



Athletic Handbook

2017-2018

Dear Student Athletes and their Parent/Guardians:

Welcome to Holy Redeemer Catholic School Interscholastic and Intramural Athletics!

The National Federation of High School Associations refers to co-curricular activities as the “other half of education”. *Interscholastic athletics is one of the most visible and important of the co-curricular activities a school offers.* Participation in athletics can and should be a significant contributor to the physical, psychological, and emotional development of our young people. It is expected that the district will provide our student athletes with a well-organized, well-administered program in order that they are able to grow, mature and develop while engaging in wholesome, competitive athletic programs. A student should be able to achieve individually while working as part of and for the good of the team.

Participation in interscholastic and intramural athletics is a privilege. Therefore, while the District has the responsibility to provide a program of excellence; our student-athletes have the responsibility to represent themselves, their families, school, and community in a manner reflective of the standards of the community and the expectations of the Catholic Church, Board of Education, the administration, and the coaching staff. This Handbook is designed to spell out the expectations of all members of our Athletic Community.

The Holy Redeemer Catholic School athletic program is governed by the rules and regulations of the Florida Department of Education, the Florida High School Athletic Association, the Catholic Youth Sports league (CYS) and the Diocese of Orlando. This Handbook is a reflection of the rules of these organizations, as well as the Holy Redeemer philosophy of athletic competition. Please review the Handbook, including the Code of Conduct and Training Rules, very carefully. Please sign and return the attached awareness form upon reviewing the information. All student-athletes will be held under the code of conduct during their entire season/and off-season. Please keep the Handbook as a reference for future use. If you have any questions or comments on this Handbook or on any aspect of our athletic program, please free to call Isaiah Pace, Athletic Director, at 407-870-9055.

Yours in Christ,

Isaiah Pace
Athletic Director

HRCs MISSION STATEMENT

Holy Redeemer Catholic School (Pre-K through 8th Grade), the primary educational ministry of Holy Redeemer Catholic Church, serves Catholic families in Osceola and neighboring counties, as well as others who embrace our philosophy of education. The school community instills a daily living and ever growing knowledge of the Gospel message by creating a Catholic environment that empowers our students to reach their maximum potential spiritually, morally, and academically.

We Educate the Mind, Invigorate the Body, and Expand the Heart.

HRCs BELIEFS STATEMENTS

- 1. Each child is unique and valued according to God.***
- 2. Each child deserves access to a quality education grounded in Catholic faith and morals.***
- 3. Catholic education is a lifelong cooperative effort between the home, school, parish, and community and an integral part of the Church's mission.***
- 4. HRCs provides each child with a safe, trusting, supportive, and challenging learning environment to promote successful decision making.***
- 5. HRCs' cultural diversity promotes mutual respect for all people unified by one Church, one country, and one world under God.***

OUR PHILOSOPHY

Holy Redeemer Catholic School is an educational community inspired by the Holy Spirit and the Gospel. This quality education guides our students from a strong foundation in academic development to a creative application in lifelong learning. Holy Redeemer Catholic School provides an education that encompasses the whole person: the spiritual, social-emotional intellectual and physical aspects.

"We Educate the Mind... Invigorate the Body... and Expand the Heart."

Holy Redeemer Catholic School participates in the CYS. CYS (Catholic Youth Sports) is our governing body concerning interscholastic sports.

CYS

History

In October of 1998, the Principals of the Catholic schools in the greater Orlando area asked us to look into running the middle school athletic programs. We did research, spoke to the administration, coaches, and parents and then put a presentation together on how we thought the league should operate. Shortly after that meeting, we were asked to move forward and prepare for the 1999-2000 school year. In the next few sections, we will discuss the league and its goals. CYS is divided into two groups; middle school (grades 5-8) and grade school (grades prek4-5th)

Organization

CYS consists of the 12 Catholic schools in the greater Orlando area. Its Athletic Directors represent each school on our board. In addition to the athletic directors, the league employs a president and vice president to oversee the day to day operations. We have also added commissioners for each sport to better serve our coaches, players and parents. The board of directors reports directly to the principals.

Description

CYS middle school is a sports program for students in grades five through eight. Girls and boys are encouraged to join the soccer, volleyball, basketball and track teams. CYS strives to:

1. "Put our Catholic values into play" We are Catholics and everything we do must reflect that.
2. Provide the Catholic Schools within the greater Orlando area with an organized league in which to participate on a competitive level.
3. Develop within our student-athletes the principles of good sportsmanship, Christian values, self-confidence, respect for others, discipline and responsibility.
4. Develop rapport and fellowship among student athletes, coaches and parents from all member schools.
5. Provide a viable feeder program for the high schools in our area.

Competition

The dictionary defines competition as working together for a common goal or prize. This is a competitive league. The athletes and coaches will work together to bring the league championship to their respective schools. However, we must bear in mind that this is also an instructional league, and we must teach the skills of the sport along with teamwork and good sportsmanship. Nor can we interpret success to be just the league championship. Success should be measured as follows:

1. Do I know more about the sport at the end of the season than I did at the beginning of the season?
2. Have I improved my skill level and conditioning?
3. Did I have fun?

If the answer to these questions is yes, then you have had a very successful season regardless of your win/loss record.

Tryouts

Tryouts are held to determine which team levels a student will participate. Sometimes tryouts are also needed to eliminate players if there are too many vying for the same sport. The team levels are as follows:

Varsity	7 th and 8 th
Junior Varsity (JV)	6 th and 7 th
Junior Junior Varsity (JJV)	6 th (JJV squads are only in some sports, and 5 th graders may be included)

Playing Time and Participation

During the regular season, every player that makes the team and attends every practice will play in the game. Because this is a competitive league, all players will not play an equal amount of time. Playing time for some players may be only a few minutes per game. During the tournament, all players **do not** have to play. Playing time within the guidelines stated above is up to the discretion of the coach.

The goal at the JV and JJV levels is to allow as many students as feasible to make the teams and to play as much as possible, while still remaining somewhat competitive. The goal at the Varsity level is to instruct, to be as competitive as ability allows, and to prepare our athletes for participation at the high school level. The Athletic Director must approve final team selections.

Players must meet academic and other eligibility standards at their respective schools in order to participate.

In order to provide our coaches, players and parents timely information we are providing the following mediums to keep you informed:

- Access through our website
- Monthly Board meetings with the Athletic Directors
- Semi annual meetings with the principals
- Email access

Scheduling

A full schedule of game dates can be found on our website. The times and locations will become available as soon as we have held tryouts and determined the number of teams that will participate.

Coaches and Officials

The athletic directors choose their coaches and the league provides them training. The athletic directors and the league will monitor coaches to ensure that they are following league standards. The league pays its coaches a nominal stipend to defray travel expenses (coaches must attend coaching clinics to receive the stipend).

The league hires licensed officials to officiate at all our games. The athletic directors and the league will monitor the coaches and officials to ensure that the league standards are being followed.

League Features

This is a middle school athletic program, meaning that the participants range in age from 10 years old to 14 years old. These kids are not playing in the NBA, or even in high school, accordingly the league will be as competitive as ability allows.

The league is self-contained, as we play the same schools in every sport season after season year after year. The importance of friendly competition cannot be stressed enough.

The participants in one sport will also be the participants in the next sport. The importance of friendly competition cannot be stressed enough.

All games will be started with an opening prayer and conclude with both teams shaking hands. Once again, the importance of friendly competition cannot be stressed enough.

Principles of the HRCS Interscholastic Athletic Program

It is our belief that interscholastic athletics provide students with a model of life itself: opportunities exist for lessons in responsibility, fair play, cooperation, concerns for others, leadership, respect for authority, good citizenship, loyalty, continuous learning experiences, health and wellness, and acceptance of the differences among individuals. While we believe that the desire to win is admirable, and that winning is an integral part of development of each student, winning is not itself the sole measure of success. Of considerably greater importance is the development of each person who participates in interscholastic athletics; the opportunities for individuals to reach their potential and experience the lessons previously mentioned should be the focal point of our athletic program. Sacrificing individual goals for team goals is indeed paramount to this concept. Thus, the athletic program should be focused on the welfare of the student and the potential for growth as a result of participation on a team. The interscholastic athletic program:

- Is conducted in accordance with the letter and spirit of the rules and regulations of CYS, the Diocese, national, state and league athletic associations.
- Is supplemental to rather than a substitute for physical education programs.
- Is conducted by persons with appropriate training through either physical education or coaching certification programs.
- Is conducted so that physical welfare and safety of participants are protected and fostered.
- Is regarded as an integral part of the total educational program and conducted so that it is worthy of such regard.
- Is subject to the same administrative supervision as the total educational program and its code of conduct

Section I Sportsmanship Program

Responsibilities:

- Learn and understand the rules of your sport. Play hard; play to win, but play fairly within the rules.
- Maintain self-control. Do not allow your temper to distract you from the fundamentals of good sportsmanship.
- Respect your opponent. Never taunt. Congratulate him/her at games end. Acknowledge good play.
- Respect the integrity and judgment of officials. Never question the decision of an official.
- Be an example for your school, teammates, and opponents.
- Conduct yourself as a representative of the District and hold yourself to the highest standards of conduct, demeanor, civility and sportsmanship.
- Treat each other and athletes from other teams with respect and civility in accordance with the Diocese's Code of Conduct and CYS' Code of Conduct for students. Any student observing a student being harassed or discriminated against by another student, athlete or staff member shall report this information immediately to the Athletic Director, a teacher, the Principal, or the Principal's designee.
- Attend all practices and games. Participants are part of a team, and the team depends on each player. Once committed to a team, all players are required to be at all practices and games.

Penalties:

- A player who is disqualified from a contest for unsportsmanlike behavior by an official is prohibited from playing in the next regularly scheduled contest.
- A player who strikes or otherwise physically assaults an official will be subject to an extended suspension from athletic competition. A physical confrontation with an official is any incident in which a player either strikes, bumps, or otherwise physically intimidates an official prior to, during, or after a contest or game.
- A spectator that enters the playing field, or strikes/physically assaults an official/coach/or athlete will be subject to an extended suspension from the athletic director.

Section II Code of Conduct for Spectators

Spectators are an important part of the games and are encouraged to conform to accepted standards of good sportsmanship and behavior.

- Spectators should at all times respect officials, visiting coaches, players and cheerleaders as guests in the community and extend all courtesies to them.
- Enthusiastic cheering for one's own team is encouraged.
- Booing, whistling, stamping of the feet, and disrespectful remarks shall be avoided.
- There will be no ringing of bells, sounding of horns or other noisemakers at indoor contests during play. Anyone who does not abide by this rule will be asked to leave the premises.
- Pep bands or school bands, under the supervision of school personnel, may play during time outs, between periods, or half time. Bands must coordinate play as not to interfere with a cheerleading squad on the floor or field.
- The throwing of debris, confetti, or other objects from the stands is prohibited. Offending individuals will be asked to leave the premises.
- During free throw in basketball, all courtesies should be extended.
- Spectators should encourage each other to observe courteous behavior. Improper behavior should be reported to the school authorities.
- Spectators will observe the rules of the local school concerning smoking and alcoholic consumption, littering, and parking procedures.
- Spectators will respect and obey all school officials and supervisors at athletic contests.
- Spectators shall not intimidate, harass or discriminate against any person on the basis of actual or perceived race, color, creed, national origin, religion or religious practices, age, gender, gender identity or expression, sexual orientation or disability on school grounds or at school athletic events.
- **Spectators who choose to break these rules may be escorted out of the game and off school property, and may also be banned from games for the remainder of the school year.**

Section III Code of Conduct for Coaches/Officials

Coaches are an integral part of any athletic program. While we understand many coaches may have more enthusiasm than experience, we do expect our coaches to uphold the values and ideals of the Catholic Faith, as well as be examples on behavior for student-athletes. Our coaches represent Holy Redeemer, our catholic community, and the sport. Coaches are expected to do the following:

- Be a positive role model for the players and parents and exert a tremendous influence, either good or bad, in the education of the players.
- Arrive on time, prepared to all practices and games. Each head coach should have an assistant, so that if one coach is unavailable for practice or games, the assistant is available to cover. If practice needs to be canceled, the coach must contact the **Athletic Director AND the Front Office before 12pm** that day, so athletes can make arrangements. *Please advise...other than extreme need, practice should never be canceled.*
- Communicate with the Athletic Director, parents, and athletes all dates/times for practices. Others, including programs with affiliations other than Holy Redeemer, may request use of the athletic facilities. Interscholastic programs have first choice; please communicate your desired use of facilities so they are available when needed for practices.
- Coaches are expected to remain for 15 minutes after practice is scheduled to end to ensure all athletes go home with appropriate rides. Athletes who remain after practice longer than 15 minutes will be escorted to EXCEL (Extended Center for Learning), at a cost to the parents. Coaches will need to register students with EXCEL upon escorting them inside; please see an EXCEL teacher to register students as needed.
- Strive to instill in every child a sense of self-esteem, responsibility, confidence, dignity and self-discipline, through an emphasis on fair play, teamwork, leadership, scholarship, respect and the rules of CYS and the sports.
- Never place the value of winning or personal satisfaction above the value of instilling the highest desirable ideals of character and Christianity, which is consistent with a Catholic School Education.
- Devote time, thought, planning and study to the rules of the game.
- Prepare a practice and a game plan
- Attend all league provided training and meetings.
- Be totally responsible for players, team, staff and spectators. The Head Coach is totally responsible for instructing everyone on the league's expectations for game field behaviors.
- Take an active role in the prevention of drug, alcohol and tobacco use, and under no circumstances will partake or allow these activities to occur during practices or games.
- Before and after the game, the Coaches and Officials will establish a Christian tone by exchanging friendly greetings.
- Teach the children that both teammates and opponents are entitled to be treated with respect and dignity.
- Focus is on improving the team's performance and not on what the other teams coach or official did.
- Officials will have the total respect and support of the coach. A coach will not indulge in conduct that will incite players or spectators against the officials. Public criticism of officials or touching of the officials is unethical and grounds for suspension from the next game. If the conduct continues it will result in suspension from the league.
- **Conduct that falls short of this code may cause a coach to be escorted off school property, and would be grounds for suspension from games and/or the team.**

Section IV Code of Conduct for Parents/Guardians

- ✓ I will support my child unconditionally regardless of how well he/she performs.
- ✓ I will support the coach in his/her efforts to teach skills, teamwork, and good sportsmanship to the players. This includes insuring that my child makes all required practices and games.
- ✓ I will not seek special treatment, nor ask for special privileges for my child.
- ✓ I will root for my school team, and applaud the efforts of all of the players in the game. I will NEVER criticize another player.
- ✓ I will support the school and team no matter my child's status on the team.
- ✓ I will support the school, athletic team, and coach, even if my child is suspended or removed from the team for academic, conduct, or other reasons.
- ✓ I will not embarrass my child, my school, and myself by criticizing or yelling at officials, coaches, players or other spectators.
- ✓ I will help the team whenever possible by providing my services as requested by the coach or team parent.
- ✓ I will follow guidelines set by HRCS concerning parent involvement.
- ✓ I will have fun.

Student Eligibility for Interscholastic and Intramural Athletics

Interscholastic:

According to CYS regulations, a student shall be eligible for interscholastic competition provided he/she is a bona fide student in good standing of the represented school. Students are eligible to participate in Holy Redeemer Catholic School athletics by meeting the following requirements:

- Complete full registration paperwork (including payment) prior to attending first practices. *Students who are missing paperwork or payment are not eligible to participate. Questions about paperwork and fees should be directed to the Athletic Director.*
- Attend and fully participate in all practices
- **Maintain grade C or higher**
- **Maintain a Satisfactory conduct grade**
- Students receiving disciplinary actions (including detentions or ISS) may NOT participate in HRCS sport activities, until determined by the administration.
- The principal reserves the right to remove a student, temporarily or permanently, from any sports team.

Academic and conduct grades will be checked on a regular basis by administration, and consequences will be discussed with coaches, athletes, and parents.

Possible consequences include, but are not limited to the following:

- Sitting out practice(s)* including post-season play
- Sitting out game(s)* including post-season play
- Removal from practice(s) including post-season play
- Removal from game(s) including post-season play
- Removal from the team

If a student is removed from the team, s/he forfeits any fees paid to the school for participation and uniform rental, and also forfeits any awards that could result from being a member of said team.

**Athletes who are sitting out from practices or games should be at home studying and improving grades, unless otherwise allowed to sit and watch practice or games as determined by administration.*

Intramural:

- Complete full registration paperwork (including payment) prior to attending first practices. *Students who are missing paperwork or payment are not eligible to participate. Questions about paperwork and fees should be directed to the Athletic Director.*
- Attend and fully participate in all practices
- **Maintain grade C or higher**
- **Maintain a Satisfactory conduct grade**
- Students receiving disciplinary actions (including detentions or ISS) may NOT participate in HRCS sport activities, until determined by the administration.
- The principal reserves the right to remove a student, temporarily or permanently, from any sports team.

If a student is removed from intramurals, s/he forfeits any fees paid to the school for participation.

Transportation

Students will be transported to games and practices (if necessary) by parents. It is up to the parent to make alternate arrangements for transporting their student if they are unable. Please discuss carpooling with other

parents of students on the team. Coaches, school administrators, faculty, staff, etc., are not allowed to coordinate or transport students to and from games/practices.

Intramural athletes should not need transportation to/from other venues, except for Pep Squad participants who choose to participate in the Amway Fundraiser.

Sports Physicals

A student may choose to have a sports physical through a private physician; however, school district forms must be completed by the physician and all costs incurred are the responsibility of the student-athlete. A sports physical is in effect for one school year. A current Health History Update form must be completed by the parent/guardian for any physical over 30 days old. A sports physical is required before participation in an interscholastic school sport is permitted.

Important: A sports physical is not necessarily the same as a routine physical examination. If a student is examined by a private physician for participation in sports, it is essential that a school sports physical form be completed by the physician

Dress Code

Coaches and Student-Athletes are representatives of Holy Redeemer Catholic School and the Diocese of Orlando. They are expected to not only conduct themselves in such a manner, but also to dress appropriately. Clothing is also about safety and team comradery, **and dress code will be required for participation**. Dress code is outlined below.

Student-Athlete in Interscholastic CYS sports

During practices, athletes should dress in their PE uniform, or in any Holy Redeemer t-shirt and black or dark green shorts, sport-socks and appropriate sport-specific shoes (cleats, high tops, etc.). Other practice gear may be deemed appropriate by the coach.

During games, athletes will wear a uniform provided to them from Holy Redeemer. Athletes are expected to care for the uniform during the course of the season (wash in cold water, hang to dry, keep out of extreme heat such as a hot car, etc.), and return the uniform to the Athletic Director at the conclusion of the season in as good as or better condition than when the uniform was received. Damaged or missing uniforms will be paid for by the student-athlete to Holy Redeemer.

Coaches for Interscholastic CYS sports

During practices, coaches are expected to wear Holy Redeemer t-shirts, or plain-colored t-shirts without slogans, graphics, etc. (simple logos, such as a Nike swoosh are allowed). Coaches are allowed to wear shorts or pants at their discretion, and appropriate socks and shoes as determined by the sport.

During games, coaches are expected to wear Holy Redeemer polo or t-shirts, slacks or dress shorts, and sport-appropriate socks and shoes. Coaches are provided one polo shirt per school year from the school; additional shirts may be purchased at the coach's expense.

Coaches and athletes are allowed to wear hats to practices and games that occur outside. Hats should be plain, solid color, no graphics, words, or logos (simple Nike swoosh or similar is allowed).

Intramurals:

Students participating in intramural sports should wear HRCS PE clothes or the intramural t-shirt provided to them and PE shorts, socks, and tennis shoes. Even on NUT (No Uniform Today) days, students are expected to bring appropriate intramural clothes and wear them to practice. Time is allowed to change, and there are adults available to help students change clothes.

Risk Factor in Sports

Participation in interscholastic and intramural sports is a very rewarding experience. However, as with any sport competition, there is a certain risk of injury. Each sport has its own activities which can lead to injury, and the danger involved can vary from sport to sport. The nature of athletic injury can run from minor injuries, such as bruises and scrapes, to more serious injuries, such as fractures, dislocations, and concussions. Holy Redeemer Catholic School is committed to providing as safe an environment for participation as possible. Our fields, gymnasiums and equipment are kept in excellent condition. Coaches will point out areas to avoid injury. Parents/guardians should notify the coach of illness or injury and make the Athletic Director aware if they feel the student is using unsafe equipment. *Please refer to page 18 for more detailed information and the release for risk of injury.*

Fees

All athletes must pay fees in order to participate in intramural or interscholastic sports. Interscholastic sport fees are charged to cover each athlete's league fee, uniform rental, and the award ceremony at the end of the school year; intramural sport fees cover the cost of equipment, a t-shirt for the athlete, and administrative costs. Other costs may be included in the fees. For an interscholastic athlete to remain an active member of the team roster and receive an invitation to the athletic award ceremony, including receiving their team medal, all fees should be paid by specified times. For an intramural athlete to remain an active member of the team, fees should be paid by the specified time. Fees will be added to FACTS accounts and billed according to the sports each athlete chooses to play. Concerns about costs of participation should be directed to the Athletic Director and Principal. Catholic Youth Sports financial scholarships are available upon documentation submitted for the school.

****League fees and intramural fees are waived for athletes whose parents coach an interscholastic or intramural sport upon request through the Principal.*

Awards

All interscholastic athletes will receive an award for participation in each sport for which they are completely registered (including payment), fully participated, and completes a season. If a student starts a sport, is completely registered, but does not fully participate and/or quits the team before season completion, the athletes will forfeit the award. If a sports team folds before the completion of the season, athletes will forfeit the award.

There are two specialty awards available for students...the Four-Sport Award and the Sir Knight and Lady Knight award. Eligibility is as follows:

Four-Sport Award is for ANY 5th-8th grade Athlete who

- Is completely registered in all 4 sports offered through CYS (Basketball, Soccer, Track, and Volleyball).
- Fully participates in all 4 sports offered through CYS.
- Maintains complete eligibility throughout the season, without loss of game time due to academic or conduct suspensions.

The Sir Knight Award* is presented to one 8th grade male athlete who:

- Is completely registered in all 4 sports offered through CYS (Basketball, Soccer, Track, and Volleyball)
- Fully participates in all 4 sports offered through CYS

- Maintains complete eligibility throughout the season, without loss of game time due to academic or conduct suspensions.

The Lady Knight Award* is presented to one 8th grade female athlete who:

- Is completely registered in all 4 sports offered through CYS (Basketball, Soccer, Track, and Volleyball)
- Fully participates in all 4 sports offered through CYS
- Maintains complete eligibility throughout the season, without loss of game time due to academic or conduct suspensions

*All students in 8th grade who meet eligibility requirements for the Sir Knight and Lady Knight Awards are then voted on by their teachers and administration, so there is one winner for each award.

ATHLETIC CODE OF CONDUCT AND TRAINING RULES

General Statement on Participation:

Participation in interscholastic and intramural athletics at Holy Redeemer is a privilege. This participation should elicit great pride among all school and community members. Part of the responsibility that goes with the participation in school sports is the need to maintain appropriate standards of behavior. Therefore, the following are standards of behavior which must be maintained in order to remain eligible for participation in interscholastic and intramural athletics at Holy Redeemer. The signatures of both the student athlete and a parent/guardian indicate that each is aware of the expectations. Before a student athlete is permitted to participate on an athletic team, both the student athlete and the parent/guardian must sign an athletic code of conduct form and return it to either a coach or the athletic director. (This form can be found at the back of this handbook, or may be obtained from the athletic director.)

Attendance

Absence

Absence from school is generally not acceptable. Normally, lack of attendance on a school day indicates the student cannot participate in either practice or games on that day. Exceptions are made for the following:

- a. Funeral
- b. Medical/dental appointments with absence for part of the day
- c. Religious observance
- d. Required court appearances
- e. Acceptable excuses which are reviewed by the Director of Athletics

Upon reaching six absences during the fall or spring season, or eight absences during the winter season, the athlete will have his/her eligibility to participate reviewed by the Athletic Director and Principal. Circumstances surrounding an extended period of absence will also be reviewed. Any athlete absent for five or more consecutive days must have his/her physical re-certified by the school physician.

It is the responsibility of the student-athlete and parent to inform coaches of possible missing practices.

Even with approved, pre-arranged absences from practice, a student-athlete may be removed from the team if s/he fails to participate in 75% of games/practices. Student-athletes (and their parents) are making a commitment to a team. The team depends on each individual. Please make sure you can fully commit to the team before joining.

League rules for missing games: If a player has 2 or more unexcused absences from games, s/he is ineligible for tournament play. Please contact the coach if there is any possibility you are unable to participate in a game.

League rules for game play: Athletes with decreased attendance (this can include leaving early or showing up late) or discipline issues at practices/games may not play, or may have a reduced time of play. This decision is up to the coach. **Coaches are not required to play every athlete in every game for any specific length of time. This applies to all levels – JJV, JV, and Varsity teams.**

Tardiness

Student-athletes must be in school by 11am to be eligible to participate in a contest that day. When a student-athlete accumulates four unexcused tardies to school, he/she becomes ineligible for the next scheduled competition. Each succeeding tardy thereafter causes the student-athlete to become ineligible for the next scheduled competition. An excused tardy is so determined by the office, and will be considered excused by the athletic department based on the labeling by administration.

Individual Team Standards

Often a coach will develop standards for a specific team. These standards may come in the form of responsibilities, requirements, expectations, and penalties for violations. They will reflect the standards of this handbook and the coach's expectations for his/her team. They may also address such issues as attendance at practices and games, expected behavior at practices and games, and other issues not specifically covered in this handbook. Student athletes and their parent/guardian should become familiar with the standards and expectations for a specific team. The coach will present all team standards to athletes and their parents/guardians in writing at an appropriate time.

All practices are considered mandatory and require the athlete's attendance. Attendance at practices helps the team to function together, and missing practices hurts the team. Athletes who miss practices will be held accountable at games, as outlined below:

- **Basketball***: miss 1 practice, sit out 1 quarter; miss 2 practices, sit out 2 quarters; miss 3 practices, sit out 3 quarters, miss 4 practices, sit out the entire game. Athletes who miss 2 or more games are considered having quit the team and will forfeit all rights associated with being a member of the team.
- **Soccer***: miss 1 practice, sit out the first 10 minutes of the game; miss 2 practices, sit out the first half of the game; miss 3 practices, sit out the first half and the first 10 minutes of the second half; miss 4 practices, sit out the entire game. Athletes who miss 2 games are considered having quit the team and will forfeit all rights associated with being a member of the team.
- **Cheerleading***: miss 1 practice, cheer from the bench at the following game (no stunting, time out cheers, half-time cheers, or other as deemed appropriate by the coach). Miss 4 practices and/or 2 games, athlete will be considered having quit the team and will forfeit all rights associated with being a member of the team.
- **Track***: There are only 3 meets with track. Athletes who miss 2 or more practices are considered having quit the team and will forfeit all rights associated with being a member of the team.
- **Volleyball***: miss 1 practice, sit out the first set of the following game; miss 2 practices, sit out the next game. Miss 2 games, athlete is considered having quit the team and will forfeit all rights associated with being a member of the team.

*Coaches have flexibility in use of discipline. This outlines the primary steps a coach can take, but your coach may have a different plan. Please contact your coach with questions about absences and discipline.

Parents of student-athletes are encouraged to sign up for remind (information is sent out at registration) so the coach can communicate effectively with team members. Please be on the lookout for this information and make sure you are signed up for the appropriate team to receive communication.

Extended Center for Learning Program (ExCEL)

For their safety, all students remaining on campus after dismissal are required to attend the Extended Center for Learning. **This program is available from school dismissal time until 6:00 pm at a cost of \$40.00 per week or \$10 per day.** This will be the only supervision of students who remain on campus after 3:15 pm (2:15 pm on Wednesdays.) **Parents are responsible for payment for this service.** All students MUST be registered EXCEL if the program is expected to be needed.

Students arriving at the Extended Center for Learning after sports or other after-school activities must be escorted by a coach or a responsible adult and sign in. Because of our commitment to the safety of every child, any child (PK-8) remaining on campus after school hours without a sanctioned adult supervision will be taken to EXCEL and the parent will be responsible to pay the specified fee.

Parents are expected to pick up students at scheduled practice end time. Coaches will remain with students waiting for parents for a maximum of 15 minutes after practice time. After the 15 minute mark, any student still waiting for a parent will be escorted to ExCEL at a cost to the parent. Please arrive on time or prearrange transportation for your athlete.

On days where athletes have games, parents are expected to pick up athletes at dismissal, unless otherwise instructed by the coach for pre-game practice. If it is a home game, athletes should arrive back to school at the time designated by the coach. If it is an away game, parents are responsible for providing transportation for their athlete to the game. ExCEL costs are not included with athletic fees. Athletes remaining after school will be escorted to ExCEL *at a cost to the parent.*

For more information about EXCEL, please refer to the EXCEL's Policy Manual.

Physical Education Class Participation

Student-athletes are required to participate in regularly scheduled physical education class. Any student who is unable to participate fully in PE class will be unable to participate in interscholastic or intramural sports that day. If a student brings in a note from a parent or doctor excusing them from PE class, they will also be excused from sports participation that day and this information will be communicated to the coach.

Injury/Illness

A student athlete must report any injuries/illness immediately, no matter how slight the injury may appear to be. Medical expenses resulting from any injury must first be submitted to the athlete's parent/guardians own insurance carrier, and any remaining balance can be submitted to the school's accident insurance carrier who will determine what, if any, further payment or reimbursement will be made. If a coach is not available, the injury should be reported to the school nurse, the Athletic Director, or an administrator, or supervisor as soon as possible after the injury has occurred. Coaches will complete an injury report and submit it to the school nurse.

If a student-athlete has an illness or injury requiring the supervision of a doctor, the student-athlete should bring a doctor's note to the Athletic Director specifying any limitations; i.e. unable to participate, participation allowed with limitations such as no running, etc. The Athletic Director will communicate directly with the coach on the athlete's limitations, and keep the note on file. For any illness/injury requiring no participation for an unspecified amount of time, written clearance from a doctor will be required for the athlete to return to play. Any student suffering a concussion will be required to be fully cleared by a doctor to return to play.

Appealing a Suspension/Dismissal

If a student-athlete chooses to appeal a suspension or dismissal, a request for appeal must be made in writing to the athletic director. The athletic director will inform the principal of the desire for appeal and call a meeting with the student-athlete, and his/her parents. Also attending this meeting will be the athletic director, student counselor, and the coach. After the appeal is heard, the members of Holy Redeemer will render a consensus decision within five (5) school days. The student athlete will remain ineligible for competitions until the entire appeal process is complete.

Quitting a Team

A student-athlete is considered to have quit a team when (1) he/she either verbally or in writing expresses to the coach that he/she has quit, or (2) he/she misses three consecutive unexcused days of practices and/or games. Once the student-athlete has quit a team, he/she may not participate on another athletic team during that season without first receiving permission from the athletic director. Once a student-athlete quits a team, all opportunities for awards for that sport in that season are forfeited. A student-athlete who quits a team forfeits any monies paid to participate in said sport.

Intramurals

Intramurals are sports offered at HRCS for students in grades prek4-4th grade. They are not part of CYS, but are a program specific to HRCS. The program takes place on Tuesdays, 3:00-3:50 (except school holidays) on site. Students learn the fundamentals of the sport, while having fun and practicing team work. They have a registration process, and you can contact the Athletic Director for more information about what sports are offered, time of year, coaching, and registration.

Students participating in intramurals are eligible to play as long as they are a registered student of HRCS.

Parents and older siblings (high school or older) are allowed to volunteer coach intramurals. Students of parents who are coaches will participate in intramurals for free. If you are interested in volunteering, please contact the Athletic Director for the process of becoming a coach.

Students in grades 7-8 are encourage to volunteer coach with intramurals to earn volunteer hours for NJHS, Student Council, etc. Please see the Athletic Director if you are interested in volunteering.

Spectators

HRCS is fully committed to providing the best athletic experience to all our athletes. Coaches need time and space to coach their team. Athletes need space and attention from their coach to improve. All students, coaches, and spectators deserve full attention from HRCS so we can provide a safe environment for all sports.

Coaches are at practice to help athletes at their game, and cannot be responsible for siblings or other attendees, therefore **spectators are not allowed an interscholastic or intramural practices**. Parents and siblings older than 16 who are fingerprinted through the diocese are allowed to help the coach with approval from administration and the coach. Otherwise, all spectators should remain outside the practice area until practice is over.

Siblings and any other non-registered HRCS students are not allowed at practices; if students are at practices without administrative approval or registration for that sport, they will be escorted to ExCEL at a cost to the parent. Non-HRCS siblings and parents should remain outside the practice area until practices are over, unless otherwise approved by administration and the coach.

Parents, siblings, relatives, etc. are encouraged to attend any and all games and cheer HRCS athletes during competition. There is no charge to attend games. **Siblings and other spectators under the age of 18 should be escorted to athletic events with a parent or guardian who is also a spectator.** *Coaches, referees, the Athletic Director, or any other school employee are not responsible for spectators at games.* Any spectator under the age of 18 without a parent/guardian may be escorted to ExCEL (for HRCS students) or outside the school and sent home.

Inappropriate behavior from spectators, siblings, parents, etc. will not be tolerated. Spectators who demonstrate inappropriate behavior may be escorted out of games or off campus at practices, or be denied access if continued inappropriate behavior occurs on a regular basis. Please refer to pages 7 and 9 for the Code of Conduct for Spectators and Parents for more information.

NOTIFICATION OF RISK-English
HOLY REDEEMER CATHOLIC SCHOOL, FLORIDA
WARNING, AGREEMENT TO OBEY INSTRUCTIONS,
ASSUMPTION OF RISK, RELEASE AND HOLD HARMLESS AGREEMENT

I am aware that playing or practicing any sport can be dangerous in nature involving MANY RISKS OF INJURY, including but not limited to death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, serious injury to virtually all internal organs, and serious injury or impairment to other aspects of the body, general health and well-being. I understand that the dangers and risks of playing or practicing in any of the above sports may result not only in serious injury, but in serious impairment of my future abilities to earn a living, to engage in social and recreational activities, and generally to enjoy life. Because of the dangers of participating in any sport, I recognize the importance of following coaches instructions regarding playing techniques, training, the Holy Redeemer school code of conduct and other team rules, etc., and agree to obey such instructions.

AS CONSIDERATION FOR THE SCHOOL BOARD OF HOLY REDEEMER, ALLOWING MY CHILD OR WARD TO PARTICIPATE, PRACTICE OR TRY OUT FOR ANY SCHOOL BOARD SPONSORED ATHLETIC ACTIVITY, WITH THE UNDERSTANDING THAT THERE IS A RISK OF INJURY ASSOCIATED WITH ALL ATHLETIC ACTIVITY INCLUDING BUT NOT LIMITED TO INJURY CAUSED BY CONTACT, PHYSICAL CONDITIONING, EXERTION, EXTREME HEAT, CONCUSSION, MEDICAL CONDITIONS KNOWN OR UNKNOWN, EQUIPMENT DEFECTS, EQUIPMENT FAILURES, EQUIPMENT MISUSE OR EQUIPMENT MAINTENANCE, PLAYING FIELD CONDITIONS, PLAYING FIELD MAINTENANCE, FACILITY CONDITIONS, FACILITY MAINTENANCE, INTENTIONAL ACTS OF THIRD-PERSONS, SUPERVISION AND STUDENT DISREGARD OF CONDUCT CODES AND SAFETY INSTRUCTIONS, TO WHICH MY CHILD OR WARD MAY BE EXPOSED, I AGREE TO ASSUME THE RISK SET OUT ABOVE, AND ON MY OWN BEHALF AND ON BEHALF OF MY CHILD OR WARD, HEIRS, EXECUTORS AND ADMINISTRATORS, RELEASE AND FOREVER DISCHARGE THE RELEASED PARTIES DEFINED BELOW, OF AND FROM ALL LIABILITIES CLAIMS, ACTIONS, DAMAGES, OR COSTS OR EXPENSE OF ANY NATURE ARISING OF MY CHILD OR WARD PLAYING, PRACTICING OR TRYING OUT FOR ANY ATHLETIC ACTIVITY. I FURTHER AGREE TO INDEMNIFY AND HOLD EACH OF THE RELEASED PARTIES HARMLESS AGAINST ANY AND ALL SUCH LIABILITIES, CLAIMS, ACTIONS, DAMAGES, COSTS OR EXPENSES, INCLUDING BUT NOT LIMITED TO, ATTORNEY'S FEES AND DISBURSEMENTS. THE RELEASED PARTIES ARE THE HOLY REDEEMER, FLORIDA, ITS EMPLOYEES, AGENTS, REPRESENTATIVES AND ANY OF ITS INSURERS. I UNDERSTAND THAT THIS RELEASE AND INDEMNIFICATION AGREEMENT INCLUDES ANY CLAIMS BASED ON THE NEGLIGENT ACTIONS OR INACTIONS OF ANY OF THE ABOVE-RELEASED PARTIES AND COVERS BODILY INJURY AND PROPERTY DAMAGE WHETHER SUFFERED BY ME, MY CHILD OR WARD BEFORE, DURING OR AFTER SUCH PARTICIPATION.

I hereby authorize the use or disclosure of my individually identifiable health information should treatment for illness or injury become necessary. **I hereby grant to Holy Redeemer the right to review all records relevant to my athletic eligibility including, but not limited to, my records relating to enrollment and attendance, academic standing, age, discipline, finances, residence and physical fitness.** I hereby grant the released parties the right to photograph and/or videotape me and further to use my name, face, likeness, voice and appearance in connection with the exhibitions, publicity, advertising, promotional and commercial materials without reservation or limitation. The released parties, however, are under no obligation to exercise said rights herein. I understand that the authorizations and rights granted herein are voluntary and that I may revoke any or all of them at any time by submitting said revocation in writing to my school. By doing so, however, I understand that I will no longer be eligible for participation in interscholastic athletics. **I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE.**

By signing the Athletic Handbook Agreement on page 19, I represent that I have considered the above Release and Hold Harmless Agreement and voluntarily and knowingly agree to be legally bound by its provisions in the event of litigation. I further authorize medical treatment for said child or ward at my cost if the need arises.

List of CYS schools and addresses needed for 5th-8th grade games/meets

This page does not apply to intramurals.

All Souls Catholic School

810 S. Oak Ave.
Sanford, FL 32771

<http://allsoulschool.org/ascs/Default.aspx>

Annunciation Catholic Academy

593 Jamestown Blvd.
Altamonte Springs, FL 32714

<http://www.annunciationacademy.org/>

Good Shepherd Catholic School

5900-5902 Oleander Dr.
Orlando, FL 32807

<http://www.goodshepherd.org/>

Holy Family Catholic School

5129 S. Apopka-Vineland Rd.
Orlando, FL 32819

<http://www.hfcschool.com/>

St. Andrews Catholic School

877 N. Hastings St.
Orlando, FL 32808

<http://www.standrewcatholicsschool.org/>

St. Charles Borromeo Catholic School

4005 Edgewater Dr.
Orlando, FL 32804

<http://www.stcharles-orlando.org/site/default.aspx?PageID=1>

St. James Cathedral School

505 East Ridgewood St.
Orlando, FL 32803

<http://www.stjcs.com/>

St. John Vianney Catholic School

6200 S. Orange Blossom Trail
Orlando, FL 32809

<http://www.sjvs.org/>

St. Margaret Mary Catholic School

142 E. Swoope Ave.
Winter Park, FL 32789

<http://www.smmknight.org/>

St. Mary Magdalene Catholic School

869 Maitland Ave.
Altamonte Springs, FL 32701

<http://www.smmschool.org/>

St. Thomas Aquinas Catholic School

800 Brown Chapel Rd.
St. Cloud, FL 34769

<http://www.staschool.info/>

Bishop Moore Catholic High School

3901 Edgewater Dr.
Orlando, FL 32804

<http://www.bishopmoore.org/site/default.aspx?PageID=1>

Showalter Stadium

2525 Cady Way
Winter Park, FL 32792

<http://hwp.ocps.net/showalterdirections.php>

Legacy Middle School

11398 Lake Underhill Rd.
Orlando, FL 32825

<https://www.ocps.net/lc/east/mlg/Pages/default.aspx>

Holy Redeemer Catholic School

Athletic Department

Athletic Handbook Agreement

By signing this form, I agree I have received the athletic handbook for Holy Redeemer Catholic School, and I understand, and am aware of the information contained within the handbook and agree to all policies and procedures. I understand the inherent risk in sport as outlined on page 17, and agree to the policies and procedures. I also understand that if I have questions concerning the athletic program at Holy Redeemer, I will contact the Athletic Director.

Student-Athlete name

Grade

Student-Athlete Signature

Parent/guardian name

Date

Parent/guardian signature

Please return SIGNED signature pages to Isaiah Pace, Athletic Director at Holy Redeemer. Please KEEP all UNSIGNED pages for reference.