

St. Theresa Catholic School Viking Athletic Handbook



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Athletic Program Philosophy

The Philosophy of the Student Athlete at St. Theresa works hand and hand with the School's Mission Statement: *"St. Theresa Catholic School is an educational community rooted in the Catholic Faith and committed to providing students with a comprehensive, creative, and challenging program of studies. In a nurturing environment, students are encouraged to discover their full potential and to generously put their gifts at the service of God and others."*

The school believes that it is important to learn good sportsmanship; hard-work; team work; and how to interact with others schools, athletes, and coaches. It is the goal of the school and coaches to teach these characteristics along with all the rules, fundamentals, and strategies of all the sports that are offered at St. Theresa.

Eligibility and Commitment of Students:

Participation is a privilege, not a right. Students earn the privilege of participating through hard work, self-discipline and dedication. Students must be dedicated to maintaining their grades and conduct each and every day. In addition, participation requires a commitment by the student to attend all practices and games with the exception of illness.

Student-Athletes that are ineligible due to grades or conduct will not be eligible to receive an award at the sports banquet.



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Good Sportsmanship:

Philippians 2:3 *Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves*

The GHCAA is an integral part of the educational mission of The Catholic Schools of The Archdiocese of Galveston-Houston. The GHCAA is dedicated to fostering human development, within the framework of a Christian environment, encouraging a positive vision in our young men and women through exercise, positive athletic competition and fully recognizing the dignity of each student in Christ's image.

Individual and Team competition at St. Theresa Catholic School contributes greatly toward developing a strong character while instilling school spirit. Sportsmanship, Team-work, cooperation, discipline, and fair play help mold the student-athlete.

We expect the parents/guardians, coaches, faculty, and student athletes to represent St. Theresa the right way on and off the field/court. For those parents/guardians and student-athletes that do not display proper behavior and good sportsmanship that may discredit St. Theresa Catholic School before, during, or after an athletic event may be disciplined or perhaps banned from playing/attending another athletic event is at the discretion of the Athletic Director and Principal.

One man practicing sportsmanship is far better than fifty preaching it. ~ Knute Rockne

2Timothy 2:5 *An athlete is not crowned unless he competes according to the rules.*

ATTENDANCE REQUIREMENTS

- Student-athletes are expected to attend all practices, games, meets, tournaments, and team meetings. Student-athletes are expected to be on time to all team events. All team events are considered standard and mandatory. Exceptions will be made on an individual basis. Please check with the Coach or Athletic Director before missing a practice.
- Excessive absences can result in dismissal from the team. A student-athlete will receive a warning prior to dismissal. Student-athletes that continually miss practices should not expect to be a participant without preparation.



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- The student-athlete's first priority is being a student. Student-athletes should always be present and on time to school. The student-athlete must be present for at least four hours of school to be eligible for competition on that day.
- If a student-athlete quits a sport of his/her own will, after being selected for a team, it will be noted on file and considered in future tryouts. Making a team means making a commitment to the overall athletic program.

GENERAL INFORMATION UNIFORMS AND EQUIPMENT

- St. Theresa Catholic School will be responsible for providing the equipment and facilities needed for practices and games.
- Uniforms issued by St. Theresa Catholic School are to be used for all Viking athletic events. The wearing of athletic uniforms in physical education classes is unacceptable. It is important that all uniforms are treated with care as they will be used for future teams.
- At the end of the season, all issued uniforms must be cleaned and returned no later than one week following the conclusion of the season. The student will be responsible for replacing any lost or damaged uniforms that are the result of abuse.
- If a uniform is not turned in on time, and in good condition, the fee of that individual uniform will be charged. That student will not be allowed to continue to participate in athletics at St. Theresa until the fee has been paid.
- Physicals and medical forms must be on file BEFORE the first practice of the season. The student will NOT be allowed to practice/play until a physical is on file (along with the medical form and athletic fee).



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Parent/Guardians Role:

School athletics is a learning experience for students and that mistakes will be made. You are at the contest to support and yell for your team and to enjoy the skill and competition.

Respect opposing spectators, student-athletes, and coaches.

Respect the integrity and judgment of game officials, realizing that their decisions are based on what they see when they see it.

Please respect the buildings and property of the facilities that are used.

Frequently asked questions:

General:

Q. At what age can my son or daughter participate in sports?

A. Students are eligible to participate in athletics beginning in 5th grade. The only exception would be 3rd/4th are eligible to participate in Elementary Track.

Q. What sports are offered?

A. Currently, the school offers the following competitive sports: Soccer (Co-Ed), Volleyball (girls only), Football (6th-8th Boys only), Boys Basketball, Girls Basketball, Baseball, Softball, and Track and Field.
B. We also offer Cheerleading for girl's 5th-8th grade.

Q. When does my son or daughter sign up to participate in sports?

A. Before each sport season, there is a sign-up sheet for the athletes to sign. The Athletic Director then sends home communication via email with forms and upcoming dates.

Q. Will my son or daughter play in every game?

A. We know that giving each student-athlete playing time while also remaining competitive is often a difficult task; however, it is our goal to give each athlete the opportunity to develop his or he own skills. At the same time, we strive to field teams that are competitive and to support those student-athletes who desire to play athletics at the High School level.

Q. What forms are needed to participate?

A. All student/athletes are required to have a current physical on file. Physicals are effective for one calendar year. Please check with Coach Sugalski as to the status of your child/children's physical.



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Physicals are recommended to do it in the summer every year so the student/athlete does not miss practice or game time at the beginning of the sport season.

In addition to the physical, the student/athlete must have a parent consent and a field trip form for every sport they participate in which allows them to travel to the games. All forms can be found on the school website.

Q. Is there a fee to participate in sports?

A. Yes. The fee for each individual sport is \$175. You can pay this fee up front at the beginning of the school year, before each sport they are participating in, or in monthly installments.

Q. Does each grade level have their own team?

A. No. The level of the sport depends on the sport and the athlete's readiness. Generally, Soccer has a Varsity only team based on the number of participants. This will be made up of 5th-8th graders. Volleyball usually has a junior varsity and a varsity. Some girls may play on both teams depending on their skill level; however, 8th Graders in all sports are only eligible to play Varsity. Football has a Varsity team comprised 6-8th grade boys. Girls Basketball has a Varsity team with 5th-8th Graders and a Junior Varsity if the numbers allow it. Boys Basketball has a Junior Varsity (5th-7th graders) and a Varsity. In addition, a "practice team" consisting of 5th-7th graders may be added to develop skills and basic knowledge of the game. The "practice team" would practice with the JV and Varsity teams, however, they will not dress out or travel to away games. Depending on progress, players from the "practice team" may earn a spot on the JV or Varsity later on in the season. Baseball usually has a Varsity team of 5th-8th Graders. Track and Field is little different. Fifth graders can compete with other 5th graders in the Elementary division or they can "run up" as a 6th grader and compete in all the track events. The other 6th, 7th, and 8th graders compete against their own grade level.

Q. Are there tryouts for any or all grade sports?

A. We usually only have "tryouts" for boys basketball because the number of players that want to play is high and the number that actually plays is low. We will have a Junior Varsity and a Varsity. The players will try out to see what team they are on. If they do not make either team, they will be on the "practice squad".

Q. Can my son or daughter participate in more than one sport?

A. Yes, but only during one sport season. For example, the athlete cannot do Baseball and Track because it is during the same season, or they cannot do Football and Soccer because again, it is



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during the same season. However, Volleyball and Girls Basketball is fine because they do not overlap.

Q. What is the Transportation offered for the athletes?

A. The school owns a bus that the church and school use. A licensed driver/ coach will transport the athletes to and from away games. If a driver is not available, the school will secure a bus from an outside company, or in some cases, a parent car pool may need to be arranged.

Q. What is a “game day” shirt?

A. These are shirts that are designed and ordered by the booster club to raise money and to create spirit with the players and parents. They can be worn on game days.

MISCELLANEOUS INFORMATION

Home Games

Q. How can I help out as a parent at the home games?

A. St. Theresa Booster Club works very hard raising money for the sports programs. Selling concessions is a great way to make money. It is very important to have parent volunteers to sell concessions for ALL home games.

In addition to selling concession items, parents may be asked to help work the scoreboard.

Eligibility

Q. What is the School Handbook policy on Academic Eligibility for participation in sports?

A. Academic Eligibility

If a student earns an F on their progress report or report card, they will be ineligible to participate in sports for 2 weeks following a progress report if grades improve, or until Progress Reports indicate improved grades following a Report Card.

Q. What is the School Handbook policy on Conduct Eligibility?

A. Conduct Eligibility

Students are ineligible to participate in athletics if they earn a U on their Progress Report or Report Card, following the same guidelines above. If a student-athlete earns a U on their Progress Report or Report Card, they will not be eligible to receive an award at the Sports Banquet. Students earning an N may be subject to the same rule.



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Ineligibility Following Report Card or Progress Report

Ineligibility will begin on the Monday following the distribution of Report Card or Progress Report and continues until the following Report Card or Progress Report.

Ineligible Students:

1. Are not allowed to participate or perform in any manner, either on the playing field or sideline (including games, practices, practice games, and tournaments or competition with other schools).
2. Are not allowed to go to away games, tournaments, or competition on school provided transportation.
3. Are not allowed to sit on the bench during games.
4. Are not allowed to wear jerseys on game days.

Conduct during practice

Q. What happens if the student/ athlete is a behavior distraction during practice?

A. The student/ athletes that continue to misbehave or chose not participate at practice will be sent to Kidventure and the parents will need to pick up from there.

Sports Banquet:

Q. *What is the Sports Banquet?*

A. This is an event where the student/athletes are honored for all their hard work throughout the season. Dinner is served at the beginning followed by a coach or special guest speaker. After a short speech, the coaches talk about their season and give out a few awards.

Q. *When and where is the banquet held?*

A. The banquet usually takes place early May in the Gym at 6:30.

Q. *Is there a fee for this event?*

A. Yes if you are purchasing dinner.

Q. *What type of attire is expected at the banquet?*

A. Dress Attire

Q. *Do we need to bring anything to the banquet?*

A. Booster club has asked for dessert donations to be dropped off the morning of the event.



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Individual Sports Information:

Volleyball:

- Practice begins the first full week of school. Games usually begin the first week of September and end mid to late October. Practices are Monday-Thursday after school until 5:15. The student/athletes are taken to after care if they are not picked up after practice. Games are typically Monday and Wednesday beginning at 4:30 for JV and 5:30 for Varsity.

Soccer:

Practice begins the first full week of school. Games usually begin the first week of September and end Last weekend in October. Practices are Monday-Thursday after school until 5:15. The student/athletes are taken to after care if they are not picked up after practice. Games are Tuesday and Thursday starting at 4:30.

Football:

Practice begins in early August with additional days allowed for spring practice in May. Games usually start end of August and are on Wednesdays starting at 5:00. Practices are after school until 5:15. Student/Athletes are taken to after care if they are not picked up after practice.

Boys Basketball:

- Practice begins end of October with games beginning two weeks after. The season goes to the end of January with playoffs early February. Practices are Monday-Thursday after school until 5:15. Games will be Monday and Wednesday beginning with JV at 4:30 and Varsity 5:30.

Girls Basketball:

Practice begins the end of October with games beginning two weeks after. The season goes to the end of January with playoffs early February. Practices are Monday-Thursday after school until 5:15. Games will be Tuesday/Thursday with JV starting at 4:30 and Varsity 5:30.

Baseball:

Practice begins the first week of February and games start two weeks after that. The season goes until the middle of April. Practices are Monday-Thursday after school until 5:15. Games will be Monday/Wednesday with Varsity trying to start at 4:15 if not then by 4:30.

Softball:

Practice begins the first week of February and games start two weeks after that. The season goes until the middle of April. Practices are Monday-Thursday after school until 5:15. Games will be Tuesday/Thursday with Varsity trying to start at 4:15 if not then by 4:30.



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Track and Field:

Practice will begin the first week of February with the first meet scheduled the beginning of March. The season will go through April. Practices are Monday/Wednesday/ Friday (if there is not a meet the next day) for JH and Tuesday for Elementary. It will start after school until 5:15.

I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.

By ~ Michael Jordan



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Agreement/Acknowledgement of Athletic Handbook

I, _____ and my child

_____ have read, agree and acknowledge the Parent/
Guardian Student-Athlete receipt of the St. Theresa Viking Athletic Handbook. By signing below
we agree to abide by the rules and regulations set forth by the St. Theresa Athletic Department
in the Athletic Handbook.

Parent/Guardian

X _____ X _____

Student/Athlete

X _____

Please keep the Athletic Handbook handy for your reference then, fill out, sign and return all
forms required for participation.

Thank you,

Scott Sugalski

Director of Athletics

St. Theresa Catholic School

