

Good Shepherd Catholic School



Athletics Handbook 2018-2019

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GSCS Athletics Prayer

We thank you God for giving us this day,
for allowing us to come together, and appreciate the gifts you have given us.

Thank you for blessing us with the gift of sports.

We promise to take care of our bodies,
one of your greatest gifts to us.

Help us to play to the best of our abilities.

When we compete, help me, win or lose, to play fair.

When we win, keep us humble,
remembering that doing our best is ultimately most important;

When we lose, we promise to not make excuses,
to congratulate our opponent, and learn from our mistakes.

Win or lose, we promise to have fun, make friends, celebrate life and your gifts.

We vow to give our all, every practice and every game.

Because if we do, then we will have achieved real victory.

Amen.

Introduction

The Good Shepherd Catholic School Athletic Handbook is a reference guide for coaches, student athletes and parents, concerning the policies and rules that the school and Catholic Sports League of San Diego (CSLSD) have established.

All athletics offered at Good Shepherd are voluntary. Students are not obligated to participate in the athletics program, therefore, they, and parents, must be aware that they are students first, and participation is a privilege not a right. Students must abide by all the rules and standards set for by Good Shepherd Catholic School, and this privilege can be revoked at any time.

Parents play an integral role in athletics at Good Shepherd. We value all our parents, and hope they take an active role in the athletic department as a result. Parents must also adhere by all rules and standards set forth in the GSCS Athletics Handbook and CSLSD.

The coach of an athletic team reports to the Athletic Director and is primarily responsible for the compliance by his/her team members to the rules, regulations, and policies governing athletics at Good Shepherd Catholic School. The Athletic Director will administer these rules and regulations as they relate to inter team and inter coach relationships. The primary role of a coach is to be a leader and role model to our student-athletes. They must abide by all diocesan guidelines in addition the GSCS Athletics Handbook, and CSLSD guidelines.

The Athletic Director will work with all parties, including administration, to ensure the students are given every opportunity to succeed. He/She will also ensure all coaches are given the resources needed to succeed and provide developmental opportunities when present. Finally, he/she will provide support for students, coaches, and parents during all seasons, and uphold both school and league standards.

Sound reasoning, good judgment, and adherence to the school's core values will be the standard by which situations outside these stated rules and regulations are determined and evaluated.

It should be carefully noted that the policies and procedures detailed in this handbook are reflective of official action by Good Shepherd Catholic School and Administration.

Thank you for your participation in our athletic program.

Ladonna Lambert

Mary Ann Thiebach

Ted Drummond

Principal

Assistant Principal

Athletic Director

Mission Statement

The mission of the Good Shepherd Catholic School Athletic Department is to glorify God through the discipleship of student athletes and pursuit of excellence in athletics.

Core Values

1. Christ
2. Responsibility
3. Trust
4. Teamwork
5. Honor
6. Respect

Our Coaches

Coaches are the “living curriculum” for the student athlete. They are both teachers and active participants at the same time. They have the responsibility to model Christ-like behaviors and attitudes at all times. They are present to share, mold, and support all student athletes.

In order to be an effective coach and role model, Good Shepherd Catholic School coaches should be thoroughly knowledgeable in their sport, capable of detailed preparation, able to motivate athletes, able to adjust during competition, work with athletes of all ages and skill sets, and work effectively under the authority of the Athletic Director and the School Administration. Our coaches take seriously the opportunity they have to mold young lives for Christ. We also recognize that our coaches are volunteers, which must be under consideration. All coaches will be required to complete the following training courses from CMG Connect: Safe Environment, Safe Driving, and Security Check (Live Scan qualifies if completed prior to Security Check on CMG website). Additionally, all coaches must provide the school with an updated TB test (4 years).

Our Parents

Parents have a responsibility to their child, the team, school, and administration. Parents are to be, at all times, supportive and encouraging of their child, the team, coaches, and the school. Without strong parental support the student athlete will not be able to achieve personal and team goals.

Parents on the sidelines are not coaches. We understand the passion you possess for the game, your child, and the spirit of competition but, parents should have trust in the coaches and Athletic Department. We ask that parents model Christ like behavior not only for their child but, for all Good Shepherd Catholic School students.

Our Athletes

Athletes need to know that they are first students, and that academic success takes precedence to their talents on the field of play. Without academic success there will not be any athletic success at Good Shepherd Catholic. Athletes of all ages and skill set are representatives of their families, classes, and Good Shepherd Catholic. Athletes need to be responsible, active in the preparation, giving 100% effort, willing participants, trustworthy, team oriented, competitive, humble, and reflective. They must understand that wearing the “Golden Eagles” uniform is a privilege and must live up to these expectations.

Our Spectators

Spectators have distinct roles as participants at athletic events. While they may be considered guests, they are bound by the same rules of conduct as student-athletes and their coaches and moderators. Spectators are responsible for their actions and words at all times. They must remember that the athletes are children, the coaches are volunteers, and the referees are human.

The Principal, Athletic Director, and officials have the right and the responsibility to eject spectators whose behaviors are unacceptable.

Our Athletic Department & Director

The Athletic Department and Athletic Director will oversee all aspects of the athletic program, working in close collaboration with the Principal in matters beyond routine responsibilities. Examples of collaboration include fundraising decisions, purchase of uniforms, purchase of equipment. The Athletic Director is also responsible for assembling all teams, finding coaches, registering teams with the CSLSD, organizing practice times, communicating from CSLSD to teams/coaches, filing complaints with CSLSD, referee’s organization, or other schools, significant concerns warranting administrative guidance, and pursuit of athletic excellence.

Athletics at Good Shepherd Catholic are considered to be a privilege. We recognize sports can be a highly competitive environment, and we encourage a healthy competitive spirit in our athletes, coaches, and parents. Pee Wee teams are viewed as instructional and fun. The goals at the Pee Wee level are: to have as many students participate and return year after year because they enjoy playing, being part of a team, competing, and demonstrating their skills. Records are not kept at this level to reflect these ideals.

Junior Varsity and Varsity teams are more competitive. Records and statistics are kept at these levels, in addition to competing for a championship in the Catholic Sports League of San Diego, CSLSD. Students are more mature and experienced at these levels but, are to keep in mind that the league is designed to be played by all. Healthy competition is expected but, the core values are first and foremost.

The Athletic Director will maintain a permanent record of coaches’ certifications. A copy of the record should be filed with the school.

Good Shepherd Athletic Expectations & Policies

All student athletes at Good Shepherd Catholic School must be exemplary members of the student body. Therefore, minimum standards of academic achievement have been adopted in order for student athletes to establish and maintain eligibility.

1. Academics – Good Shepherd Catholic School academic standards are high. These standards acknowledge that academic achievement takes precedence over athletic participation. Therefore, GSCS academic standards have been established at levels higher than those required in most schools. These standards, as well as specific eligibility/ineligibility information, are as follows:

- a. Each student athlete will be assigned a letter or number grade (see Good Shepherd Catholic School Handbook) as an evaluation for each class taken. Grades in all classes will count and will be weighted equally.
- b. Each student athlete is assumed to be eligible for athletic participation until a declaration of ineligibility is made by the Principal or the Athletic Director.
- c. For the purpose of academic ineligibility declaration, a student's quarterly grades and semester grades will be the sole basis of consideration. Progress reports can help a student regain eligibility but may not be used to declare ineligibility.
- d. Any failing grade ("F") (at quarter or semester) or a quarterly composite of less than 2.0 will render a student athlete ineligible or placed on probation.
- e. Students must also maintain at least a "G" in responsible behavior. Students can be removed from an athletic team as a result of their behavior grades.
- f. Once a student athlete is declared ineligible due to academic shortcomings, the period of ineligibility will last until the next formal, written student academic evaluation (i.e., the progress update) occurs. At that time, the entire academic record of the ineligible athlete will be re-evaluated. The academic criteria applicable for the quarterly grading periods (no "F's" and a minimum grade point average of 2.0) will also be the standard of re-evaluation at the time of the progress report update. After the grades have been re-computed for the progress report update, any ineligible student regaining eligibility status (no "F's" and a minimum grade point average of 2.0) will be immediately allowed to compete as a team member. If, however, an ineligible student athlete does not re-establish eligibility at the time of the progress report update, that student athlete will be dropped from the team. Furthermore, if a student athlete is declared ineligible at a quarterly grading period, regains eligibility at the time of the progress report update, and subsequently is declared ineligible at the next quarterly grading period, that student athlete will be dropped from the team. In other words, any time a student athlete is ineligible twice during the same athletic season (defined as the time tryouts are held until the last interscholastic contest is completed), that student athlete will be dropped from the team.
- g. In the event a student athlete has met all academic standards but drops significantly in academic performance during a time period when he/she is in no immediate danger of being declared ineligible, the coach has the authority to institute measures of accountability to help the student athlete get back on track.

- h. The appeal procedure relative to any academic problems/policies is similar to the one addressing athletic eligibility decisions. Decisions may be appealed by approaching the coach first, and if appropriate the Athletic Director.
2. Trying Out for a Team if Ineligible – A student athlete who is ineligible for athletic participation at the time team tryouts are held will be allowed to try out for the team. It should be clearly understood, however, that the possibility of that student athlete not regaining eligibility status at the time of the progress report update and the probability that the student athlete will miss some interscholastic competition and, therefore, perhaps adversely affect team performance and team accomplishment, will be a major consideration on behalf of the coaching staff when selecting team members.
3. Remaining on a Team After Being Declared Ineligible – It is entirely possible that a student athlete will be eligible when trying out for a team, will make the team, and will become ineligible after making the team, either before or after the season has started. If this occurs, the student athlete will, of course, be ineligible for the prescribed period of time. If this student athlete fails to re-establish eligibility at the completion of the first period of ineligibility (progress report update), the student athlete may be dropped from the team.
4. Practicing with the Team if Ineligible – Generally speaking, ineligible student athletes should be spending time correcting situations that rendered them ineligible. Therefore, it would be ill advised for student athletes to be practicing with the team on a regular basis, and an ineligible student cannot accompany the teams to interscholastic contests. There are times, however, when coaches need these student athletes at practice for the sake of team continuity. The discretion of the coach, with the concurrence of the Athletic Director, will dictate the necessity and frequency of the attendance of a student athlete at practice. At no time will an ineligible student athlete be permitted to miss school to practice or accompany his/her team on an athletic trip.
5. Suspension from School – A disciplinary action severe enough to warrant student suspension is certainly serious enough to eliminate the student athlete from all participation in sports for at least the duration of the suspension. Therefore, any suspension, whether in-school or out-of-school, as deemed by the Administration, will render a student athlete ineligible to attend practice or any interscholastic contest during the time of suspension. Further disciplinary action could be taken by the Principal and/or the Athletic Director.

Fees

Participation fees are essential to help fund the cost of athletics; uniforms, game officials, tournament entry fees, league fees, and supplementary equipment and supplies. Fees are due at time of registration, with formal permission slip, as designated by Athletic Director. Fees are \$60 for all teams except, the running team which, carries a fee of \$45.

Payment can be dropped off at front office either cash or check. Please make all checks out to GSCS.

Forms

All students who wish to participate in any extracurricular sport must have a signed permission slip to the Athletic Director prior to any formal practice or game. If a permission slip is not present, the Athletic Director will not allow a student to participate in any organized activities with that team. All sports at GSCS use the same permission slip and must be completely filled out upon submission. The Athletic Director will keep all forms on record until the end of the school year. Parent information pages on the permission slip will be given to each coach so that they can communicate with families.

A printable version of the Good Shepherd Catholic School permission slip can be found in the link here [Permission Slip](#)

Communication

The lines of communication are very important to running a successful and smooth sports year. Coaches will be in communication with Athletic Director and CSLSD to ensure all schedules, cancellations, and general information are relayed to families in a timely manner.

Coaches are encouraged to communicate with all team members, and families, on a weekly basis. Coaches are responsible to send out any notifications about practice or game changes and/or cancellations. Additionally, coaches are encouraged to have a “Team Rep” to help coordinate other things like snacks or celebrations.

Coaches and parents are never to directly contact the CSLSD or referee’s association. Should an incident occur where officials need to be contacted, coaches will contact the Athletic Director with detailed information and the incident and any parties involved. All complaints will be submitted and reviewed by the Athletic Director and Administration.

Sports and Seasons

Below you will find all sports and corresponding season which Good Shepherd students can sign up for.

Fall

- Boys Junior Varsity and Varsity Flag Football (grades 5-8)
- Girls’ Junior Varsity and Varsity Volleyball (grades 5-8)

Winter

- Kindergarten Pee Wee Soccer (Coed)
- Boys 1st and 2nd Grade Pee Wee Soccer
- Girls 1st and 2nd Grade Pee Wee Soccer
- Boys 3rd and 4th Grade Pee Wee Soccer

- Girls 3rd and 4th Grade Pee Wee Soccer
- Boys Junior Varsity and Varsity Basketball (grades 5-8)
- Girls' Junior Varsity and Varsity Soccer (grades 5-8)

Spring

- Boys 3rd and 4th Pee Wee Basketball
- Girls 3rd and 4th Pee Wee Basketball
- Boys Junior Varsity and Varsity Soccer (grades 5-8)
- Girls' Junior Varsity and Varsity Basketball (grades 5-8)

Seasonal

The GSCS Running Team is a year-round team sport which participates in CSLSD sponsored cross country meets and track meets. Students in grades K-8 can participate in all track and cross country meets, events will vary by age/grade level.

Structure & Organization of Teams

Rosters

All teams organized by Good Shepherd Catholic School will abide by the CSLSD guidelines. The Athletic Director is responsible for communicating to families and students when seasons are beginning and registrations due.

Female students are permitted to participate in any Boy's sport permitted they cannot form a team during their season. The only exception is during Boys flag football season. Which the Girls do not have a season of their own.

Roster Size

Rosters size will vary by sport and division/age group. Below you will find a table with a minimum and maximum. Please note, minimum is for the Athletic Director to register a team. Teams can play with the minimums as noted in the CSLSD rules. Larger teams will happen if there are not enough students to fill two starting rosters with sufficient substitutes.

- Girls Volleyball- Minimum 6, Maximum 13
- Boys Flag Football- Minimum 9, Maximum 20
- Pee Wee Soccer- Minimum 9, Maximum 20
- Boys/Girls JV & Varsity Basketball- Minimum 7, Maximum 15
- Boys/Girls JV & Varsity Soccer- Minimum 12, Maximum 24
- Pee Wee Basketball- Minimum 7, Maximum 15

Pee Wee Teams

Pee Wee teams will only be made up of students in the designated grade levels. Kindergarten soccer will be the only coed team. However, should a team not have enough members to register one for each girls and boys, then a coed team will be registered and play in the boy's division.

Students from the same grade can be used as a fill in, provided two teams are registered, or, girls can fill in on a boys' team, or students from a lower grade can be used in an emergency to help a team avoid forfeit and/or be more competitive. The same students should not continuously play on another team, all students should have the opportunity to play if needed. Should this occurrence happen regularly throughout the season, the Athletic Director and Administration can remove the team from the season.

Junior Varsity and Varsity Teams

On the Junior Varsity (JV) and Varsity (V) levels, students in grades 5 and 6 can play on either JV or V teams. Students in 7th and 8th grades can only play on a Varsity team. Both JV and V have an "A" division, high level of competition, and "B" division, instructional level. However, not all sports offer the two divisions due to lack of teams. In such instances, the Athletic Director will inform the CSLSD that the school has formed a team and is on the instructional level of play.

Students can play up a level if there is not enough to form a team (i.e. Not enough JV players but, they want to play Varsity). However, some sports are more physically demanding, and the Athletic Director will get parental approval before moving a younger student to a higher level of competition.

Tryouts

All Varsity sports will be open to tryouts starting in the 2018-2019 schoolyear. Students in grades 5 & 6 will be allowed to try-out for the Varsity level. Students will be given the opportunity to show they can handle the step up in competition. After adequate time, practice with students of that grade level, the coach and Athletic Director will make a final decision as to whether or not a student(s) will be placed on a Varsity team. Students in grades 7 & 8 will not have to try-out to make the final roster, as they are only allowed to play in the Varsity division.

If there are enough students to create two Varsity teams, then an "A" and "B" team will be created to accommodate the roster size. Roster Size will vary by sport but, the goal is to ensure that each team has an adequate number of students available to account for the following: injuries, ineligibility, travel, and other miscellaneous reasons a student can miss a game.

Playing Time

At the Pee Wee level, all students will play in every game. Coaches will do their best to monitor playing time to ensure all students receive equal time. Coaches are advised to have an assistant(s) to help track game time and substitutions. All Pee Wee teams are considered instructional and fun. There are no records in any Pee Wee sport. Therefore, it is required all students who show up to a game receive playing time, unless sick or injured.

At the JV and Varsity levels, students are not guaranteed equal playing time. Playing time is to be decided by a coach based on the following: ability, effort, knowledge, skills, teamwork, and practice time. Coaches are encouraged to play all students as much as possible. Games at the JV and Varsity level are more competitive, and recorded in standings, which could dictate playing time. Game situations can also play a part in playing time and will be monitored by the coaches.

Practice

Practice is an integral part of every level of athletics at Good Shepherd Catholic School. Students need to understand commitment, dedication, and developing their craft is essential to success. Students are expected at all practices held by Good Shepherd coaches. We understand students and parents have outside commitments which may take precedence but, practice is still an important element of athletics.

If a student is unavailable to make a practice at the Pee Wee level, it is the parent's responsibility to communicate with their coach they will not be in attendance. Students at the Junior Varsity and Varsity levels are encouraged to communicate with their coaches in addition to, or instead of their parents. Also, students at the JV and Varsity levels may have their playing time affected by lack of practice, as this helps build team unity and skills.

Practice days and times will be coordinated by the Athletic Director with coaches. All coaches will have the opportunity to practice on site, either in the gym or on the grass field. Practices can begin immediately after the 2:45pm bell and must conclude no later than 5:00pm. Coaches must be present before teachers can release students for practice. Younger students who may need assistance with changing will need to have parent or guardians present to assist. Teachers can help with basic tasks like changing footwear but, will not help with apparel changes. Coaches who start practice later than 2:45pm will need to contact extended care staff to have those students come out for practice. Any student who is not picked up at the conclusion of practice will be sent to extended care.

General Information

League Information

Good Shepherd Catholic School is a member of the Catholic Sports League of San Diego, CSLSD. All information, outside of the school athletics handbook, can be found on the league's website [CSLSD](#). Here, parents, athletes, and coaches can find the following information: league schedules, results, rules, standings, equipment, game site addresses, tournaments, game

cancellations, professional development, social media feeds, promotions, and other miscellaneous items. Please do not use the contact information on the website for league directors, as all questions should go through the school's Athletic Director.

Equipment

All students must have appropriate equipment to practice and play in CSLSD games. Good Shepherd Catholic School will provide basic team equipment (balls and cones) for students and coaches to use during games and practices. Families will need to provide individual equipment (footwear, shin guards, protective gear) based on the CSLSD rules.

Uniforms

All teams will be provided with uniforms by Good Shepherd Catholic School. All teams, with the exception of Girls Volleyball, will have shorts/pants and jerseys (tops). Families are responsible for the care of the uniforms, follow instructions on labels, and must be returned to the Athletic Director immediately following the sports season. Families who do not return a uniform will be subject to a \$100 fee per uniform. Girls Volleyball will wear blue or black athletic shorts for games. They are not permitted to wear spandex or tights for games. Coaches will decide if teams will have a designated sock color for game day, if not, students are encouraged to wear navy blue, black, or white athletic socks (sport specific).

Pictures

Parents and/or spectators are allowed to take photographs of their child during any CSLSD game. However, some families have asked that their children not have their pictures posted. Families may capture action, group, or team shots during games but, should never post any photographs online without parental consent or contacting the Athletic Director or front office. Photos including opposing team's students fall into this category as well. Families are also discouraged from posting photos to external sites like Flickr without contacting the Athletic Director or Administration. We do encourage tagging the official Good Shepherd Catholic School social media pages in your posts.

First Aid & Injuries

All CSLSD games will have a first aid kit on site during games. Most locations are also equipped with AED devices, automated external defibrillator. Should an injury occur, coaches and/or families should contact the appropriate medical officials immediately. After, please inform the Athletic Director with details of the incident. Coaches are encouraged to carry basic first aid items to games away from Good Shepherd Catholic School (band aids, wraps, tape, etc.). Injuries occurring at practice should be directed to the Athletic Director or any Good Shepherd staff member on campus. Medications can only be given by parents and should not be given to students.

Appointments & Illness

Students who leave school prior to the end of the day for illness are not allowed to return to campus for a practice or game. Students who leave early for an appointment are permitted to return for a practice or game, so long as they return to school prior to the end of the day. If a student misses school on a game day or Friday for illness, they are not allowed to play in that day's game or that Saturday's game. This follows Good Shepherd Catholic School's policy on being 24 hours without a fever.

Awards

Award ceremonies can take place immediately following a season but, are not required. Coaches, if they choose to, can coordinate with families a date and location for a team celebration. Good Shepherd Catholic School will provide certificates for all team members if a celebration takes place. If any other items, trophies or medals, are to be given, there must be total agreement from all families to do so. Good Shepherd Catholic will not reimburse for any other awards.

8th Grade Athlete of the Year Award

8th grade students have the opportunity to receive the Athlete of the Year Award presented to a qualifying male and female student(s) during convocation. To receive the award, students must play and maintain eligibility during the entirety of each season they participate in. Students should display the following: commitment, teamwork, athletic prowess, leadership, and Christ like behavior. The award will be decided on by the Athletic Director.

Code of Conduct

The following codes of conduct applies to anyone representing Good Shepherd Catholic School, this includes but is not limited to: students, parents, coaches, staff, and spectators.

1. Not to reflect discredit upon our school, teammates, coaches or Jesus Christ.
2. Not to create a disruptive influence on the disciplinary, moral or educational environment in our school. Any such misconduct violating these principles shall be subject to disciplinary measures above and beyond the Middle School code of conduct.
3. Tardiness to practices or competitions
4. Careless and/or reckless behavior
5. The inappropriate use of cellular phones, cameras and other electronic devices
6. Inappropriate public displays of romantic affection (i.e. holding hands, kissing, excessive hugging)
7. Profanity and vulgar or offensive speech and/or gestures
8. Dishonesty in any form, including lying, theft, or cheating
9. Gambling
10. Rebellious or disrespectful attitude
11. Flagrant disrespect and disobedience.
12. The possession and/or distribution of pornographic materials and information, including the distribution of sexually suggestive material via cell phones, cameras and computers

13. Harassment or bullying in any form, both physical and/or sexual in nature. Sexual harassment includes all acts of a sexual nature, whether verbal or physical, which are unsolicited, unwelcome, inappropriate, and/or demeaning, that interfere with an individual's performance, or create an intimidating, hostile or offensive atmosphere. Physical harassment includes threats or intimidation of any nature, and inappropriate verbal or physical conduct which creates a hostile, offensive, or fearful environment. Examples of threats or intimidation include, but are not limited to, provoking a fight, fighting, bullying, acts that inflict injury or damage, and/or acts intended to control by fear and/or intimidation.
14. Hazing in any form (please see specific area on hazing policy)
15. The use and/or possession of tobacco, alcoholic beverages, illegal drugs, and the abuse of prescription medication. Violations of this policy may also result in random drug testing, per Good Shepherd Catholic School procedures, at the expense of the student. (please see specific reference to consequences below)
16. Use or possession of weapons and/or dangerous items on school premises or at any athletic event (i.e., guns, knives, explosive devices, etc.)

Any infringement on these codes will be brought to the Athletic Director and/or Administration of Good Shepherd Catholic School. After a thorough review, a course of action will be decided dependent on the infraction.

Good Shepherd Catholic School hopes all shareholders and extended community members look to be a positive influence on our students' athletes and our school. All parties are expected to demonstrate the following characteristics:

1. Integrity in the keeping of one's word, speaking the truth, carrying out responsibility and respecting authority
2. Respect for self, Good Shepherd Catholic School, coaches, officials, fans and the property of others
3. Courtesy extended in all relationships – athlete to athlete or athlete to coach, stewardship of the property, supplies, and equipment of Good Shepherd Catholic School, as well as stewardship of personal items
4. Modeling Christ like behavior in your daily encounters