriate for Parents to Debate with Coaches

- 1) Playing time (assuming minimum guidelines are being met) (see Appendix II)
- 2) Team strategy, including the child's position and/or role on the team
- 3) Play calling
- 4) Other student-athletes

Other Resources

The Catholic Youth Organization (CYO) website is an excellent source of information related to the sports program of the Archdiocese of Indianapolis, including directions to the various parishes and schools. The CYO website address is:

www.cyoarchindy.org

The Athletic Ministry Commission reserves the right to amend this document. This Coach Handbook and future updates will be posted to the Saint Simon website:

http://www.saintsimon.org/school/Athletic_Ministry_Commission/index.html

CYO ATHLETIC CODE OF ETHICS

CYO athletic competition is a means of developing youth and giving them the opportunity to enjoy healthful sports. The most important lesson is CYO sports should be, whether you win or lose, that you learn to respect opponents, officials and spectators.

It is important that all concerned with the CYO athletic program follow this code:

- To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- To demonstrate courtesy to opponents and officials.
- To respect the integrity and judgment of officials.
- To recognize that the purpose of competition is to promote the physical, mental, moral, social and emotional well-being of the players.
- To remember that a game is only an activity and not a matter of life or death for player, coach, school, parish, official or fan.

Players should:

- Know and demonstrate the fundamentals of sportsmanship.
- Curtail fellow teammates whose behavior is unbecoming.
- Respect the property of hosts and the decision-making responsibilities of officials.
- Show respect of injured opponents.
- Not applaud errors of opponents or penalties inflicted on them.
- Not heckle, jeer or intentionally distract members of the opposing team.
- Never criticize fellow competitors or the coach for losing.
- Respect the judgment and strategy of the coach and not be a second-guesser.
- Demonstrate appropriate behavior before and after contests.

Coaches should:

- Always set a good example for others to follow.
- Teach the values of honest effort in conforming to the spirit as well as the letter of the rules.
- Instruct the players of their sportsmanship responsibilities.
- Discipline those players who display poor sportsmanship behavior and remove players who flaunt disciplinary action.
- Be a gracious host to opponents and treat them as you would want to be treated.
- Provide opportunities for social interaction among coaches and players.
- Respect the officials' judgment and interpretation of the rules and lead by example to the players.
- Help players in recognizing the dangers of drugs, alcohol and tobacco use.
- Promote the entire CYO program of the parish or school and not just the program in which the coach is involved.

Parents and Fans should:

- Be courteous to players, coaches, and fans of opponents.
- Cheer a good play by an opponent.
- Not applaud errors of opponents or penalties inflicted on them.
- Serve as a role model for the players.
- Respect the property of you own facility and that of your opponents.

Any players, coaches or spectators who are not living up to the CYO Code of Ethics will be subject to immediate suspension or expulsion for CYO competitions. The head coach is ultimately responsible for the conduct of his or her players and assistant coaches. The head coach and any parish administrators in attendance at a game are asked to be responsible for the behavior of their fans.

SAINT SIMON PLAYING TIME GUIDELINES

Saint Simon recognizes the importance of playing time in achieving a rewarding experience for each of our youth athletes. In all sports each player should be given a fair and reasonable amount of play time based upon the individual's participation and attendance in practice. As stated in the CYO's rules and regulations, "When a young person signs up to play in the CYO program she/he expects, and has the right, to participate in each game. Coaches need to respect all young athletes if they are to have a rewarding experience in sports." These guidelines were developed to maximize the potential benefits of sports participation. "CHRIST-LIKE ATHLETES FIRST – WINNING SECOND".

Keep in mind that in each sport all players listed on the official team roster and dressed for the game must play during that respective contest. Coaches do have the prerogative to exclude a participant from being in uniform and entered in the scorebook due to a disciplinary situation, an injury, absenteeism, or academic failure. In these cases it is required that the reason for the exclusion/limited play time be discussed with the athlete and his/her parent prior to the contest.

Students may not practice or participate in a game if the student misses more than 3 hours of school on that particular day. The Sports Eligibility Guidelines are documented in detail in the Parent Handbook of Saint Simon School. (Available at: http://www.saintsimon.org/school/school_info/index.html)

In addition to the playing time guidelines described below, each coach should make every effort to rotate the starting line up so that all participants are allowed to start a meaningful number of games.

Football

All players listed on the official team roster and dressed for the game must participate in a reasonable number of plays during that game. While it is difficult to exactly quantify a reasonable number of plays, it is generally accepted to be a minimum of 8 to 10 plays per game. It is understood because of substitution rules in football precise record keeping of the number of plays for each player is difficult. Keep in mind that all participants must be given reasonable playing time. This playing time rule provides a minimum experience for all players.

It is recommended that coaches, particularly in 3rd, 4th, 5th and 6th grades, play everyone throughout the game - substitute frequently so everyone feels an equal part of the team. The coach will determine the position on offense and/or defense that provides the athlete and the team the best opportunity to have a rewarding experience.

Upon getting a three touchdown lead, a team should insert all substitutes in the game on either offense or defense, or a combination of both. This will keep games from becoming lopsided and provides another way of getting everyone playing time. Another option may be to play players out of their normal position and let several players carry the ball.

Kickball, Softball, Baseball

All players present for a game shall be in the line-up and kick or bat. All players present at the start of the game will play at least 2 innings in a defensive position by the end of the fourth inning. Players not present at the start of the game are not guaranteed defensive position playing time and will be placed at the bottom of the kicking/batting order.

Volleyball

If a player did not participate in the first game then she should start and play the majority of the second game and all players should be given the opportunity to play in the third game if there is one. Throughout the course of a season all players should be given meaningful playing time at each position (for teams in the 4th, 5th and 6th grades).

Basketball

All players dressed and entered in the scorebook must play a minimum of one quarter or six consecutive minutes during the first half of the game. If a team has more than 10 players, the players over 10 that have not played in the first half must play the entire third quarter. All players should be given play time beyond the mandatory one quarter as a general recommendation.

Soccer

Each player should play one fourth of each half during a game.

SAINT SIMON TEAM SELECTION POLICY

In all of our sports programs, team selection allows participants to play on a team with players in their respective grades provided there are a sufficient number of players for each grad level. It is up to the athletic director (with input from coordinators and coaches) to determine how many players will be on each team and what division level each team should be playing. At any team selection, the AD, coordinator, and/or appointed supervisor will be present. No rosters shall be released until final approval by the AD. The AD determines the timeframe for notification of student-athletes.

Following are the team selection policies:

1. The Cadet “A” team may pull 7th grade player(s), provided they are a high level contributor to the team as determined by evaluators.
2. “B” level teams are comprised of equally skilled players from the same grade so that each of these teams are competitive with other CYO teams.
3. “C” level teams are comprised of equally skilled players from the same grade so that each of these teams are competitive with other CYO teams.
4. All other grades are comprised solely of players from the same grade.

VALUES COACHES ARE EXPECTED TO DEMONSTRATE

Sports provide a tremendous opportunity to instill positive Christian values. Your positive reinforcement as a caring coach can be the single most significant influence in your student-athletes' athletic development and personal growth. God will not ask us how many wins or championships we had but how many of his children did we help bring to heaven. Pope John Paul II said "Playing sports has become very important today, since it can encourage young people to develop important values such as loyalty, perseverance, friendship, sharing and solidarity. Because of the global dimensions this activity has assumed, those involved in sports throughout the world have a great responsibility." Our Saint Simon sports programs cannot be left void of virtue, character and the Gospel.

As indicated in this handbook, coaches are, above all, teachers with an ethical duty to enhance the physical, mental, social and moral development of student-athletes and teach them positive life skills that will help them become personally successful and socially responsible. To achieve these goals, coaches should teach, enforce, advocate and model qualities associated with good character and sportsmanship, including trustworthiness, respect, responsibility, fairness, and good citizenship:

TRUSTWORTHINESS

Trustworthiness — Be worthy of trust in all you do and teach student-athletes the importance of integrity, honesty, reliability and loyalty.

Integrity — Model high ideals of ethics and integrity and always pursue victory with honor. Demonstrate the importance of honor and good character by doing the right thing even when it's unpopular or personally costly.

Reliability — Fulfill commitments; do what you say you will do. Except in cases of extreme personal necessity, no coach should resign during a season.

Loyalty — Let your words and conduct demonstrate a high regard for loyalty to St. Simon Parish and your student-athletes.

Primacy of Educational Goals — Always place the academic, emotional, physical and moral well-being of student-athletes above desires and pressures to win.

RESPECT

Respect — Treat all people with respect, while keeping in mind the Grace God bestowed on you, all the time and require the same of student-athletes.

Class — Be a good sport. Teach and model class. Be gracious in victory and accept defeat with dignity. Encourage student-athletes to help up fallen opponents, compliment

extraordinary performance, and show sincere respect in pre- and post-game rituals, including pre-competition prayer and the national anthem.

Taunting — Do not engage in or permit trash talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

Respect for Officials — Treat game officials and opposing coaches with respect. If you protest or complain about a judgment call, be sure your words and acts are moderate and with a complete state of Grace. Be respectful during and after athletic events. Adopt and enforce policies and procedures to assure that the conduct and decisions of referees are subject to reasonable review. Vigorously protect referees from retaliation, blackballing or intimidation by coaches or others who are unhappy with the way a referee called a game. Assure that neither you nor your student-athletes publicly criticize an official in a manner that discredits the game, impugns the honor or the integrity of any official, or subjects the referees to ridicule or hostility. Adopt whatever policies and a personal style that are necessary to assure the safety of referees and prevent verbal or physical abuse from coaches, student-athletes or spectators. Encourage regular and formal opportunities for coaches, and in some cases, student-athletes, to interact and converse with referees in non-confrontational settings.

Respect for Parents/Guardians — Treat the parents/guardians of student-athletes with respect. Be clear about your expectations, goals and policies, and maintain open lines of communication. Be aware of the family background.

Profanity — Do not engage in or permit profanity or obscene gestures during practices, sporting events, on team buses, or in any other situation where the behavior could reflect badly on the school or the sports program.

Positive Coaching — Use positive coaching methods that increase confidence and self-esteem in your student-athletes and foster a love and appreciation for the sport. Refrain from physical or psychological intimidation, verbal abuse, and conduct that demean student-athletes or others.

Effort — Encourage student-athletes to pursue victory with passion, to do their best and continually improve through personal effort and discipline.

Teamwork — Teach student-athletes to think and play as members of a team and encourage them to put team success above personal statistics and recognition.

RESPONSIBILITY

Life Skills — Always strive to enhance the physical, mental, social and moral development of student-athletes and teach them positive life skills that will help them become well rounded, successful and socially responsible. Discuss ethical and sportsmanship issues in relation to actual and hypothetical situations occurring or likely to occur in practice or games.

Good Character — Foster the development of good character by teaching, enforcing, advocating and modeling high standards of ethics and sportsmanship. Look for opportunities to state and reinforce positive messages consistent with the St. Simon’s Sports Policies.

Role-Modeling — Be a worthy role-model. Always be mindful of the high visibility and great influence you have as a Saint Simon coach and consistently conduct yourself in private and coaching situations in a manner that exemplifies all you want your student-athletes to be. Teacher-coaches should clearly and regularly emphasize in oral and written communications the on- and off-court responsibility of coaches and student-athletes to be worthy role models and positive ambassadors for Saint Simon Parish

Knowledge of Rules — Maintain a thorough knowledge of current game and competition rules and assure that your student-athletes know and understand the rules. Examine existing rules and regulations limiting the length of seasons, the amount of practice time permitted per week, and the number of games that may be played in light of actual practices that may evade the spirit or even violate the letter of those regulations.

Physician’s Advice — Seek and follow the advice of a physician when determining whether an injured student-athlete is ready to play. All students must present a “physician’s release” to begin play again.

Privilege to Compete — Assure that student-athletes understand that participation in sports at Saint Simon is a privilege, not a right, and that they are expected to represent their school, team and teammates with honor, on and off the field/court. Require student-athletes to consistently exhibit good character and conduct themselves as positive role models. Stress that the organization’s commitment to education, sportsmanship and ethics and its character-building and life skills goals take precedence.

Self-Control — Control your ego and emotions and avoid unseemly and inappropriate displays of anger and frustration.

Enforcing Rules — Explain and distribute codes of conduct in pre-season communications with student-athletes and parents. Enforce the codes of conduct consistently in all sports-related activities and venues even when the consequences are costly. Coaches who observe what reasonably appears to be misconduct are obligated to report their observations.

FAIRNESS

Fairness and Openness — Be fair in competitive situations, team selection, discipline issues and all other matters. Be open-minded and willing to listen and learn.

CITIZENSHIP

Honoring the Spirit of Rules — Observe and require student-athletes to not only observe but to demand integrity for the spirit and the letter of all rules.

Promoting Sportsmanship — Promote sportsmanship over gamesmanship; don't cheat. Resist temptations to gain competitive advantage through strategies (such as devious rules violations, alteration of equipment or the field of play, or tactics designed primarily to induce injury or fear of injury) that violate the rules, disrespect the highest traditions of the sport or change the nature of competition by negating or diminishing the impact of the core athletic skills that define the sport. Establish and regularly practice pre- and post-game rituals and traditions that reinforce the principles of sportsmanship. Specifically acknowledge acts of good sportsmanship on the court or field.

TOURNAMENT PARTICIPATION

July 17, 2008

Coaches shall enter only teams as rostered by St. Simon for regular season play. If necessary players from teams may be combined within the same Division and must be approved by the AD and/or coordinator.

ST. SIMON TEAMS PARTICIPATION IN OTHER FORUMS

July 17, 2008

No team shall wear St. Simon uniforms or be given the name St. Simon unless sanctioned by CYO or has been designated a club sport by the AMC

SIGN-UP DEADLINES

September 4, 2008

Sign-ups are allowed up to week prior to the CYO event for track, cross country, or chess.

FACILITY USAGE

January 8, 2009

CYO sanctioned sports should get priority over club teams with respect to facility and practice times; however the AD should schedule games with the same priority as CYO.

SPRING SPORTS PARTICIPATION

January 8, 2009

Students may participate in 1 spring sport sponsored by the AMC plus track.