



St. Catherine of Siena Athletics Handbook

This handbook compiles the policies of the athletic department at St. Catherine of Siena Catholic School as a reference for our students, parents, and coaches. All policies in this handbook are in accordance with the St. Catherine of Siena Family Handbook, as well as our athletic conferences and governing bodies.

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Introduction

At St. Catherine of Siena, our Athletic program serves as a catalyst for our students to build character and grow spiritually through competition while also developing athletic skills and learning valuable life lessons. The mission of the SCS Athletic Program is simple:

Through SCS Athletics, we will strive to instill self-discipline, responsibility, integrity, and love of the game through an emphasis on our Catholic education, teamwork, leadership, and respect for the rules of the game.

All students in grades 4-7 are eligible to participate in Athletics at SCS. Through the Metro Middle School League of New Orleans, the East Jefferson Catholic School Athletic Conference, and the New Orleans Independent Lacrosse League, SCS offers the following sports:

Boys' Sports

Flag Football
Basketball
Lacrosse
Tennis
Volleyball
Baseball

Co-Ed Sports

Swimming
Soccer
Cross Country
Golf

Girls' Sports

Volleyball
Basketball
Dance (Gatorettes)
Cheerleading
Tennis
Flag Football
Softball
Junior Pom Dance Team

Student Athlete Information

General Information

- Any player that is ejected from a game for disciplinary reasons will have to meet with the Athletic Director and Principal the following day for determination of possible suspension from team activities.
- All uniforms supplied by the school to a student athlete must be washed and returned to the PE Office upon completion of the season. Any student that does not return the uniform must reimburse the Athletic Department the cost of the uniform.
- If a student misses a tryout due to being sick or family emergency, he/she will be given another chance to tryout determined by the Athletic Director and coach.

Academic Eligibility

- As noted in the Family Handbook, “For a student to be eligible to participate in an extracurricular activity, the student must have at least a C average in all subjects each quarter not including conduct and may not receive a grade of a F in any subject. In addition, a student must have an A or B in conduct to be eligible to participate” (page 24).
 - If a student does not meet the requirements listed above after quarter exams are completed, he/she may not try out for any team the following quarter. If he/she is already in the middle of a sports season, he/she will be forced to sit out the remainder of the quarter.
 - For year-round sports, if the student raises his/her grades to meet the eligibility requirements after sitting out a quarter, he/she may return to the team.
- As noted in the Family Handbook, “If a student is not in school all day of a school sponsored activity, the student will not be able to participate or attend the event or team practice. When a school function is scheduled on a weekend or a holiday, a student must attend school on the last school day prior to the function” (page 15).
- For all SCS teams that have a Junior and Senior team, the following age restrictions apply:
 - No 7 grader is allowed to participate on a Junior team.
 - No 6 grader is allowed to participate on a Junior team if they have reached the age of 12 before September 30.
 - Outside of age restrictions, the senior/junior team designation for each individual athlete will be determined by the Athletic Director on a per sport basis.
- No suspended student is allowed to play on the day he/she is suspended.

Injuries

- Any student that is injured during an SCS Athletics event must report to the PE Office on the day they return to school to fill out an Incident Report form.
- As noted in the Family Handbook, “Student accident insurance is a secondary coverage for students during school hours, when going to and from school, and on all school-sponsored activities. This insurance is available on a group basis and is included in your school registration fee. If students are injured at school or in a school sponsored function, they must see a doctor within twenty days of the injury. The school must be notified within three (3) days of that injury. For the insurance company to honor a claim, the proper claim form must be filed with the insurance company regarding the accident. The parents are responsible for obtaining a claim form from the school office and for filing the necessary claim with the insurance company. Benefits will be payable for covered expenses that are not recoverable from another plan providing medical expense benefits” (page 32).

Sport Conflicts

- SCS Athletics take precedence over outside teams and should be seen as first priority. If a student cannot fully commit to an SCS team over an outside team, he/she should not take a team spot over another student who can commit.
- If a student plays on two SCS teams that conflict, that student should rotate missing practices from each sport. If the conflict is between a game and a practice, the game will always take first priority.
 - If it becomes apparent that a student receives more playing time in one sport, the coaches can discuss the situation and determine with the student which sport event the student should attend.

Sports Sign Up

- Any student wishing to participate in any SCS sport is required to fill out the form on the “Sports – Sign Up” page on the SCS website during the sign-up period for each sport. Sign up periods for each sport will be emailed out to all parents through Plus Portals and will be announced during morning announcements at school.

Early Dismissal Procedures

- For games requiring early dismissal, students will be called to the office at the designated time. Students will get dressed quickly and quietly in the bathrooms. Parents should sign students out at the front office door. If there is a sibling to be checked out, parents should do so at the front desk in the regular sign out book.
- If a student is riding to a game with someone other than his/her own parent/guardian, a note signed by the parent must be turned in to the front desk the day of the game giving the student permission to ride with another parent.
- Students being dismissed early for a game are required to let their teachers know the day before their dismissal about their absence from class. It is up to the individual teacher's discretion how the student should make up any missed work or exams.

Intramurals

General Information

- The Intramural Program is available for all middle school students and takes place during middle school recess throughout the school year.
- The Intramural Program was created to give our students the opportunity to play competitive sports and improve their skills outside of PE class.
- We offer various intramural sports throughout the course of the year, including flag football, basketball, soccer, volleyball, and more.
- Students are allowed to sign up for any sport they choose, but are not required to play in every intramural sport.
- Students that sign up for an intramural team are committing to their team. If a student signs up for a sport and consistently does not show up, they will not be allowed to sign up for future intramural teams.
- All of our intramural teams are gender divided with the exception of co-ed soccer.

Sign-Up Information

- Any student wishing to participate in the Intramural Program is required to fill out the form on the “Intramurals” page during the sign-up period for each sport. Sign up periods for each sport will be emailed out to all parents through Plus Portals and will be announced during morning announcements at school. The “Intramurals” page and any other information regarding these sports can be found under the “Students” tab on the SCS website (www.scsgators.org)

Coach Information

General Information

- Any complaints or disrespectful activities from a parent to a Coach should be immediately reported to the Athletic Director.
- Any coach that is ejected from a game for disciplinary reasons shall meet with the Athletic Director the following day to discuss conduct at SCS Athletic events.

Practice

- As noted in the Family Handbook, “The academic pursuits of the students have priority over extracurricular activities. The duration and frequency of practices of any extracurricular organization should reflect this priority. Specifically, school-night practices may end no later than 9:15 pm unless prior approval has been obtained from the principal or designee. Practices during exam week should be held to an absolute minimum” (page 25).
- In accordance with the guidelines set forth by the Archdiocese of New Orleans, no athletic events (games or practices) will be held on any Sunday.
- Any practice scheduled during a holiday cannot be deemed mandatory for any reason. Any practice during a school holiday should be seen as optional and should not result in any player missing game time due to their absence.
- As noted in the Family Handbook, “Practices for extracurricular activities must be scheduled in a timely manner. Scheduled practices for every curricular activity must begin and end punctually, and coaches and participating students must be on time. This is required to allow for reasonable planning by both coaches and participants and for efficient utilization of the school’s physical plant” (page 25).
 - A coach should never leave a practice until all remaining players have been picked up by their parents.

Safe Environment

- All SCS coaches (head and assistant) are required by the Archdiocese of New Orleans to be Safe Environment certified. Information on becoming Safe Environment certified can be found on Page 17.
- Once passing the online background check, volunteers have 30 days to become certified.
- Certification lasts three years after taking the Safe Environment Training Session. Once that certification expires, volunteers can then renew certification online.

Athletics Award Ceremony

The annual Athletics Award Ceremony will be held every year at the end of the school year in May. There will be several awards given out in addition to every student receiving a medal for each sport they participate in, including:

- Outstanding Athlete Award
 - Given to one player on every team, and two for every co-ed team.
 - If a student plays on more than one team, he/she can only receive one outstanding athlete award.
 - The recipient made a significant contribution to the team through their athletic ability, leadership, positive attitude, work ethic, and dedication to the success of their teammates.

- All-Around Student Athlete Award
 - Given to one boy and one girl for grades 5-7.
 - The recipient of the All-Around student athlete award is given to someone who is involved in at least two or more athletic teams at SCS.
 - The recipient
 - displays strong leadership and sportsmanship on and off the field
 - maintains a positive attitude and is willing to go above and beyond what is required
 - has a strong commitment to SCS
 - excels not only on the field, but also academically in the classroom
 - displays Christian virtue both on and off the field

- St. Sebastian Award
 - Given to one adult volunteer.
 - The recipient made a significant contribution in the SCS Athletic program

Sport Information & Fees

In this section, information about each individual sport can be found, including tryout dates, equipment requirements, team commitment requirements, and team fees.

Team Fee Disclaimer

- Each team has a fee associated with it based on operating costs including but not limited to: officials, league fees, athletic awards ceremony, uniforms, etc.
- If a student wishes to participate in an SCS sport but is unable to pay the team fee, please contact the Athletic Director.

Boys' Flag Football (Sr. and Jr.)

- Boys' Flag Football teams are open to all boys in grades 4-7. Sign-ups and tryouts take place in late August and the season runs from September through October. Uniform tops and flags are provided to the students and should be returned upon season's completion. Students are required to wear SCS PE shorts with their uniforms and cleats.
 - Team Fee: \$80

Boys' Basketball (Sr. and Jr.)

- Boys' Basketball teams are open to all boys in grades 4-7. Sign-ups and tryouts take place in late October and the season runs from November through January. Full uniforms are provided to the students and should be returned upon season's completion.
 - Team Fee: \$85

Boys' Lacrosse (Sr. and Jr.)

- Boys' Lacrosse teams are open to all boys in grades 4-7. Parent information meetings, tryouts, and practices begin in October and the season runs from January through May. Full uniforms, goalie equipment, and helmets are supplied by the school. Students must supply their own elbow pads, gloves, stick, protective cup, mouth piece, and cleats.
 - Team Fee: \$150

Boys' Volleyball

- Boys' Volleyball team is open to all boys in grades 5-7. Sign-ups and tryouts take place in February, followed by a one weekend tournament. Uniform tops are provided to the students and should be returned after the completion of the tournament. Students are required to wear SCS PE shorts with their uniforms.
 - Team Fee: \$45

Boys' Tennis

- Boys' Tennis is open to all boys in grades 4-7. Sign-ups and tryouts take place in late August and the season runs from September through May. Practice clinics are held every Thursday morning from 7:00-8:00AM at Metairie Country Club with a club pro; clinic fees are paid for and split between members of the team. Full uniforms are provided to the students and should be returned upon season's completion. Students can purchase team visors, but it is not required. Students must provide their own racquet and court shoes.
 - Team Fee: \$45 + clinic fee = ~\$320

Boys' Baseball (Sr. and Jr.)

- Boys' Baseball teams are open to all boys in grades 4-7. Sign-ups and tryouts take place in late February and the season runs from March through May. Uniform tops are supplied and should be returned upon season's completion. Students must supply their own gray pants, blue belt and blue socks for games, as well as supply their own glove, bat, and cleats. Students must purchase an SCS Baseball hat which will be included in the team fee, unless they already have the hat from the previous year.
 - Team Fee: \$130

Co-Ed Swimming

- Co-Ed Swimming team is open to all students in grades 4-7. Sign-ups and tryouts take place in late August and the season runs from September through October. Students must purchase a team swimsuit and swim cap which is not included in the team fee, unless they already have the suit and cap from the previous year. Students are also responsible for supplying their own goggles.
- The minimum requirements for trying out for the team include: should be able to swim 50 yards without resting; be able to dive into the pool to start their swim; perform the backstroke without flipping their shoulders vertically.
 - Team Fee \$45

Co-Ed Soccer (Sr. and Jr.)

- Co-Ed Soccer teams are open to all students in grades 4-7. Sign-ups and tryouts take place in early November and the season runs from November through January. Full uniforms are provided to the students and should be returned upon season's completion. Students must provide their own shin guards, soccer cleats, and soccer balls.
 - Team Fee: \$50

Co-Ed Cross Country

- Co-Ed Cross Country is open to all students in grades 4-7. Sign-ups take place in late August and the season runs from September through October. Full uniforms are provided to the students and should be returned upon season's completion. Students must provide their own durable running shoes.
 - Team Fee: \$45

Co-Ed Golf

- Co-Ed golf is open to all students in grades 4-7. Sign-ups and tryouts take place in early March and the season runs from March through April. Shirts and hats must be purchased unless hats/shirts from previous seasons still fit. Students must provide their own shorts, shoes, bags, clubs, tees, and balls.
 - Team fee: \$70

Girls' Volleyball (Sr. and Jr.)

- Girls' Volleyball teams are open to all girls in grades 4-7. Sign-ups and tryouts take place in early May for the following school year and the season runs from August through October. Teams also play in a sand volleyball league during the summer. Full uniforms are provided to the students and should be returned upon season's completion. Students must provide their own knee pads.
 - Team Fee: \$65

Girls' Basketball (Sr. and Jr.)

- Girls' Basketball teams are open to all girls in grades 4-7. Sign-ups and tryouts take place in October and the season runs from November through February. Full uniforms are provided to the students and should be returned upon season's completion.
 - Team Fee: \$90

Gatorettes Dance Team

- Gatorettes Dance team is open to all girls in 5th – 7th grades. Sign-ups and tryouts take place in March and practices begin immediately. Students who make the team must participate in a 3-day overnight camp and a trip to Walt Disney World around Mardi Gras time.
 - Team Fee: Parents will be notified of team fees once the roster has been set. Team Fees does not include Disney fees such as hotel and plane tickets. Team fees can be paid in full at the first parent meeting or broken into two payments (parent meeting, then balance in August) - an estimate for total team fees is \$1,600

Cheerleading (Gameday and Competition)

- Cheerleading is open to all girls in grades 4-7. Sign-ups and tryouts take place in March and practices begin immediately. Students who make the team must participate in an overnight camp and trip to Disney World. Team Fee does not include Disney fees.
 - Team Fees: Parents will be notified of team fees once the roster has been set, but an approximate range would be \$2,600 for competition and \$700 for Game Day

Girls' Tennis

- Girls' Tennis is open to all girls in grades 4-7. Sign-ups and tryouts take place in August and the season runs from September through May. Practice clinics are held every Friday morning from 7:00-8:00 AM at Metairie Country Club with a club pro; clinic fees are paid for and split between members of the team. Students must purchase the SCS Tennis shirt, unless they already have a shirt from a previous year. Students must provide their own tennis skirt and racquet.
 - Team Fee: \$45 + clinic ~\$320

Girls' Flag Football

- Girls Flag Football is open to all girls in grades 6-7. Sign-ups and tryouts take place in November, followed by a one weekend tournament. Uniform tops are provided to the students and should be returned after the completion of the tournament. Students are required to wear SCS PE shorts with their uniforms.
 - Team Fee: \$45

Girls' Softball

- Girls' Softball is open to all girls in grades 4-7. Sign-ups and tryouts take place in February and the season runs from March through April. Uniform tops are provided to the students and should be returned upon season's completion. Students must supply their own gray pants and socks, as well as bat, glove, and cleats. Students may also purchase an SCS visor if they would like but is not required.
 - Team Fee: \$75

Girl's Junior Pom Dance Team

- Sign-ups and tryouts take place in March and practices begin in August. Team fees are made in full at the first parent meeting or broken into two payments (parent meeting, then balance in August).
 - Team Fee: Parents will be notified of team fees once the roster has been set, but an estimate of fees for Junior Dance Team is \$500

Coaches Philosophy

At St. Catherine of Siena, our Athletic program serves as a catalyst for our students to build character and grow spiritually through competition while also developing athletic skills and learning valuable life lessons. The mission of the SCS Athletic Program is simple:

Through SCS Athletics, we will strive to instill self-discipline, responsibility, integrity, and love of the game through an emphasis on our Catholic education, teamwork, leadership, and respect for the rules of the game.

Coaches must be aware that they have a tremendous influence on the development of our student athletes and therefore, will always uphold the following guidelines:

- We should not encourage a mentality of winning at all costs. The priority of our program is to follow our mission and develop our student athletes into the best Christian athlete they can be.
- Coaches will teach the children, through his/her own behavior, that both the opponents and the officials should always be treated with respect and dignity.
- Coaches should give all players the opportunity to develop their skills alongside their teammates throughout the course of the season.
- Coaches should emphasize to the players that success is not determined on wins or losses, but whether they tried their best and further developed their skills each and every day.

I have read the above guidelines laid out by the SCS Athletic Program and agree to encourage and instill them amongst our team.

Name & Signature: _____

Catholic School Athletic League Parents Code of Ethics

The duty of all concerned with the Catholic School Athletic League can be described by the following:

The welfare of the game depends on how the coaches, students, and parents live up to Christian values and the spirit and letter of ethical conduct.

1. To emphasize the proper Christian ideals, values, sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and host.
6. To respect the integrity and judgment of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by players on the team.
9. To stress values derived from being a supportive and contributing member of the team.
10. To recognize that the purpose of athletics is to promote physical, mental, moral, social, and emotional well-being for all players.
11. Remember that an athletic contest is only a game, not a matter of life, or death for a player, coach, official, fan, community, state or nation.

We hereby agree to uphold this Code of Ethics in every game and practice that we attend as either competitor, coach, or spectator. We also understand that violating the Code of Ethics could result in dismissal from our team and/or the Catholic School Athletic League.

School Name: _____

Parent's Name/Signature: _____

Student Name/Signature: _____

St. Catherine of Siena Athletics Parent Conduct Code

It is the belief of the administration at St. Catherine of Siena Catholic School that parents understand the importance of proper decorum at all times generally, but at athletic contests specifically. The below conduct code serves as a guideline for the expectations of parents.

1. The St. Catherine of Siena program takes precedence over all other outside athletic programs. Students must fully commit in order to play for an SCS Gator team.
2. If a student is hurt during an SCS Athletic event, the student must report to the PE office at the beginning of their first day back at school to fill out an Incident Report Form.
3. Things you may discuss with the Coach or Athletic Directors include but are not limited to the following:
 - a. How can my child improve?
 - b. Practice/Game Scheduling Conflicts
 - c. Injury Concerns
4. Things you should not discuss with the Coach or Athletic Director include but are not limited to the following:
 - a. Child not making a team
 - b. Playing Time
 - c. Critiquing another player or team strategy
5. Any parent seen disturbing or heckling a referee or umpire will be given one warning and asked to leave the event. If another issue occurs, the parent will not be allowed to attend any Athletic contests for the remainder of the school year.
6. If your child does not make a team, here are options in order for your child to participate and improve for trying out for next year's team:
 - a. Participate in our intramural sports program
 - b. Play at a local playground

Parent Name: _____

Parent Signature: _____

SAFE ENVIRONMENT

Please read the following carefully and keep this information in a convenient place.

The instructions for Safe Environment are linked below.

📄 Safe Environment Instructions New Registration.pdf

If you have any questions regarding Safe Environment Training or background checks, please email Michelle Alley, malley@scschurch.com or call 835-9343 ext. 1506

Frequently Asked Questions

1. What happens if I missed the sign-up period for a sport?

- a. If the tryouts have not taken place yet and there are no other circumstances preventing the student from still trying out, the student will still be allowed to try out. If tryouts have already taken place, they will have to wait until next year.

2. What happens if my child is sick or injured during a tryout?

- a. If your child is sick or injured during tryouts, when they are healthy again, they will be given an opportunity to try out and potentially join the team mid-season.

3. How is it decided if my child will play on the Junior or Senior team?

- a. All students in grade 7 must play on Senior teams. Students in grades 4-6 can be placed on either the Junior or Senior team. The determination of team placement will be determined on a per sport and per-individual basis. This is due to varying factors including total number of sign up participants, coach availability, league competition, and which league we play in (Some of our leagues have Junior (4-6) and Senior (6-7) divisions, while other leagues have divisions for grade 6 and grade 8).

4. Why am I paying a fee for every sport? What does this fee go towards?

- a. The sport fee has been created to help cover the cost of our growing Athletic program. With every year, our equipment and uniform costs have gone up, as well as many new additions to our program. These fees will go towards several things, including: league fees, uniforms, equipment, field and referee/umpire fees, new additions to the program, etc.

5. What if I cannot afford the team fees?

- a. If your child wishes to play an SCS sport but you are unsure if you can pay the team fee, please contact the Athletic Director.

6. How do I go about paying the team fee?

- a. Team fees are paid through our FACTS portal. Parents will receive an email (to their primary contact email address) with an invoice for the team fee amount. Fees must be paid before first competition - if fees remain unpaid, students risk losing their competition privilege until this is rectified.