

Saint Simon

Athletic Ministry Commission

Parent 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

St. Simon Athletic Commission is dedicated to the spiritual and athletic development of all participants in St. 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 Parent Handbook. Please take a few minutes to read the information inside the handbook and save it for future reference. This material may answer some of your questions, as well as give you the insight into the St Simon sports philosophy and mission.

Perspective

Our children learn behavior patterns from many different people- coaches, teachers, peers, and other adults in their lives. Sports provide a tremendous opportunity to instill positive Christian values. Your positive reinforcement as a perceptive and caring parent can be the single most significant influence in your child's 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.

- ❖ Parents and coaches want the same things. We want our children to have fun, learn or improve skills, and have the opportunity to experience success (and sometimes disappointments) from athletic participation. Sometimes conflicts arise when a coach perceives a parent asking for special consideration or when a parent believes that a coach is not being fair or responsive to their child's needs. It is important that we work together to understand each other's perspectives as partners. Parents and coaches become partners when parents support the good of the whole team and coaches can help parents to be sensitive to the needs and expectations of the entire team.
- ❖ Please keep expectations in perspective. Unrealistic expectations can lead parents to make excessive demands on their children and coaches. Some parents become easily frustrated when their children do not perform up to expectations. Or, parents may blame coaches for failing to provide adequate opportunities to develop their child's talents. Please keep in mind that the odds of becoming a professional athlete are 1 in 12,000; the odds of playing a sport in college are less than 1 in 1,000. It is likely that many parents believe that their child has the ability to play at least on the college level. We all want our children to have the opportunity to improve and grow and have a positive experience. Your support and positive reinforcement of your child and their entire team is the most important thing you as a parent can provide.
- ❖ Please encourage other parents to act as parents. Sometimes we unconsciously live through our children. Sometimes we can even lose touch with what our own child is thinking or feeling. Instead of providing encouragement parents can cause a stressful and anxious environment for their child. Please remember our first responsibility is to HELP CHILDREN HAVE FUN. We need to respect youth sports as children's games.
- ❖ Please promote and encourage positive sideline behavior. We need to understand that sometimes with the intensity of competition we can engage in appropriate or even abusive behavior. Ask yourself, if my child were to see my behavior on video, would I be pleased with my actions as a spectator? Parents must not talk to athletes, coaches

- or officials during games or practices. Help your child understand that officials do their best to make "the right call" and that it is very important that we respect the rulings of the officials regardless of how we "saw it" or feel. Please set expectations for positive spectator behavior for our Saint Simon community. Cheer good play for all participants and leave the coaching to the coaches.
- ❖ Please consider becoming involved. Our sports programs need your help and support. Show your child you care through your positive support and by attending as many games as possible.

Parent Guidelines for Honoring Your Children through Sports

Before the Game:

1. Make a commitment to honor your child and Christ in how you act. Create a positive environment for your child and our Saint Simon community.
2. Tell your child before each game that you are proud of him or her regardless of how well he or she plays.

During the Game:

1. Praise your child through positive recognition. Love and hug your child no matter what.
2. Do not give or SHOUT instructions to your child during the game. Let the coach correct players' mistakes.
3. Cheer good plays by BOTH teams!
4. Mention good calls by the official to other parents.
5. Do not criticize the officials. If an official makes a "bad" call against your team, keep that commitment to honor your child and your Saint Simon community. BE SILENT!!!
6. If another parent on your team yells at an official, gently remind him or her to honor your children and your Saint Simon community. (Hand them a mission card.)
7. Do not do anything in the heat of the moment that you will regret after the game. Ask yourself will this embarrass my child, the team or my Saint Simon community.
8. Remember to have fun!! Enjoy the game and be supportive no matter what. There is only ONE question to ask your child, "Did you have fun?" If games and practices are not fun it is our responsibility to create a positive youth culture so our children "have fun".

After the Game:

1. Thank the officials for doing a difficult job for little or no pay.
2. Thank the coaches for their commitment and time.
3. Don't give advice to your child. Instead ask them what he or she thought about the game. Then listen to your child!!!
4. Tell your child AGAIN how proud you are of them whether the team won or lost!!!

Code of Ethics and Conduct

Saint Simon supports the Code of Ethics of the Catholic Youth Organization (Appendix I included for your reference). It is important for parents to be familiar with the code and agree to abide by it. You will be asked to agree to the following (or similar) contract in writing:

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

Youth learn behavior patterns from many different people – coaches, teachers, peers, and other adults in their lives. But, the most influential people in their lives are you, the parents.

In keeping with the philosophy that youth sports should nurture the qualities or assets necessary for faith and positive development, you are expected to model the following attitudes and behavior at all games:

Parents must cheer for their own team, not against the opposition.

Parents should encourage those around them to respect the game and honor the expectations of good sportsmanship.

Parents will refrain from gloating if their team wins and will focus on the good plays their team made even in losing.

Parents shall demonstrate control of emotions at all times.

Parents should realize they do not have control over decisions by the officials, and therefore, will not openly question or discuss their judgment.

Parents must respect the efforts of coaches, officials, and players from both teams.

Parents will place the emotional and physical well being of all the youth ahead of a personal desire to win.

Parents must do the very best to keep each game in proper perspective and balance.

Parents must refrain from talking to student athletes, coaches, and officials during the course of practices and games.

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.

Parent Signature(s)

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. Our coaches at Saint Simon are volunteers and need the cooperation of the parents. Expectations and responsibilities need to be clearly communicated to allow coaches to be effective in working with your child. Communication needs to be clear and timely.

Communication You Should Expect From Your Child's Coach

1. Expectations the coach has for your 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 your son or daughter be injured during practice or game.
4. Reasons why your 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.

As your children become involved in the athletic program at Saint Simon the Apostle Parish, they will experience some of the most rewarding times of their lives. However, there may be occasions where a discussion with the coach is desired.

Appropriate Concerns to Discuss with Coaches

1. The treatment of your student mentally and physically.
2. Ways to help your athlete improve.
3. Concerns about your child's behavior.
4. Playing time if guidelines are not being met.

Coaches make judgment decisions based on what they believe to be the best for all children involved. Parents are expected to support and not criticize the coach or the referees. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those on the following list, must be left to the discretion of the coach. These items are independent of the previous list and should not be connected.

Issues Not Appropriate to Debate with Coaches

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

Violations

Any violation of the above code will be brought to the attention of the Athletic Ministry Commission, which will issue the appropriate penalty. Parents or coaches who witness inappropriate behavior by other parents have the right and responsibility to calmly approach the person and remind them that their negative behavior may be embarrassing their child(ren) and does not reflect the values encouraged by Saint Simon Parish.

Penalties could include one or all of the following:

1. Reprimand
2. Probation
3. Temporary suspension
4. Permanent suspension

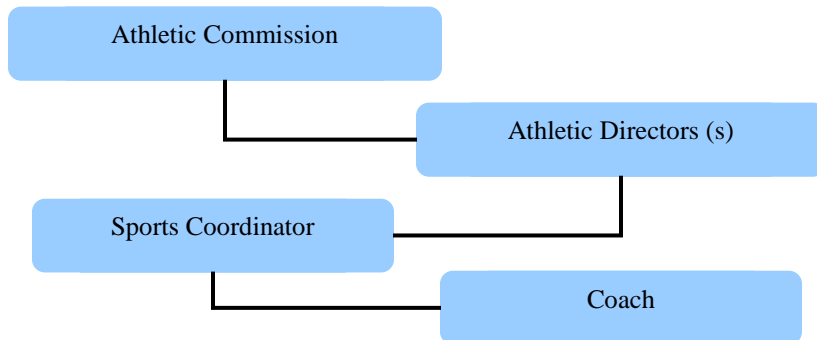
If You Have a Concern to Discuss with a Coach, the Procedure You Should Follow

There are situations that may require a conference between a coach and a parent. These discussions are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. However, at no time should a parent and/or coach have a confrontation in front of the team or child. When these conferences are necessary, this is the list of procedures that should be followed to help promote a resolution to the issue or concern.

1. Pray about it. Ask God for His wisdom and guidance in handling the matter in a way that glorifies Him and is edifying for the participants involved.
2. Contact the coach to set up an appointment (within 48 hours). Coaches will provide their contact info at the start of the season.
3. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote resolution.
4. If the coach does not follow up with you within a reasonable amount of time (48 hours), ignores your request or does not agree to meet with you, or if the situation is not resolved to one party's satisfaction, then the Saint Simon coordinator for the respective sport should be contacted.
5. If the coordinator does not follow up with you within a reasonable amount of time (48 hours), or if the situation is still not resolved to one party's satisfaction, then the Athletic Director should be contacted.
6. If the situation is not resolved satisfactorily by the Athletic Director, you may contact the chair of the Athletic Ministry Commission. The Athletic Director should bring certain situations to the attention of the Athletic Ministry Commission, especially those situations that violate the guidelines outlined in this handbook or are not representative of a faith-based athletic program. At that discussion, the appropriate next steps can be determined.

Organizational Chart

The organizational chart that corresponds to the communication chain outlined in the previous section can be illustrated as follows:



The Athletic Director(s) is (are) accountable to the Athletic Ministry Commission and serves on that governing body as a non-voting member. The by-laws of the Athletic Ministry Commission and detailed descriptions of the roles and responsibilities of the Athletic Director, Sports Coordinators, and Coaches may be found at the Saint Simon website, www.saintsimon.org.

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 This Parent Handbook and future updates will be posted to the Saint Simon website:

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

Athletic Ministry Commission

Athletic Director(s)

Sports Coordinator

Coach

CYO ATHLETIC CODE OF ETHICS

Catholic Youth Organization (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 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.

TOURNAMENT PARTICIPATION

July 17, 2008

Coaches shall enter only teams as rostered by St. Simon for regular season play. If necessary players from different 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.