

Good Shepherd Catholic School

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www.goodshepherdschoolvt.org

STUDENT ATHLETIC HANDBOOK

2021 - 2022

Dear Parents,

Good Shepherd Catholic School strives to enrich the whole child....academically, spiritually, emotionally and physically. Athletics should be a time for learning skills, sportsmanship and teamwork. We want every child to have a positive team experience.

We appreciate your dedication and enthusiasm to our sports programs and realize that parents are the number one educators of their children. The following are some ways to foster a positive athletic experience for your child.

Please communicate specific concerns about your child directly to the coach via e-mail or the telephone. Avoid discussing these concerns during practice or game times. Please remember coaches do not have to discuss coaching strategies, specific plays, or information pertaining to other students.

The Diocesan Catholic Schools Office and the Office of Safe Environments has recommended that all parents remain outside the gym during athletic practices. We will now be following that guideline at our basketball practices for boys and girls. Parents are very welcome to remain at school during practice. The doors will remain open so parents can continue to observe practice if they wish. Although we know that this may cause some inconvenience, we ask that you please understand that we are enforcing this policy in order to ensure that practice is focused on athletics, and coaches have their undivided attention on our athletes. We are, at all times, concerned about the presence of children and being excellent role models for them; therefore, it is required of us as adults in a Catholic school that our communications both with children and adults be respectful at all times.

Some Ways to Support your Student-Athlete

1. **Be present** – Show up to games, cheer, and support our teams!
2. **Be positive** –When talking about the game, season, performances and decision-making, please share the gift of a positive outlook on life!
3. **Encourage independence** – Encourage student-athletes to be responsible for the care of their athletic gear and to be prepared for practices and games. In addition, student-athletes should speak directly with their coach about any questions and/or concerns.
4. **Respect the coach's decision** – As do all good educators, Good Shepherd coaches will naturally and deliberately reflect on game situations and decisions. Please allow coaches the time they need to process their decisions before approaching them with any questions.
5. **Model Good Shepherd behavior expectations for visiting spectators** – Take pride in our athletic program and model for visitors how we...
 - a. cheer for our team rather than against our opponents.
 - b. respect the integrity and authority of game officials.
 - c. allow coaches to coach without criticism from the spectators.
 - d. help clean up at the end of athletic events.

We hope you will find this handbook to be helpful as we work together to enrich our Good Shepherd children.

Sincerely,

Lynn Cartularo
Principal

Good Shepherd Catholic School Athletics

Good Shepherd Catholic School Mission Statement: Good Shepherd Catholic School exists to prepare individuals to love and appreciate God and neighbor, to be self-motivated and open-minded with the capacity to think independently. It serves families who wish to educate their school-aged children in a safe, Catholic environment, that promotes the love of God, self, family, and community while fostering excellence in academics.

Mission of Good Shepherd Athletics: Good Shepherd Catholic School Athletics is focused on developing skills, sportsmanship, and teamwork while encouraging our students to be the best they can be as they develop the qualities and spirit of faith-filled players.

Nondiscriminatory Policy: Good Shepherd Catholic School Athletics are in compliance with the Civil Rights Act and do admit students of any religion, race, color, national and ethnic origin, handicap, age, or sex, where applicable, to all the rights, privileges, programs, and activities generally accorded or made available to students at the school.

Student 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 individuals who possess the attitude, disposition, cooperative spirit, and desire to represent the Good Shepherd community in a favorable way. By joining the school's athletic program, a student becomes a representative of his/her team and of Good Shepherd Catholic School.

Academics Expectations: All Good Shepherd student-athletes must be up-to-date with their academic requirements and performing at an acceptable level for their abilities. When necessary, a review of a student-athlete's case will be handled by the Good Shepherd Eligibility Committee (i.e. coach, principal, and the Good Shepherd athletic coordinator). Contingency programs and consequences will be established and monitored by the Eligibility Committee. The overriding purpose of this program is to be pro-active and supportive in its approach and not punitive, thereby helping the student athlete overcome his/her difficulty. However, in severe cases where the student-athlete makes little or no effort to help him/herself, he/she can be removed from extra-curricular sports participation.

Behavioral Expectations: A student-athlete's behavior is governed by the same rules, regulations, and procedures that apply to all students as set forth in the Good Shepherd Parent-Student Handbook. Each student-athlete is expected to demonstrate and encourage in others behaviors that reflect good sportsmanship. If behavior infractions occur, student-athletes may face both a school and an athletic consequence.

Sportsmanship: All student-athletes are expected to represent Good Shepherd School in an exemplary manner. This behavior is expected both on and off the court or field. Student-athletes are expected to display the best of Christian courtesy and manners to all officials, coaches, opposing coaches, players, and spectators. Unsportsmanlike conduct, including, but not limited to the use of inappropriate language such as swearing, harassment, or sexual innuendo may result in both school and athletic consequences.

Attendance: All student-athletes must recognize the time commitment made to a team. If a student cannot attend a practice or game, they are to notify the coach *in advance*. Student attendance in school is expected on the day of a game or practice in order to participate. Exceptions may be made for special circumstances.

Playing Time: Athletics at Good Shepherd Catholic School are, foremost instructional. Every effort will be made to have every student play in each game and at various times throughout the game. In determining playing time, Coaches will take into consideration attitude, behavior, practice time and effort.

Dress Code/Uniforms: Student-Athletes are highly visible representatives of the school and, as such, are responsible for using good judgment in their overall appearance. *Uniforms must be returned to the main office within seven (7) days of the last game.* If a uniform is not returned, parents are responsible for the cost of replacing the uniform.

Transportation: Transportation to/from practices and games is the responsibility of the parents. Please ensure that your student-athlete is picked up promptly at the end of each practice/game. Please do not ask that coaches give your child a ride to or from practices and/or games; Good Shepherd Catholic School does not allow this practice.

Substance Abuse: The use of tobacco, alcohol, and/or drugs is illegal for minors as well as unhealthy. This type of behavior poses a direct risk of injury to the athlete, teammates, and opposing competitors. Good Shepherd students may not possess, use, transmit, or be under the influence of tobacco, alcohol, or illegal drugs, on school grounds, school/activity bus, or any school related activity (Diocesan Policy #4183). Any violation of this policy will result in an immediate 120-day suspension from participation in any Good Shepherd athletic program.

Whenever any student has been accused of an infraction, the student and the parents have a right to know what the student is accused of and the right to present their side of the story to the coach or principal as the case may be.

Upon completion of 60 days of suspension (to include summer months if applicable), the student may appeal in writing to the principal or his/her designee for reinstatement of eligibility. Reinstatement will only be considered if the student can present documented and significant evidence of successful rehabilitative counseling (at the student's expense). The documentation will be submitted to the principal or his/her designee for review and determination of reinstatement. Should a student be granted reinstatement of eligibility whether after 60 days or 120 days, he or she must agree to random drug testing at the school's discretion and at the student's expense. If the student is not granted reinstatement of eligibility after appeal or does not apply for reinstatement, the full 120-day suspension must be served before reinstatement of eligibility can be granted. The summer months in this case do not count toward the suspension.

A third violation resulting in the suspension of a student-athlete will result in the termination of his or her athletic eligibility while attending Good Shepherd.

Removal from Team – Parent Decision: The principal and coach 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.

Participation in the Program: Athletic participation is dependent upon the submission of all documents as shall be required by the School. These include (but are not limited to): a signed permission slip from parent/guardian acknowledging the risk inherent in any athletic program and that permission for a student's participation is given which will include the authorization for any emergency medical attention; documentation from medical personnel indicating that a participant is physically able to participate as well as informing the School of any possible physical problems/ailments/medications, etc. of which the School or coaches or authorized personnel should be made aware as stated on the Athletic Permission Form or an attached notification should changes/additions occur.

Parents are expected to inform the school and the coaches if their child has any medical or other condition that would impact his/her ability to safely play a sport.

Fees: Good Shepherd charges a minimal fee for students to participate in sports. The fee is \$35 per student or \$60 per family for any sports season. Payment will be deducted from the student's activities account

Transfer Students : Transfer students will be allowed the opportunity to play on the team if there is more than half of the games left in that sport's season.

Non-GSCS Students: Student athletes from other schools and home-schooled student athletes wishing to play on sports teams at Good Shepherd Catholic School will be given consideration pursuant to the following regulation:

1. Good Shepherd Catholic School will consider requests from student athletes from other schools and home-schooled student athletes only if Good Shepherd Catholic School has less than the normal complement of players required for the team. Requests from student athletes from other schools will be considered only if the other school does not have a team in the sport the student athlete requests to play at Good Shepherd.
2. No Good Shepherd Catholic School athlete will be displaced from any Good Shepherd Catholic School team to accommodate an athlete from other schools or a home-schooled student athlete.
3. Student athletes from other schools will not be recruited by anyone associated with Good Shepherd Catholic School. Any school employee who receives a direct inquiry must immediately refer the inquiry to the appropriate school administrator.
4. A written request from the school the student athlete attends or from the parent(s)/guardian(s) of home-schooled athletes must be made to the Good Shepherd Administration.

5. Upon receipt of the request, Good Shepherd Catholic School will arrange an interview with the student athlete and his/her parent(s)/guardian(s). During the meeting, requirements for participation on Good Shepherd Catholic School sports teams will be explained including training, fees, insurance, medical, academic and behavioral requirements.
6. Student athletes who attend schools other than Good Shepherd Catholic School must comply with standards for behavior, academic progress, and any other eligibility requirements of both schools.
7. A non-refundable registration fee will be charged.
8. Acceptance to any Good Shepherd Catholic School team will be at the discretion of the principal and coaches.

Revisions/Modifications to Policy: The principal may make changes to 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 Good Shepherd Catholic School standards.

Athletic Permission Form 2021-2022

Name: _____ Grade: _____

Sport: Soccer

The following information must be completed and signed by the appropriate parent or guardian and turned in to the main office before participation in student athletic activities will be allowed. If the following information is not complete, this form will be returned to you.

Parent/Guardian _____

Address: _____

City: _____ State: _____ Zip Code: _____ Home Phone: _____

Work Phone: _____ Cell/Emergency Phone Number: _____

E-mail: _____

Insurance: All students participating in student athletic activities at Good Shepherd must have their own medical coverage. Students will not be allowed to participate in student athletic activities unless the following information is submitted and the form is signed by the parent or the guardian of the student.

Insurance Company: _____

Policy Holder: _____

Policy and Group Number: _____

Address or phone number of insurance company: _____

Other medical information we should be aware of: _____

I will inform the school and the coaches if my child has any medical or other condition that would impact his/her ability to safely play a sport.

Signature of Parent or Guardian: _____ Date: _____

Waiver of Liability We, the undersigned, hereby certify that I (we) am (are) the parent or legal guardian of the student. I hereby give permission to the staff of Good Shepherd Catholic School to seek during the period of school athletic activities, appropriate medical attention and for the student to receive medical attention and treatment to be covered under the student's insurance policy detailed above on this form. I/We the undersigned, for ourselves, our heirs, our executor and administrator, waiver, release, and forever discharge Good Shepherd Catholic School and its staff, officers, agents, employees, representatives, successors and assigns from any and all liability claims, demands, actions, and causes of action whatsoever arising out of or related to any loss, personal injury or property damage that may be sustained or occur during participation in student athletic activities or while at school.

Signature of Parent or Guardian _____ Date: _____

Signature of Parent or Guardian _____ Date: _____

ATHLETIC CONTRACT

Please initial each statement below to acknowledge your agreement to this contract. Then sign the form at the bottom and return to the coach to be eligible for participation.

As a Good Shepherd Student-Athlete...

____ I will strive to give my best to the team in every practice and every game.

____ I will be on time for all practices and games.

____ I will not miss a practice or game because of another outside sport or extra-curricular activity unless approved by the coach or athletic director .

____ This experience is an opportunity to learn not only _____ (sport), but also teamwork with all its inherent responsibilities. There will be times when I will follow someone's lead and there will be times when I must assume that lead – I always have a contribution to make to my team.

____ I will take my coaches' directions and comments as constructive suggestions, which make me a better athlete and my team a successful unit.

____ Practice is where I learn the concepts of the game. How I apply those concepts in mind and body in practice will carry over into the game situation.

____ I will always play hard, but always will be a fair sport whether we are winning or losing the game, realizing that everyone on my team and my opponent's team is playing for fun and the competitive experience.

____ I will encourage and support my teammates in a positive way.

____ I will be an example of Christ in all my actions on and off the field/court of competition.

____ I have read the athletic handbook and agree to follow the policies and procedures as stated.

Player Signature: _____ Date: _____

Parent Signature: _____ Date: _____

PLEASE RETURN THIS FORM TO THE COACH

Appendix B

Parents and Students: Please also sign the concussion protocols on the next page.