

**ST. PATRICK'S
ATHLETIC COMMITTEE**



SPORTS HANDBOOK

Amended by the St. Patrick's Athletic Committee 11/15/2011

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I. Introduction:

Welcome to St. Patrick's Sports! This handbook should familiarize all student-athletes, coaches and parents with the goals, guidelines, and policies of the St. Patrick's Athletic Committee.

The St. Patrick's Athletic Committee "Committee" was created by the Parish to promote the health and well-being of the parish. The Committee of volunteers provides athletic programs for children of the Parish and all ages. The Committee reports to the Parish Council. The Committee receives no funding assistance from the School or Parish.

Who: Any member of the Parish who has reached the age of nineteen can become a member.

What: The Committee administers all parish athletic programs, cares for the athletic fields, and sports equipment. The Committee provides funding for equipment and services related to sports and physical education.

When: The Committee meets at 7:30pm on the 3rd Tuesday of every month except June, July & December.

II. Mission Statement:

The St. Patrick's Athletic Association is an extension of the Christ centered St. Patrick's School/Parish. Through the development and operation of the athletic program, we are dedicated to the formation of the student athlete in an environment of faith, family, athletic skills, sportsmanship, and athletic ability. While promoting avenues of skill development in athletics for all to excel to be their best, we are committed to addressing the individual needs of each participant.

III. An Athlete's Prayer:

It is suggested that St. Patrick's athletic teams say the following prayer before games:

God, let me play well but fairly.

Let competition make me strong, but never hostile.

Forbid me to rejoice in the adversity of others.

See me not when I am cheered, but when I bend to help my opponent up.

If I know victory, allow me to be happy.

If I am denied keep me from envy.

Remind me that sports are just games.

Help me to learn something that matters once the game is over.

And if through athletics I set an example, let it be a good one.

IV. Administration:

The current officers and chairpersons of the Committee are:

Officers (2011/2012 school year)		
President	Mike Meyer	mrmomm@cox.net
Vice President	Brandon Davis	bdavis@csi-omaha.com
Treasurer	Rochelle McGill	mcgilllandscaping@cox.net
Secretary	Joe Martinec	dcsos356@gmail.com
Committee Chairs (2009/2010 school year)		
Activity	Chair	Vice-Chair
Registration	Brent & Katie L'Heureux	
Facilities	Ken Scholl	Scott Kubicek
Athletic Banquet		Mike Meyer
Baseball / Softball / T-ball	Ken Scholl	Vacant
Basketball - PAL	Troy Hottovy	Jeff Faimon
Basketball - YMCA	Scott Kubicek	
Football	Jeff Starman	Todd Parr
Soccer	Julie Wigdahl	Dave Grigsby
Subcommittee: State Registrar-Randall Esquivel		
Soccer - Micro	Joe Martinec	
Track	Dan Maline	Mike Meyer
Volleyball	Dan Hanus	Lisa Seidl
3on3 Basketball Tournament	Erik Carlson / Todd Parr	Vacant

See SPAC ByLaws for more information on duties and responsibilities.

V. Communications & Information

All information pertaining to the Committee and its programs can be found on the St. Patrick's website (www.stpatselfhorn.org), including the following:

- By-Laws and Guidelines-Governing documents of the Committee
- Sports Handbook-General information and policies of the Committee
- On-Line Registration Link-Register for all Committee sponsored activities
- Committee Summary-Links to Committee meeting minutes and Angels logo
- Sports Information Summary-List of all current sponsored and recommended local sports
 - Includes links to individual sport guidelines, registration fees, schedules, parents notes, coaches notes, and resources

VI. Sports Overview:

The following is a brief overview of our sponsored programs. For more detailed information on these programs and local non-sponsored sports, consult the website.

MicroSoccer- is an in-house (intramural) program designed to teach Preschool through Kindergarten children the basics of soccer in a fun and friendly environment. MicroSoccer is played in the Fall and Spring on Saturday mornings. Players receive a t-shirt to wear during the approximately 6 week season.

CYSL Soccer- is open to all children in grades 1-8. Team placement is by age not grade, as required by the Nebraska State Soccer Assoc. This is a recreational soccer program that plays games against other area Catholic school teams. There are both Fall and Spring seasons. Parents should expect at least one practice and one game per week, with some in-city travel required. Focus of the coaching will be on fun and individual skills development. Parents are required to purchase a uniform.

Adult Soccer- is open to all members of the parish who have reached 30 years of age. Numbers may be limited to give all adequate playing time. The team will play other Catholic parishes, and is coed and recreational in nature. There are both Fall and Spring seasons.

Flag Football- is open to all children in grades K-4th. This is an in-house (intramural) program designed to teach kids the basics of football in an informal fun setting. The four practice/scrimmage sessions are held on Sunday afternoons in the fall. T-shirts and mouthguards are provided for all participants.

PAL Tackle Football- is open to all 7th & 8th grade boys. The season begins in August. Players are required to provide their own mouthguards, chinstraps, shoes and gloves. The team practices at Mt. Michael, and plays in the Parochial Athletic League(PAL). Parents should expect two practices and one game per week, with some travel required.

YMCA Volleyball- is open to all girls in 3rd & 4th grades. Fun and learning of fundamental skills are the goals of this program. There is one practice a week and games are on Saturdays, all at the Twin Rivers YMCA in Valley.

PAL Volleyball- is open to all girls in 5th-8th grades. 5th grade is recreational, upper grades can be competitive. Tryouts for team placement will be required for any grade able to field more than one team. Practices are usually held twice a week. Most games are on Saturdays, but some weeknights should be anticipated. Some in-city travel will be necessary.

Adult Volleyball- is open to adult parishioners. There are Fall and Winter seasons. Play is coed and recreational in nature, and occurs on Friday evenings at the Twin Rivers YMCA in Valley.

YMCA Basketball- is open to boys and girls in the K-4th grades. There are seasons in both the late Fall and Winter. Parents should expect one practice per week, and games on weekends. Parents must purchase a jersey from the Twin Rivers YMCA.

PAL Basketball- is open to boys and girls in the 5th-8th grades. Play begins in November. 5th grade is recreational, upper grades can be competitive. Tryouts for team placement will be required for any grade able to field more than one team. Parents should expect 1-2 practices per week, with games against other schools played on Saturdays or weeknights.

PAL Track & Field- is open to boys and girls in the 6th-8th grades depending upon interest. This is a Spring sport with practices starting in March. There are usually 5 meets running April through early May. Practices are held 2-3 times per week, and meets are on Saturdays.

T-Ball- is open to boys and girls from 4-6 years old. This is a Spring sport with play starting in April. The in-house (intramural) play is coed and recreational. Games are held on Mon. & Tues. evenings. T-shirts are provided for all participants.

Annual Sports Banquet- is an event to recognize the participation and accomplishments of our 5th-8th grade student-athletes. Held in late April, athletes will receive pins in recognition of sports participation as well as many special awards.

3 on 3 Basketball Tournament- is a special fundraising event held in late July. Teams of 3rd graders through adults compete in a festival atmosphere on the St. Patrick's parking lot. All parishioners are invited to compete or volunteer to assist in running this exciting event.

VII. Competitive & Teaming Philosophy:

4th Grade and younger: The activities offered at these ages are recreational and instructive in nature. Focus remains on having fun and learning the basic fundamentals of the activity. Coaches at this level should be more concerned with sportsmanship than the win-loss record. Coaches must strive to create equal playing time at this age. Team formation will be largely at random.

5th & 6th Grades: Fun, instruction and sportsmanship should still play a larger role than winning. Playing time is still to be equal during the regular season. It is acceptable to use more competitive strategies when playing in a tournament setting. Team formation may be based on skill level.

7th & 8th Grades: Athletes should start to show interest in the competitive nature of the activity. Instruction, enjoyment and sportsmanship do not become less important. At this level our philosophy is to be “competitive”, meaning we will strive to win the competition. Each member of a team at this level should be prepared to accept the role the coach assigns them. Players who receive less playing time are expected to show good sportsmanship and support the coach and team. Team formation will be largely based on skill level.

VIII. Parent Code of Ethics:

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Code of Ethics:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, officials, and fans; at every game, practice, or other youth sports event.
- I will place the emotional and physical well-being of my child ahead of any personal desire for achievement.
- I will insist that my child participate in a safe and healthy environment.
- I will provide the support for coaches and officials working with my child, to create a positive, enjoyable experience for all, this includes not coaching my child from the sideline.
- I will demand a drug, alcohol, and tobacco-free sports environment; and agree to refrain from their use during youth sports events.
- I will do my best to make youth sports fun for my child.
- I will require my child to treat all players, coaches, fans, and officials with respect.
- I promise to help my child enjoy youth sports by assisting with coaching, being a respectful fan, providing transportation, or whatever else I am capable of doing.
- I understand that my child's primary commitment should be to their St. Patrick's team. I will not allow their participation on any other team to interfere with, nor take priority over the St. Patrick's team's practices and games.
- I will respect all facilities by keeping them clean, parking in designated areas, and controlling my other children when in attendance at events or practice.

IX. Athlete Code of Ethics:

I understand that playing for St. Patrick's is a privilege and an honor. My actions reflect upon my teammates, my parish and myself. Therefore, I promise to conduct myself in accordance with the following:

- I will do my best to maintain appropriate academic and behavioral expectations as outlined in the St. Patrick's Family Handbook.
- All athletes are expected to be at all practices and games. I will notify my coach in advance if I am unable to attend a practice or game.
- I will not practice or play in a game if I missed school that day.
- I understand that my playing time could be affected by my failure to attend practice.
- I will treat every player, coach, official, parent and administrator with respect and dignity.
- I will respect the equipment and facilities of St. Patrick's, each opposing team, and any facility used for practices or games.
- I will refrain from derogatory comments about my teammates, opposing players, and officials; and will act to encourage my teammates through positive comments and actions.
- I will do my best to learn the fundamental rules and skills of the sports in which I participate.
- I understand that my primary commitment should be to my St. Patrick's team. I will not allow my participation on any other team to interfere with, nor take priority over my St. Patrick's team practices and games.
- I have read the Sports Handbook and will comply with all of the policies and guidelines stated.

X. St. Patrick's Athletic Committee Policies:

Fee Assistance- The Committee will not deny any parishioner the right to participate in a sponsored sport for financial reasons. Contact the Committee President to request a confidential fee waiver.

Student-Athlete Eligibility- St. Patrick's sports are open to all parishioners and St. Patrick's Catholic School students that maintain the standards set forth in the St. Patrick's Family Handbook and in the Athlete's Code of Ethics in the Sports Handbook.

Late Registration Fees- A non-refundable fee of \$20 per family will be added to any late registrations on a per sport basis. Registration deadlines are posted to the registration webpage and are updated as necessary.

Registration Refund Policy- Refunds of registration fees will not be given once teams have been formed for that sport. Prior to team formation, a \$5 administration fee will be deducted from any registration refund. If a child cannot be accommodated, a full refund will be given.

Safe Environment- All coaches, as volunteers that have regular contact with children, are required to complete the Archdiocese of Omaha Safe Environment training course and renew this certification when necessary.

Coaching Requirements- All coaches must complete the Archdiocese of Omaha Safe Environment Training. All CYSL soccer coaches must also complete the Nebraska State Soccer Associations Kidsafe documentation. Additional training is at the discretion of the sports chairperson and may confer additional benefits (see “Coaching Benefits”).

Coaching Benefits- Head Coaches of all PAL and CYSL sports teams will have their child play for free, as long as they remain a head coach of that team. Coach’s children must still complete the on-line registration form and will be reimbursed with the benefit after the start of the season. Full-time St. Patrick teaching staff who head coach and/or act as chairperson of a committee sponsored 7th or 8th grade sport may be compensated up to \$500. The amount of the compensation will be approved by the committee chairperson for that sport.

Removal/Replacement of a Coach- After the start of a season if a sport chair wishes to remove a coach for any reason, the removal must be approved by simple majority of the SPAC officers.

Teaming Guidelines- No child below the 6th grade will be “cut” from a St. Patrick’s sponsored athletic program due to skill level. Each sport may have individualized teaming guidelines to comply with the rules of the league in which play is conducted. In general, prior to 5th grade, an effort will be made to keep multiple teams in an age group at an equal level. This will be done by randomly assigning players to teams, no tryouts will be held. In older grades, tryouts may be conducted to assign players to teams at various levels (AAA, A, B, etc.). In the event that we cannot field enough teams to allow all registrants to play, registrants will be accepted on a first come, first served basis. Maintaining appropriate teaming and tryout guidelines will be the responsibility of each sports’ respective committee.

League Affiliations- 5th-8th graders in football, volleyball, basketball and track will compete in the Parochial Athletic League (PAL). 1st-8th graders in soccer will play in the Catholic Youth Soccer League. 1st-4th graders in volleyball and basketball will play in leagues at the Twin Rivers YMCA in Valley, NE. All other programs are in-house intramural leagues.

Affiliated Teams- Only players registered through the St. Patrick’s Registration Committee will be eligible to participate under the St. Patrick’s name and/or logo. Teams formed outside of this procedure will not be eligible for any funding from the Athletic Committee, or be permitted to use St. Patrick’s facilities or equipment.

Preferred Activities- The Athletic Committee recognizes that some players may participate in a St. Patrick's activity and a non-sponsored activity at the same time. In this instance, the sponsored activity will be given priority as the "preferred activity". If St. Patrick's practice or game commitments are not met due to other activities, it is unfair to St. Patrick's teammates and coaches. In this instance, playing time may be mitigated, regardless of age or skill level.

Practice Schedules- Coaches are not to schedule any practices on Sundays prior to 2:00p.m., or on Wednesday evenings. Coaches should not use attendance at Sunday practices to determine playing time. No practices or games may be scheduled from Holy Thursday through Easter Sunday.

Field Use Policy- Care and maintenance of the St. Patrick's field is the sole responsibility of the St. Patrick's Athletic Committee. All field use (both sport related and non-sport related) must be coordinated with prior notice and approval through the Athletic Committee Facilities Coordinator. No vehicles are permitted on the field. No alcoholic beverages are permitted on the field or adjoining parking lot. Failure of users to properly care for the field and it's environs could result in forfeiture of use.

Uniform Deposits- All uniforms for PAL Football, PAL Basketball, PAL Volleyball, and Track; are the property of the Committee. Prior to issuance of a uniform, a \$100 deposit will be collected by the sport chair and held until return of the uniform in good condition at seasons end. Failure to return a uniform in good condition will result in forfeiture of the deposit.

Tournament Reimbursement- All St. Patrick's athletic teams are encouraged to participate in tournaments. The cost of participating is not included in the sports registration fees. The Athletic Committee will reimburse teams for one tournament per season, up to the amount of \$100. Additional cost is the responsibility of the parents of the players. Coaches must provide documentation to support the reimbursement request.

Admission Fees- will be charged at any PAL Volleyball and PAL Basketball home games. The fee will be \$1.00 for adults and \$.50 for children. Collection and care of these fees will be the responsibility of the sports chairperson, and should be promptly delivered to the Treasurer.

Use of Logo- The St. Patrick's Angel logo was created by the Athletic Committee for the use of the parish and it's organizations. The Athletic Committee reserves the right to deny use to any individual or organization. Any user should only use an approved version of the logo which is available on the Athletic Committee page of the parish website.

Liability- The St. Patrick's Athletic Committee and the Parish neither has nor accepts any liability for injury to players. Insurance of players is the responsibility of parents. Neither the Committee nor the Parish has any responsibility for any players' or parents' personal property.

Team Parties- Teams are encouraged to host a post-season party in order to facilitate the return of uniforms and to recognize athletes for achievements/give awards. Plans for these celebrations are made through individual teams or coaches and are not a Committee sponsored activity.

Grievances- If parents have some dissatisfaction with their child's athletic experience, they are advised to contact the appropriate coach to discuss the issue. If the issue cannot be resolved in this manner, the sports chairperson should be the next contact. Following this, the appropriate progression of contact will be: Committee Vice-President, voting members of the Committee (in a closed session), and finally the Parish Council.

Committee Spending- All Committee funds are the responsibility of the Treasurer. All spending of more than \$1000 must be approved by a majority vote of the full Committee. Spending, by a voting member of the Committee, of \$200-\$999 requires the prior approval of the Treasurer. Spending by non-Voting members and others, including coaches, is only permitted with prior approval of the Treasurer.

Funding Requests- Committee funds are to be used only for athletic and physical fitness programs/activities of the St. Patrick's Parish and/or School.

XI. The St. Patrick's Angel Scholarships

The SPAC Angel Scholarships are \$500 awards given yearly to the 8th grade boy and girl student-athlete who best exemplify the leadership, sportsmanship, character, and athletic effort expected by the St. Patrick's Athletic Committee. This scholarship is awarded to further the Catholic education of the recipients. Criteria will include a review of athletic and academic achievements, as well as demonstrations of moral character.

Potential candidates must provide a transcript showing a G.P.A. of at least 3.0 for each of the first 3 quarters of 8th grade. The student-athlete must have participated in St. Patrick's athletics in both 7th grade and 8th grade. Candidates must complete a scholarship application, and provide a coaches recommendation, all of which will be used as part of the evaluation process. Recipients must attend a Catholic high school to receive this award.

Nominations by 8th grade coaches will take place in early March. Other 8th graders who wish to be considered must submit the required documents by the April deadline posted on the parish website. All the application documents and instructions are available on the Parish website at: www.stpatselkhorn/athletics/angelscholarship/. The announcement of the scholarship winners will take place at the annual Sports Banquet.