



ATHLETICS

# ATHLETIC HANDBOOK

## 2015 - 2016

***St. Ignatius Martyr Catholic School***

120 West Oltorf Street, Austin, Texas 78704

Phone: 512-442-8547 FAX: 512-442-8685

<http://www.st-ignatius.org/school>

Dear Parents, Students, and Coaches,

*"[I] consider sports as an instrument of education when it fosters high human and spiritual ideals; when it forms youth in an integral way in values such as loyalty, perseverance, friendship, solidarity and peace. Surmounting differences of cultures and ideologies, sports offers an ideal occasion for dialogue and understanding among peoples, for building the desired civilization of love. To put into practice these values, based on the dignity of the human person, in face of possible interests that might darken the nobility of sports itself."*

- Pope John Paul II (Sept. 16, 2002)

Welcome to St. Ignatius Martyr Catholic School! In choosing to attend St. Ignatius Martyr School you have elected a Christ-centered Catholic education and academic excellence. Many wonderful opportunities await you!

As a school community, we all must consider the appropriate role of athletics here at St. Ignatius Martyr. A core characteristic of Catholic Christianity and Catholic schools is the concept of relationship and community and the conviction that human kind is "made for each other" (*Educating for Life*, Thomas Groome, p.60). Our prayer is stronger in community. Academic achievement is greater in a community with a similar mission and goals. Our athletic program adds another dimension to our school community. Pope John Paul II says that as manifestations of the communal body of Christ, athletics serve to unify all individuals, including coaches, student-athletes, and families in a spirit of peace.

This handbook outlines the philosophy and reflects the policies of the St. Ignatius Martyr School Athletic Program for the 2015-2016 school year. Please read this document carefully, sign the attached agreement, and return it to school before attending the first practice date. The agreement states that you intend to abide by the policies of the St. Ignatius Martyr School Athletic Program during the 2015-2016 school year.

St. Ignatius Martyr Athletics extends the work of St. Ignatius Martyr School by offering another environment in which high human and spiritual ideals can be fostered to help children grow towards a deeper understanding of themselves and their roles in God's great world. Thank you for doing your part to help positively affect and develop the lives of all children by building a peaceful environment within our school, our parish, and in our larger community.

Just as those who create a document such as this are a work in progress, so is this Athletic Handbook.

In peace,

Jennifer Malone  
Principal

## St. Ignatius Martyr School ***Athletics***

St. Ignatius Martyr athletics follows in the Holy Cross traditions and the Philosophies of Play Like a Champion Today!™ Our athletes are trained physically, emotionally, spiritually, and intellectually with our whole community approach. St. Ignatius coaches, parents, teachers, and the community all play an important role in our goals of making successful athletes and people.

### ***St. Ignatius Martyr Parish Mission Statement:***

We are the Faith Community of St. Ignatius Martyr, a Eucharistic people, Diverse yet United in Christ, Called to become his BREAD for the world.

**B**elonging to God

**R**esponding to faith in God's Love

**E**mpowered by God thru Word, Prayer & Sacrament

**A**cting for God with Justice and Mercy

**D**irected by God to build HIS Kingdom

### ***Mission Statement of St. Ignatius Martyr School:***

St. Ignatius Martyr Catholic School, founded in the Holy Cross tradition, educates the mind and forms the hearts of children.

### ***Mission Statement of St. Ignatius Martyr School Athletics:***

St. Ignatius Martyr Catholic School Athletics, founded in the Holy Cross tradition and in accordance with Play Like a Champion Today!™ promotes intellectual, physical, spiritual, and moral growth of our athletes by focusing on the four cardinal virtues: Prudence, Justice, Fortitude, and Temperance.

### ***Philosophy:***

*"While playing sports, Christians also find help in developing the cardinal virtues- fortitude, temperance, prudence, and justice."*

*Pope John Paul II, September 2004*

We recognize that the imperishable crown offered by Jesus Christ far exceeds any of the perishable crowns or trophies offered by this world. As a Catholic school, St. Ignatius Martyr upholds Christian values and principles. Though our athletic teams strive to win in the sense of having the best score, we recognize the real value of Catholic school athletics is realized only if it fosters the development of the human person—both in spirit and in body—by cultivating Christian character, strengthening personal integrity and responsibility, and promoting the pursuit of excellence in all

endeavors.

Participation on a team is a **privilege**. With this privilege come responsibilities in the areas of preparation, attitude, sportsmanship, and academics. These responsibilities exist both in and out of school, both in athletic and non-athletic settings. We recognize the need for God's support and guidance in meeting these responsibilities.

### ***Conference Affiliation:***

St. Ignatius Martyr School participates in the Austin Inter-Parochial League (AIPL), a conference comprised of area Private schools. In addition to playing conference games, St. Ignatius Martyr teams often play other schools in the Greater Austin area. Thus, St. Ignatius Martyr athletes play students from diverse backgrounds and skill levels.

### ***Nondiscriminatory Policy***

St. Ignatius Martyr School Athletics admits any students of any race, color, and national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students of the school. It does not discriminate on the basis of race, color, national or ethnic origin in the administration of its participatory policies, admissions policies, or athletic programs.

## **Registration Information**

### ***Procedure for Registration***

A student can become a full, participating member of a St. Ignatius Martyr athletic team once the following requirements are met:

1. Student and parent/guardian have completed and returned St. Ignatius Martyr Athletic Registration/Permission Form
2. Student and parent/guardian have attended the Preseason Orientation Meeting if Athletic Director calls for one.
3. Student and parent/guardian have read the St. Ignatius Martyr Athletic Handbook and signed the Athletic Contract
4. The Parent Like a Champion Today!<sup>™</sup> seminar is a one hour seminar good for 4 years and is required for parents/guardians to attend prior to allowing the athlete to participate.

### ***Athletic Registration/Permission Form***

St. Ignatius Martyr students wishing to participate in a sport must fill out a St. Ignatius Martyr School Athletic Permission Form. These forms are accessible at the end of this handbook, in the main office of the school, or with the Athletic Director. Registration/Permission forms must be completed and returned on or before the deadline set before the first tryout/practice date. Any student who decides to participate on a team after the deadline should see the Athletic Director before attending practice. Deadlines are not intended to prevent a student from

participating on a sports team, but they are necessary to make sure that team sizes do not become too large to allow for proper instruction of participants. Permission forms need only be completed one time during the school year. Please indicate in the spaces provided at the bottom of the form, which sports the student may be interested in playing.

### **Preseason Orientation Meeting or Parent Like a Champion Today!™**

Prior to beginning each season, the Athletic Director will hold a *mandatory* meeting for all potential student-athletes and their parents. During this meeting the Athletic Handbook will be distributed and reviewed. The coaches will also facilitate a sport-specific discussion group during this meeting to introduce themselves and share their expectations specific to their sport. **Parents should contact the Athletic Director prior to the meeting should they not be able to attend.**

### ***Volunteer Hours***

Parents are to accumulate 8 hrs of volunteer work for the athletic department should their child participate in a team sport. Opportunities are numerous but most help is needed at home games for volleyball and basketball as judges or scorekeepers. The St. Ignatius Martyr Booster club always needs volunteers for concessions as well. During the Spring seasons we always could use help with track, soccer, tennis and golf. These hours can be included in your school volunteer hours.

### ***Fees***

All sports offered at St. Ignatius Martyr School have different costs required for operation. The St. Ignatius Martyr Bobcat Booster Club and the Athletic Department will cover part of these operating costs for the 2015-2016 school year, however, much of the fees costs to operate come from the fees. Fees will be charged to FACTs along with a specific due date for each sport.

Student athletes and their families are required to pay their child's athletic fees per sport by the due date listed. If fees are not paid by the fee deadline your child will not be able to participate until the fees are taken care of. Fees are based on AIPL dues (Referee Fees), sports equipment, and coaching stipends.

The fee schedule and due dates for the 2015-2016 school year is as follows:

**Fall:**

<b>Sport</b>	<b>Fee</b>	<b>Due Date</b>	<b>Grades/Gender</b>
Pep Squad & Spirit Squad	\$60* **	9/11/2015	2-4 Boys and Girls & 5-8/Girls
Cross Country	\$60	8/28/2015	5-8/Boys and Girls
Flag Football	\$60	8/28/2015	5-8/Boys and Girls
Volleyball	\$60	8/28/2015	5-8/Girls
Golf	\$60* ***	8/28/2015	5-8/Boys and Girls

\*Yearly fee - Covers the entire year

\*\*Must purchase a Uniform separately from fee

\*\*\*Must provide own clubs and occasionally pay for range balls

**Winter:**

<b>Sport</b>	<b>Fee</b>	<b>Due Date</b>	<b>Grades/Gender</b>
Basketball	\$80*	11/13/2015	5-8/Boys and Girls
Spirit Squad	See above	See above	5-8/Girls and Boys
Pep Squad	See above	See above	2-4/Boys and Girls

\*Increase from last year due to referee costs.

**Spring:**

<b>Sport</b>	<b>Fee</b>	<b>Due Date</b>	<b>Grades/Gender</b>
Soccer	\$60	2/26/2016	5-8/Boys and Girls
Track and Field	\$60	2/27/2016	5-8/Boys and Girls
Tennis	\$30	2/27/2016	5-8/Boys and Girls
Golf	See above	See above	5-8/Boys and Girls

*Financial constraints should not inhibit any student from participating in student athletics. For financial assistance for St. I. athletics, please contact the principal. However, payments are expected to be paid in full.*

# General Information

## Levels of Competition

Development of the skills fundamental to each sport receives primary emphasis on each athletic team offered at St. Ignatius Martyr. Each team experience, however, may be slightly different depending on the level at which the team is competing.

LEVEL	Gold 4A	Green 2A or 1A	Developmental/Recreational
	Teams at this level strive to prepare students for high school athletics	Teams at this level serve as transitions from the developmental level to advanced level teams.	Though each team at St. Ignatius Martyr School emphasizes the development of fundamental skills, we are now offering our 3 <sup>rd</sup> and 4 <sup>th</sup> grade programs as the main developmental and recreational program at St. Ignatius. This program includes all 3 <sup>rd</sup> and 4 <sup>th</sup> grade sports (Volleyball, Football, Basketball, and Pep Squad)
COMMITMENT REQUIRED	<p><i>High</i> Students and families must commit to 5 events a week—practice, games, scrimmages, etc.</p> <p>*attendance at Saturday practices and practices during holiday breaks may be requested.</p>	<p><i>Moderate</i> Students and families must commit to 4-5 events a week—practice, games, scrimmages, etc.</p> <p>*attendance at Saturday practices and practices during holiday breaks may be requested.</p>	<p><i>Low</i> Students and families should commit to 0-1 events a week - practices or games a week depending on the availability of the various facilities.</p> <p>*5<sup>th</sup> – 8<sup>th</sup> Grade sports will take precedence over the developmental/recreational activities due to league commitments, Accreditation standards, and seniority purposes. Practices may be moved or altered if the Athletic Director sees fit to better serve the goals of the Athletic Program.</p>
TRYOUTS	Yes	<i>Varies</i> according to interest and capacity	<i>None</i>
COMPETITION	<p>Officiated games against other 4A AIPL schools as well as occasional non-conference games.</p> <p>Regular season is considered the main AIPL Championship, whereas, the AIPL tournament is additional.</p>	<p>Officiated games against other 2A or 1A AIPL schools as well as occasional non-conference games.</p> <p>Regular season is considered the main AIPL Championship, whereas, the AIPL tournament is additional</p>	Intramural games provide participating athletes opportunities to practice learned skills in informal, competitive game situations. These intramural games may be within-team games or played against other developmental teams. Intramural games are often officiated by the coaches and stopped occasionally for instruction.
PLAYING TIME	<p>7 / 8- At least 25% playing time for all participants.</p> <p>5 / 6- As close to equal playing time as possible</p> <p>Tournament or Championship games: At discretion of teams' coach(es).</p>	<p>7 / 8- At least 25% playing time for all participants.</p> <p>5 / 6- As close to equal playing time as possible</p> <p>Tournament or Championship games: At discretion of teams' coach(es).</p>	All athletes participate with emphasis on equal playing time for each athlete
SKILLS EMPHASIZED	<ul style="list-style-type: none"> <li>-Advancing game strategies</li> <li>-Leadership skills on and off the field/court</li> <li>-Individual fundamentals reinforced and extended</li> </ul>	<ul style="list-style-type: none"> <li>-Importance of team cohesion</li> <li>-Individual fundamentals introduced and reinforced</li> <li>-Formal game strategies introduced</li> </ul>	<ul style="list-style-type: none"> <li>-Basic individual fundamentals</li> <li>-Introduction to team dynamics and rules of formal competition</li> </ul>

## ***Transportation Policy***

St. Ignatius Martyr School does not provide any transportation to or from athletic events. All transportation is privately arranged by parents/guardians. St. Ignatius Martyr and the Austin Diocese assume no liability for accidents that may occur en route to any sporting practice or activity.

## ***Tryouts***

In the event that St. Ignatius Martyr athletics has multiple teams per sport, there may be tryouts held at the coaches' discretion. In tryouts coaches are looking to place athletes in positions where they will learn the most. Basic fundamentals and knowledge of sport could determine where an athlete is placed. Athletes and parents should use their best Play Like a Champion Today!™ teachings to do the best to understand any outcomes.

## ***Practices:***

Parents are expected to pick up their children when practices end. If practices end during after care hours the coaches are instructed to drop off any remaining athletes there in after care (after care closes at 6:00pm). If practices end after 6:00pm, parents are responsible for picking up their child as there is no after care available. Please be respectful of the coaches' schedules.

## ***Coaching Expectations and Requirements***

Coaches are first and foremost educators, and must work in coordination with the parents who are the primary educators of children. At all times, coaches must be examples of Christ the Teacher who serve as role models for student-athletes to emulate. They must be messengers of the school mission and ensure that athletic programs embody the Catholic characteristics prevalent at St. Ignatius Martyr School, and in accordance with Play Like a Champion Today!™

## ***GROW- Goals, Relationships, Ownership, and Winning***

Based on the best available research into child and athletic development, the GROW approach is the most effective way to nurture and develop high performance athletes. More specifically, the GROW approach is the most effective way to nurture spiritual and character development. -Play Like a Champion Today!™. Please review your Parent Like a Champion Today!™ handbook for more information on GROW.

## **Goal Setting**

When working with St. Ignatius Martyr student-athletes, a successful coach will work towards goals in the following three dimensions: team, personal, and school.

### **Team Goals**

St. Ignatius Martyr coaches build a team by:

1. Advancing the athletes' understanding of their role as members of the communal body of Christ.
2. Creating a positive and memorable experience that will be cherished by the student-athlete for the rest of his/her life.
3. Teaching the specific and unique skills of this sport to the very best of his/her abilities by using all means, methods, and resources available.
4. Teaching the skills of healthy competition that will prepare athletes and the team to succeed.

### **Personal Goals**

St. Ignatius Martyr coaches GROW as individuals by:

1. Modeling character, sportsmanship, self-discipline, and a lived faith.
2. Appreciating the moments of grace throughout a season, at times of winning and losing.
3. Becoming a lifelong learner of their sport.
4. Maintaining perspective in and throughout all athletic endeavors, realizing teachable moments exist in all experiences.
5. Fostering positive relationships with all school community stakeholders.

### **School Goals**

St. Ignatius Martyr coaches contribute to the school community by:

1. Infusing the school mission in all athletic activities.
2. Promoting academic excellence as an essential component in the development of student-athletes.
3. Committing to effective communication with administrators, teachers, parents, and athletes.

4. Supporting the development of student-athletes as leaders and role models in the greater school community.
5. Creating a culture of school unity and spirit as exemplified through sportsmanship, positive fan participation, and respect for all.
6. Following the goals and expectations of the Athletic Program as stated by the Athletic Director and the School Principal.

## ***Conduct of Coaches***

Coaches are called to be models and witnesses to their faith each day and as such, coaches are expected to uphold high standards of conduct in and out of season.

### **Language**

Language should be appropriate and constructive at all times. Coaches are expected to not only monitor their own language, but they should also set and enforce standards of appropriate language for their athletes. This includes, but is not limited to swearing, harassment, exclusionary language, sexual innuendo, personal attacks, and unsportsmanlike gestures.

### **Treatment of Opponents**

Although opponents are not a part of our school community, they are members of the larger body of Christ and should be treated as such. Coaches should model such respect for their athletes and should instruct players on how to welcome their opponents and all visitors in a way that conveys a sense of hospitality and community.

### **Prayer**

Athletic experiences play an important role in the spiritual formation of students at St. Ignatius Martyr School. Genuine and lasting spiritual development is only possible through careful and conscientious preparation by those in leadership positions. Coaches, as team leaders, are chosen not just to be mentors and role models for student-athletes, but also to be witnesses. Prayer should become an intentional component to a team's culture, not just a rushed event before or after a game or practice. Rather than emphasizing winning, prayers should focus on embodying the spirit of Christianity. Coaches are encouraged to build and create spiritual traditions into their approach to coaching at St. Ignatius Martyr School.

### **Holding Tryouts**

In a Catholic school, it is essential to demonstrate respect for all members of the school community. Coaches should provide individualized feedback to players rather than simply posting a list of team members. When individuals fail to make a team, alternative team roles should be considered, if possible.

## ***Coaching Duties***

In addition to serving as witnesses and models of faith, St. Ignatius Martyr coaches are expected to fulfill the following duties:

- Plan out practices and games
- Supervise athletes at all times until they are picked up from practices/games
- Condition athletes properly
- Assess athletes' readiness for practice & competition
- Instruct properly on what to do and what not to do
- Maintain Play Like a Champion Today!™ Certificate
- Maintain EIM Certification
- Maintain safe playing conditions
- Ensure cleanliness of facilities
- Provide proper equipment
- Communicate practice and game schedule to athletes and parents
- Select, train, and supervise assistant coaches
- Adhere to Play Like a Champion Today!™ at all times
- Adhere to the instructions, policies, goals, and expectations of the Athletic Director and/or the school principal

## ***Communication with Athletes and Parents***

St. Ignatius Martyr coaches should establish clear procedures and guidelines for communication with athletes and parents that align with the philosophy and mission of St. Ignatius Martyr School. E-mail should be used only to communicate basic information, such as time and location of games and practices. Discussions of concerns should always be done in person. If a face-to-face meeting is not possible, a phone call is acceptable. Before meetings, establish clear agendas and communicate that certain topics will not be discussed. Coaches do not have to discuss playing time, coaching strategies and specific plays, or information pertaining to other athletes.

## ***Awards and Recognition***

The St. Ignatius Martyr Athletics Program hosts an annual St. Ignatius Academic and Athletic Banquet at the conclusion of the spring season. Coaches are expected to attend the evening to publicly introduce their players and summarize their season. Recognition of athletes, however, should be utilized throughout the season as a means of personal athlete formation and team-building. Particular recognition of athletes should embody the goals and philosophies of the athletic department and program, not only physical talent. Some areas of recognition may include one's academics, sportsmanship, and Catholic nature/spirituality.

## ***Student Expectations and Requirements***

Students and parents should recognize that participation in the athletic program is not a right of all students, but rather a **privilege** to those selected individuals who possess the ability, attitude, disposition, cooperative spirit, and desire to represent the St. Ignatius Martyr community in a favorable way. By joining the school's athletic program, a student becomes a representative of his/her team and of St. Ignatius Martyr School.

ZAP- If an athlete has been ZAP'd they cannot participate in that days practice, however, if it is a game day the athlete will be ZAP'd the following day. Accumulation of ZAPs will result in ineligibility or probation, please see below.

### ***Eligibility and Probation***

We expect student-athletes to maintain academic and behavioral standards in keeping with the St. Ignatius Martyr School Student-Parent Handbook and the teachings of the Catholic Church. These regulations and procedures apply while on school premises, during practices and competitions, and in the public arena. A student will be considered *ELIGIBLE* to participate in interscholastic athletics at St. Ignatius Martyr School if their most recent academic report reflects:

- A passing grade in each subject (70% or higher)
- Grades are updated every Tuesday
- A *Satisfactory* grade or better in all special subjects
- A *Satisfactory* grade or better in conduct for all subjects

A student-athlete will be considered *ON PROBATION* should his/her most recent academic report reflect any one or a combination of the following academic grades or conduct:

1. One failing grade in any subject
2. Below *Satisfactory* in any special subjects
3. One *Incomplete* in any subject
4. Below *Satisfactory* conduct in any subject
5. 5 ZAPs in a season (Zaps reset after probation is served)

A student-athlete will also be considered *ON PROBATION* should his/her behavior require:

1. Removal from a classroom
2. After-school detention
3. Out-of-school suspension
4. Referrals/Demerits

*Probation* is either a, one (1) or two (2)-week period\* during which a student-

athlete works to improve his/her grades and/or conduct. During this two-week period, a student is still considered a full, participating member of the athletic team, but *time should be spent wisely in improving one's grades and conduct*. Student-athletes are encouraged to seek extra help from those teachers in courses where he/she is struggling either before school or after school. St. Ignatius Martyr School faculty and staff are always willing to assist students in their academic studies and personal growth as young adults.

\*The only exception to the probationary periods is the *Incomplete*. An *Incomplete* is defined as a time period where the grade shows as failing, however, is not considered failing until confirmation by the teacher who has reported that grade. As soon as the student-athlete makes up the work that caused the incomplete AND the work is to the satisfaction of the appropriate teacher, the student-athlete is no longer on probation.

### **Evaluating Probationary Improvement**

A student-athlete remains a full, participating member of a team if his/her grades at the end of the probationary period reflect a passing average or better in every class, and the student-athlete maintained conduct in keeping with the St. Ignatius Martyr Student-Parent Handbook and the teachings of the Catholic Church.

### **Ineligibility**

A student-athlete will be considered *INELIGIBLE* for interscholastic sports at St. Ignatius Martyr School should there be no improvement after the probationary period. *Ineligibility* means that a student-athlete may NOT participate in interscholastic athletics at St. Ignatius Martyr for the remainder of the season. This will result in the removal of the student from the team's roster.

All student-athletes are allowed up to three probationary period per school year. Should a student-athlete fail to meet the academic and behavior standards outlined above more than once during a school year, he/she will be considered ineligible and will no longer be permitted to participate in interscholastic sports at St. Ignatius Martyr School for the remainder of the school year.

### **Student-Athlete 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 St. Ignatius Martyr 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.

### **Attendance**

All student-athletes must be marked as present in school on the day of practice or a game in order to participate. Please see the *Student-Parent Handbook* for what

constitutes an absence.

All student-athletes must recognize the time commitment made to a team. One is expected to attend all practices and games. If one cannot attend a practice or game, please make sure the coach and/or athletic director has been notified in advance. Consequences for a missed practice or game will be informed by the team rules as outlined by the coach/team at the beginning of the season in addition to the natural consequences that result from missing practice instruction or game experience.

### **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. All teams, regardless of level, have a responsibility to ensure that their game attire speaks volumes of their class and excellence. All game shirts will be tucked in. No player should make modifications to his or her uniform. Athletes are to wear a school issued uniform and treat their uniform with respect. Teams that treat their uniforms with respect, exude class.

*Uniforms must be returned to the athletic director within seven (7) days of the last game.* Progress reports and/or report cards will be withheld until the uniform is returned. If a uniform is not returned, parents are responsible for the cost of replacing the uniform. Please also see uniform care handout.

### **Sportsmanship**

All student-athletes are expected to represent St. Ignatius Martyr 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. At all times good sportsmanship is the rule, not the exception. The penalty for unsportsmanlike behavior during a practice or game will be left to the discretion of the coaches for each sport along with input from the athletic director. This can range from sitting out at practice to a one-game suspension. In extreme cases when an athlete has been ejected from a game, multi-game suspensions and dismissal from the team may be appropriate. The athletic director and principal will make the final decision following a meeting with the athlete, coach, and parent.

## **Anti-Bullying Policy**

Bullying has no place in Athletics and should not be tolerated. St. Ignatius Martyr Catholic School promotes a positive anti-bullying ethos, implements best practice together with raising awareness amongst coaches and volunteers.

### **What is Bullying?**

Bullying can be defined as follows: repeated aggression be it verbal, psychological, or physical conducted by an individual or group against others.

Bullying is behavior that is intentionally aggravating and intimidating and it includes behavior such as teasing, taunting, exclusion, tormenting (e.g. hiding possessions, threatening gestures), threatening, spreading rumors, hitting and extortion, by one or more persons against a victim.

Bullying has 7 key features:

1. An intention to be hurtful
2. The intention is carried out
3. The behavior harms the target
4. The bully overwhelms the target with his or her power
5. There is often no justification for the action
6. The behavior repeats itself again and again
7. The bully derives a sense of satisfaction from hurting the target

All bullies operate using furtiveness, threats and fear. Bullying can therefore only survive in an environment where the victim does not feel empowered to tell someone who can help or in which it is not safe to do so.

### **The Effects of Bullying**

The effects of bullying can last for some time and can significantly affect an individual's well-being, causing poor social development and depression. The outcomes of bullying can include:

- Physical injury, headaches, stomach aches.
- Stress symptoms such as sleeping and/or eating disorders and/or panic attacks
- Loss of confidence and self-esteem.
- Lowered academic achievement.
- Exclusion and isolation
- Consideration of suicide.
- Club members will take a pro-active role in investigating whether bullying is occurring.

## **Warning Signs that a Young Person Might be Getting Bullied**

The following indicators are warning signs that a young person might be getting bullied and they are:

- Reluctance to come to a venue or take part in activities.
- Physical signs (unexplained bruises, scratches, or damage to belongings).
- Stress-caused illness – headaches, and stomach aches which seem unexplained.
- Fearful behavior (fear of walking to a meeting, going different routes, asking to be driven).
- Frequent loss of, or shortage of, money with vague explanations.
- Having few friends.
- Changes in behavior (withdrawn, stammering, moody, irritable, upset, distressed).
- Not eating.
- Attempting suicide or hinting at suicide.
- Anxiety (shown by nail-biting, fearfulness, tics).

## **What Will St. Ignatius Do if a Child Tells Us He/She is Being Bullied?**

### **1. Listen...to the Victim**

When an incident is being reported the members will listen calmly and accept what is said. If possible there should be two school members present (but this should be determined by the needs of the child)

### **2. Notes following the conversation will be taken**

Following the initial reporting conversation, notes will taken and kept on file as this forms the basis of the bullying report.

The notes should include nature of incident, date, time, location, names of those involved, bystanders/witnesses, relevant history and school representative's response.

### **3. Reassure...**

The victim will be assured that help is available, action will be taken, that the child was right to tell, it is not his/her fault and it could happen to anyone.

### **4. Negotiate in a Confidential Environment**

Only the persons who need to know will be told of the incident.

### **5. Ensure the Child's Safety**

School representatives should be aware that the safety of the student/athletes are

paramount, and this can be maintained through appropriate supervision. Liaise with the parents/guardians in relation to a solution and possible actions.

1. The child will be kept informed of how the matter is to proceed.
2. Intervention
3. All school actions shall be guided by the needs of the child:
  - Decide the parties to consult with: Child Protection/Welfare Officer, Parents, and Guardians.
  - Decide who to interview: bystanders/witnesses, alleged bullies, and uninvolved children.
  - Find out: what, where, when, who, how, why? Act in a non-confrontational manner.
  - Resolve the problem: Make bullying the responsibility of the group following the "No Blame" group approach.
  - Alternatively, approach the victim and the bully (explain why the bully's behavior is wrong, how it makes the victim feel and request an apology); parents and bully (if sanctions linked to behavior are to be employed, request the parents to reinforce these). Refer on in difficult cases.

## **6. Make a Record...**

Of facts rather than opinions.

Include details from the bullying report (i.e. nature of incident, date, time, location, names of those involved, witnesses, relevant history and club members response), details recounted by others involved, any agreements made, an account of action taken and suggestions for follow up and monitoring.

## **Transfer Students/Injured Students**

Transfer students or students injured at the beginning of a season will be awarded a tryout for a team if there is one more than half of the games left in that sport's season. Transfer and injured students are guaranteed the same tryout duration as the other athletes, though they are not guaranteed placement.

## ***Expectations of Parents and Stakeholders***

*"It is incumbent upon parents to cooperate closely with the school teachers to whom they entrust their children to be educated; in fulfilling their duty teachers are to collaborate closely with parents who are willingly heard and for whom associations or meetings are to be inaugurated and held in great esteem." (Code of Canon Law, 796)*

St. Ignatius Martyr School coaches and administrators respect the primacy of the parents as the first teachers of their student-athletes, and will partner with parents in the formation of student-athletes. Parents and other members of the community

play a vital role in the holistic education of children including students' participation in school-sponsored athletics. Together, all stakeholders should actively work to ensure that the Catholic mission and identity of St. Ignatius Martyr School permeates the athletics program. Please refer to the Parent Like a Champion Today!™ Seminar and handbook for additional examples of proper etiquette.

### ***Top Five Ways to Support your Student-Athlete***

1. **Be present** – Show up to games, cheer, and support our teams!
2. **Be positive** – Children learn from modeling. When talking about the game, season, performances and decision-making, please share the gift of a positive outlook on life! Make sure that your child knows that win or lose, he/she is loved and supported.
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. **Observe the “24 Hour Cushion”** – As do all good educators, St. Ignatius Martyr 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. As stated above, coaches need not discuss playing time, coaching strategies and specific plays, or information pertaining to other athletes.
5. **Model St. Ignatius Martyr’s behavior expectations for visiting spectators**  
– Take pride in our athletic program and model for visitors how we...
  - i. cheer for our team rather than against our opponents.
  - ii. respect the integrity and authority of game officials.
  - iii. allow coaches to coach without criticism from the spectators.
  - iv. help clean up at the end of athletic events.

### ***Champions Committee through Bobcat Booster Club***

*“Parents can support their Catholic Youth sports community by forming a Champion Committee, a parent group committed to enhancing their son’s and daughter’s sporting experience.*

*Members of the Champion Committee are to act as ambassadors, reinforcing the values and goals of the Play Like a Champion Today program. These goals should include:*

- 1. To create parent intra-group accountability, responsibility, pride, and motivation in creating an engaging climate that supports Champions.*
- 2. To create new norms for hospitable parent behavior on their sidelines and in the stands.*
- 3. To support as visibly as possible all the participants and officials at each game.*

*To establish a Champion Committee, ask for parent volunteers or invite parents to participate and have the committee generate goals and strategies.*

### *Responsibilities of a Champion Committee*

- *To help create a supportive climate on the sidelines/in the stands.*
- *To facilitate communication among all the parents and coaches.*
- *To challenge with sensitivity the few parents who may be creating a toxic climate.*
- *To work with the coach to identify concrete ways of supporting young players to feel competent, cared for, and able to make positive choices.*
- *To model Champion virtues on and off the field.*
- *To encourage all parents to live by the guidelines they learned in the Parent Like a Champion workshop.*

*As parents, we love our children and want the best for them! Engaging in sport is an invaluable opportunity for growth for our child. Play Like a Champion Today details a plan that will enable our children to grow not only physically, but emotionally, morally, and spiritually.*

*Parent Like a Champion has provided you with a model to becoming a Champion Sports Parent. The program sought to educate you on the current situation in youth sport, the GROW philosophy of PLC and techniques for having positive encouraging relationship with your child-athlete, your child's coach and the entire sport community. Most importantly, Parent Like a Champion seeks to help parents respect youth sports a children's games. Your first responsibility as parents is to help your children have fun." -Pages 44-45 Parent Like a Champion Today, Parent Training Manual*

If you are interested in being a chair-person to the Champion Committee, please contact the Athletic Director or the School Principal for more information.

### ***Transportation***

Transportation to/from practices and games is the sole responsibility of the parents. Please ensure that your student-athlete is picked up promptly at the end of each practice/game.

### ***Removal from Team – Parent Decision***

The principal, athletic director and coaches 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.

### ***Removal from Team – Student Decision***

Students who remove themselves from a team may do so, however, they will have to incur a penalty for leaving their responsibility. The penalty for removing oneself from a team would be a suspension from the next season sport. If the student leaves a team under harsh circumstances due to discipline, academic, or behavioral discretions the Athletic Director or Principal reserve the right to not allow the student to participate in any other sports or activities. Student-Athletes must learn to fulfill their commitments through their entireties. Quitting is not the Play Like a Champion Today way.

### ***Revisions/Modifications to Policy***

The Principal or Athletic Director may make changes to any policies outlined in this handbook as needed, and has the final decision with regards to any policy. Changes will be made public in the weekly Wednesday letter.

***The Principal has the authority to remove a student or cancel a season if student-athletes or parents are not adhering to St. Ignatius Martyr School standards.***



## **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 Athletic Director to be eligible for participation.

As a St. Ignace Martyr 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 carry these principles to my schoolwork and my family life with the realization that these are of greatest importance and take precedence to any sport.

\_\_\_ I will follow our Anti-Bullying policies as stated in the Athletic Handbook.

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

\_\_\_ I have read the Policies for "Removal from Team" and understand the punishments.

\_\_\_ 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 ATHLETIC DIRECTOR**