

Athletic Program Guidelines

I. **Introduction:** Welcome to the VCGSAA Athletic Program. The program is designed to produce many constructive hours of learning, competition, values, and fun for your child. You will find that our program is very good as well as complex. Please take the time to read this guide carefully. It will answer many questions that you may have concerning our athletics. Please keep this guide handy and refer to it when necessary. It will prove to be a very valuable tool throughout the season.

II. **Objectives:** The following are objectives that mold the philosophy of the athletic program.

1. Teach values as well as skills.
2. Provide a disciplined environment.
3. Initiate a “school comes first” attitude.
4. Provide an environment for “team” and “individual” success.
5. Provide the best competition available.

III. **Athletic Program Philosophy:** The philosophy of the Athletic Program is to provide a disciplined and competitive environment that allows for the learning of beginning and intermediate skills. Any athlete who is a member of a particular team, regardless of grade, may compete at practices for more playing time. Actual playing time will be determined by skill, attitude, practice attendance and effort, cooperation, team spirit, and work ethic.

IV. **The Goal of Each Valle Catholic Grade School Athletic Team is to Provide:**

1. Correct skills to play
2. Discipline
3. Responsibility for One’s Self

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4. Respect for Players, Coaches, and Officials
5. Sportsmanship
6. Physical Activity
7. Team Spirit
8. School and Individual Pride
9. FUN

V. Important Message: The athletic teams, as well as all extra-curricular programs at Valle Catholic Grade School, are competitive. When you and your child make the decision to register, you are making a decision to enter a competitive environment. This includes competition with other schools as well as within the team itself during practices.

VI. Players Eligibility:

1. Only a student enrolled in Valle Catholic Grade School is eligible to be on a Valle Catholic Grade School athletic team roster.
2. A student placed on probation or suspended from school is not eligible to participate in a Valle Catholic grade school athletic event or activity (this includes practices and games) until the probation or suspension is lifted.
3. Any player suspended or removed from a team for violating rules is not eligible to participate in practices or games.
4. Each player must maintain a “C” grade point average in each mid-term or quarter grades, if not then they will miss the next 2 league games, but will still be able to practice.
5. Public school student eligibility
 - a) Public school students who are members of the Ste. Genevieve Parish and are enrolled in PSR may participate in sports at Valle Catholic grade school on an “as needed” basis. If an individual coach feels he/she may not be able to field a team, he/she may request the VCGSAA Committee to use public school students. Upon approval by the VCGSAA Committee, the public school students may participate on the team and will have the same rights and responsibilities as any other player on the team.

VII. Team Composition:

1. No player will be cut from a team. If there are not enough players to fill out a team, the next lower grade level or PSR students may be used to fill out the remainder of the roster.
2. It is the sole discretion of the Head of the sport, in determining the size of each team.
3. Any athlete moving up more than one grade level must receive approval from the Head of the sport and the VCGSAA committee prior to participation in a practice or game at the higher level.

VIII. Playing time: VCGSAA Athletic Program has adopted the “everybody plays” philosophy.

1. Amount of playing time and selection of starters is the sole discretion of the coaches and will be based upon the coach’s evaluation of each athlete. Evaluation of each athlete is based on ability, attitude, behavior, work ethic, team spirit, and attendance and participation at each practice and game throughout the particular sport season.
2. Soccer teams:
 - a) K-5 grade teams, every player is required to play in every game. Amount of playing time in a particular game is still the sole discretion of the coaches.
 - b) 6-8 grade teams, it is the sole discretion of the coaches based upon the evaluation criteria mentioned above.
 - (1) At this level, it is not required to get every player into every game, but is recommended.
 - (2) By the end of the season, the coaches should have attempted to provide enough opportunities to improve each athlete on the team.
3. Volleyball and Basketball teams:
 - a) 5-6 grade teams, every player is required to play in every game. Amount of playing time in a particular game is still the sole discretion of the coaches.

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b) 7-8 grade teams, it is the sole discretion of the coaches based upon the evaluation criteria mentioned above.

(1) At this level, it is not required to get every player into every game, but is recommended.

(2) By the end of the season, the coaches should have attempted to provide enough opportunities to improve each athlete on the team.

4. Tournament play may reflect less playing time for all athletes and is at the sole discretion of the coach based on each games particular situation.

5. It is the parents and coach's duty to help the athlete understand competition and playing time criteria. It is the belief of the VCGSAA committee that each athlete has the opportunity to improve through practice and dedication to achieving his/her full potential. Coaches can't guarantee amount of playing time. Each practice, game and situation is different.

6. **Helpful note: parents do not put unrealistic expectations on your child regarding playing time. Instead explain to the child the evaluation criteria and support the fact that the coaching staff determines playing time based on the evaluation criteria. No one has a guaranteed contract regarding playing time. It must be earned by the athlete!**

IX. Practice and Game Attendance Guidelines: The VCGSAA Athletic Program constitutes the following as excused absences from a practice or game:

1. Religious events (i.e. Confirmation, Baptism, Sunday services, etc.).
2. Absent from school the day of a game or practice:
 - a) If an athlete misses school the day of a game or practice due to illness, he/she can't attend the practice or game that evening.
 - b) If an athlete misses a ½ day of school the day of a game or practice, he/she is eligible to attend the practice or game at the discretion of his/her parents.
3. Family commitments (i.e. funerals or weddings) the day of a game or practice.
4. Family emergencies (i.e. accident, sickness, or sudden death) the day of a game or practice.

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5. Coaches' discretion.
 - a) **Important Note: to ensure the coach grants an excused absence for the above mentioned reasons, a parent/legal guardian must call the coach prior to the practice or game the athlete will not be attending.**
6. **Absence from a practice or game for any other reasons than the ones mentioned will be deemed unexcused.**
7. Possible consequences for multiple unexcused absences from practices or games are as follows:
 - a) First absence: player may lose some playing time.
 - b) Second absence: player may lose playing time or set out a game
 - c) Third absence: parents are notified by coach and will sit out of the next game.
 - d) Fourth absence: player is no longer eligible and should return all uniforms and equipment to the coach.
8. Possible consequences for multiple excused absences from practices or games are as follows:
 - a) First absence: make up drills and lessons missed.
 - b) Second absence: make up drills and lessons missed.
 - c) Third absence: check with parents to make certain there are no long term problems.
 - d) Fourth absence: reduce playing time.
 - e) Beyond fourth: coaches' discretion (possible game suspension or removal from the team).
9. **Consecutive days of excused absences due to illness constitutes only one excused absence.**

X. **Practices:** this is the most important time for the athlete to improve his/her skills. Remember improved skills are the primary factor determining amount of playing time.

1. The VCGSAA Athletic Program mandates:

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- a) Practices for soccer 6-8 grade team and volleyball and basketball 7-8 grade team may be no more than 2 hours long.
- b) Practices for soccer 4-5 grade team and volleyball and basketball 5-6 grade team may be no more than 1 ½ hour long.
- c) Practices for soccer K-3 grade teams may be no more than 1 hour long.

2. Practice attendance is mandatory for your athlete to achieve success.

3. Parents make sure to pick your athlete up on time. Remember the coaches are not evening child care-givers. **Coaches cannot leave until all players have been picked up.** So please be considerate and pick up your athlete on time.

XI. Financial Support: The CAC operates financially through the VCGSAA. It is imperative that all parents contribute in a positive manner. The funds raised, gate receipts, concession receipts and athletic fees are the only ways that the program has to raise revenue. It is of prime importance that the parents of athletes support all VCGSAA projects. Please invite friends, family and neighbors to attend the CAC events.

1. **Registration fees for sports offered by VCGSAA is \$30 per athlete per year per sport.** Payment is required when the sign-up sheet is turned in. While the accessing of this fee is necessary to support our program, is not the intention to deny a child participation in sports at Valle Catholic grade school. Consequently, a family for whom payment of this fee would be an insurmountable obstacle to their child's participation should contact the VCGSAA committee.

2. Public, private, or anonymous donations are welcome anytime. To make a donation simply call the VCGSAA committee. He/she will give you the information needed to make the donation. All donations are deposited into the general fund for the benefit of our entire VCGSAA.

XII. Parents Working Support: The parents of each athlete will be asked to work at the concession stand, take money at the admission table, and monitor the hallways and restrooms. A schedule will be sent home with your athlete. Parents will be assigned work times. Please get a substitute if you cannot make your assigned time. Please take this responsibility serious. It is vital to the success of our program.

XIII. Equipment: Coaches will recommend to the athletes the proper equipment and/or gear required for the particular sport.

XIV. Sport Uniforms:

1. Uniforms are distributed to the athletes by the head coaches.
2. The athletes will return the uniforms promptly after the end of the sport season.
3. We ask that athletes and parents please take care of the uniforms. It is an unnecessary expense to have to replace a uniform that was not cared for.

XV. Transportation: Each parent is responsible for their child's transportation to and from all games and practices. Coaches are not allowed to transport any child but their own. Please don't ask them to transport your child. It is your responsibility.

XVI. Home Games and Practices:

1. Soccer:
 - a) Home games will be played at upper field at the Pere Marquette Park.
 - b) Practice for the 4-8 grade teams will be held at the upper field in the Pere Marquette Park.
 - c) Practice for the K-3 grade teams will be held at the lower field in the Pere Marquette Park.
2. Volleyball and Basketball:
 - a) Practices will be held at either the Valle Catholic high school gymnasium or the Ste. Genevieve County Community Center.
 - b) All home games will be played at the Valle Catholic high school gymnasium.
3. Refer to the sport's schedules and travel directions for away games.

XVII. Coaches: Selection procedures and requirements.

1. It is the goal of the Head of the sport to appoint the best candidates for the coaching positions.
2. Coaches have the right to resign at any time. If this happens, the Head of the sport will consider and select the best candidate to fill the position.
3. Assistant coaches are also appointed by the Head of the sport with assistance from the assigned head coaches.
4. Head coaches are the individual responsible for the team during the particular sport season he/she is coaching. The assistant coach is only there to help the head coach. Head coaches should be at all practices and games.
5. All coaches (both head and assistant) must follow school regulations and VCGSAA guidelines.
6. Coaches must be respected at all times by the players and the parents. Insubordination towards a coach will not be tolerated.
7. All coaches(both head and assistant) can be removed from coaching at any time during the particular sport season by the head of the sport or by the VCGSAA committee if it is deemed necessary due to inappropriate behavior or if parents or players have valid complaints that the coaches(either head or assistant) are not following the guidelines.
8. All coaches (both head and assistant) **MUST** attend the “Protecting God’s Children” class before any practices or games.
9. For **NO** reason should a coach(head or assistant) contact any player outside of practices or games.

XVIII. Roles of Parents: The role of the parent is one of the most important factors to having a successful sports program. Parents can literally make or break the sports program with their attitude.

1. **Support:** It is of utmost importance that you support the athletic program.
 - a) Respect coaches and the VCGSAA committees’ decisions.
 - b) Work home game events when scheduled.
 - c) Provide transportation to and from practices and games.

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- d) Help care for equipment and uniforms.
- e) Provide financial support by being active in the VCGSAA's fund raisers and events with helping at concessions and at the gate.

2. **Positive Attitude:** Your child(ren) will act and say the same as you do. It is vital that you provide a positive attitude in all situations. Help your athlete use a positive approach to understanding situations that may develop during a particular sport season. Second guessing coaches, officials, and administrators is very damaging to all involved.

3. **Respect Coaches, Officials and Administrators:**

- a) We are all involved together, so the more respect and courtesy we show one another the better our programs will be.
- b) Inappropriate behavior will not be tolerated and may result in being asked to leave the game and/or a grievance filed with the league for further disciplinary action. **Please don't let this happen. You are a reflection of Valle Catholic Schools.**
- c) Concerns or questions about the team or your child should be directed to the head coach. After talking with the head coach, concerns regarding particular VCGSAA Athletic Programs should be taken up with the VCGSAA committee. (Refer to the Problem Solving section).

4. **Important Note: The coaches, administrators, and most importantly the players need your POSITIVE support. Keep negativism, second-guessing, and backstabbing out of our sports program. We also ask that you refrain from putting any negative comments on any social network. Your help in this matter is greatly appreciated. Parents engaging in negative behavior towards coaches, administrators, opponents, and/or any part of the sports program could jeopardize their child's status on a team roster. Remember you are a Catholic, please act like one.**

XIX. Roles of Coaches:

- 1. Teach athlete's relevant skills necessary to perform required task to be successful in the particular sport their coaching.
- 2. Also, teach athletes:
 - a) Discipline
 - b) Team work

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- c) Positive attitude
 - d) Sportsmanship
 - e) Work ethic to improve
 - f) Respect for teammates, coaches, officials, and administrators
 - g) Respect for opposition
3. Reinforce Catholic values taught by Valle Catholic schools.
 4. Make sports fun to learn.
 5. Communicate rules, regulations, team objectives, and team goals, with athletes and parents
 6. Provide game and practice schedules to athletes and parents.
 7. Be responsible for athletes at practices and games. This includes athlete's behavior.
 8. Help athletes adjust to the demands of competition.
 9. Follow Valle Catholic school regulations and VCGSAA committee guidelines.
 10. Be a good role model for the athletes.
 11. Take care of all equipment and keep gym storage closet in order and don't let players abuse them.
 12. Return facility to a clean and orderly fashion after each game and practice:
 - a) Have players clean up any mess they make.
 - b) Volleyball-put away all balls and carts, and drop nets.
 - c) Soccer-do not let players hang on goals or play with nets and pick up any trash left on fields.
 13. **A must for all coaches- do not leave until ALL players have been picked up.**
 - a) All coaches should avoid at any time being alone with any of the players. Have the assistant coach stay also until all players are picked up if the head coach doesn't have a child in the sport.
 14. Parents and coaches are to set behavior standards for children to model.

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15. Coaches are to notify the head of the sport when he/she no longer will be coaching. The head of the sport will fill the vacancy.
16. Coaches are to play athletes as a reward for hard, honest effort in practice, not just because a child has more talent than another.
17. Coaches should always use positive coaching and team play to build self-esteem.
18. Coaches need to help each child to play to his/her ability, using God-given talents.

XX. Roles and Responsibilities of Athletes:

1. Treat all people with respect.
2. Make God a part of your daily life
3. Work hard at practice and games
4. Appreciate the talents and materials that God has blessed you with
5. Be a leader
6. Be a role model
7. Help others
8. Be positive
9. Be active
10. Always show good sportsmanship

XXI. Problem Solving Guidelines/Steps: If the role of parents, coaches, and athletes are followed; we won't need this section. However, if you have questions, please follow the guidelines in the problem solving section. When properly followed, these guidelines will work.

1. Communicate with head coach first and foremost. Please allow at least 24 hours before contacting them after a particular game or practice.
2. **Remember use Step 1 before going to the next steps.**

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3. Contact the Head of the sport. You will be asked if you have first contacted the head coach.
4. If you feel your problem has not been addressed by first contacting the head coach or the head of the sport then contact the VCGSAA committee.
5. **Special Note: Parents, coaches and committee members should have the same objective-the wellbeing of the team and athletes. A positive and mutually respectful approach to following these problem solving guidelines will guarantee good results for all.**

XXII. Athlete Suspended from School:

1. Can not attend any practices or games
2. Must get written approval from the principal before they can be placed back on a school team

XXIII. Breakdown of Sports Offered by VCGSAA Athletic Department:

1. Soccer grades K-8:
 - a) Co-ed teams
 - b) Practices for K-3 are on the lower field in the Pere Marquette Park, 4-8 are on upper field in the Pere Marquette Park
 - c) Games begin after school starts
 - d) Parents will be notified through school with practice dates and times
 - e) Refer to the schedule provided by the coach of home and away games. Schedules may change due to scheduling problems or rainouts.
 - f) Refer to travel routes for directions to away games that are provided on www.valleschools.org
 - g) VCGSAA will provide uniform shirt, shorts, and socks
 - h) Athletes are to bring their own ball to practices and to get their own shin guards and soccer shoes.
 - i) Coach will notify parents and athlete with tournament dates, times, and locations
2. Volleyball and Basketball

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- a) Volleyball is offered for girls in grades 5-8th
- b) Basketball is offered for girls and boys grades 5-8th
- c) Coaches will contact parents with practice dates and times
- d) Practices will be held at either Valle Catholic high school gymnasium or at the Ste. Genevieve County Community Center gymnasium
- e) Refer to schedule for listing of home and away games. Schedules may change due to scheduling problems
- f) Refer to travel routes for directions to away games which can be found on www.valleschools.org
- g) VCGSAA will provide uniform shirts and balls
- h) Athlete will be responsible for their own shorts, socks, gym shoes, and knee pads(for volleyball)
- i) Coaches will provide parents and athletes with tournament dates, times and locations.

3. Football

- a) Football is offered for boys in grades 7-8th
- b) Coaches will contact parents with practice dates and times
- c) Practices and home games will be held at the Father Dempsy football field
- d) Refer to schedule for listing of home and away games. Schedules may change due to weather and scheduling problems
- e) VCGSAA will provide uniforms and equipment needed to play
- f) Athletes will be responsible for their own shoes and gloves