



NORTHSIDE CATHOLIC ACADEMY

ATHLETIC POLICY

For Student-Athletes, Parents and Coaches

2005 Athletic Committee



NCA ATHLETICS

The athletic program exists at Northside Catholic Academy to help accomplish our goal of education the WHOLE child, and to provide opportunities for our students to further develop their skills of cooperation and good sportsmanship. All participants, from the Athletic Director to the newest member of our teams must make sure that being a positive participant is their main goal.

Our aim is to provide a fun atmosphere in which students learn the basics of the sport and develop as members of a team. These goals are easily met if all participants – students, parents, and coaches – follow the guidelines in this manual.

ATHLETE'S CODE

1. Participation in the NCA Athletic Program is intended to foster school spirit, loyalty, teamwork, responsibility, and sportsmanship.
2. Athletes **may not** react negatively to any official's decision. **No** incident, on or off the field or court, justifies an athlete arguing with an official.
3. Athletes will not use profanity at practice or in a sporting event. The use of profanity during a game shall subject the athlete to immediate removal from the game.
4. Attendance at practice and games is mandatory for participation in games, except in the case of an excused absence. **One** non-excused absence will result in the student being suspended from the next game (coach will determine what's an excused absence). Failure to attend practice on a regular basis, regardless of the level of athletic skill, will affect the amount of playing time an athlete is given, and may lead to removal from the team.
5. If a student is ill and misses school, he/she may not attend practice or play in a game that day.
6. Athletes are expected to be supportive of teammates at all times. Game day be ready to warm up, huddle and play.
7. Each athlete is a representative of Northside Catholic Academy and his/her conduct must reflect the principles of Christian behavior and respect for teammates, coaches, officials, and opponents. NCA athletes must demonstrate good sportsmanship, this includes:
 - No reaction to the referee's calls
 - Positive cheering only
 - Don't cheer opponent's mistakes
 - Taunting prohibited during free throws or serves (volleyball)
 - Dress in uniform at all times (shirts tucked in, shorts pulled to waist, undershirts same color as teammates)
8. Treat all equipment and gyms with respect and care. Do not remain in gym beyond practice time, and do not accompany friends to their practices.
9. Failure to comply with any of the above will result in probation, suspension, or dismissal from a team.

PARENT'S CODE

Please read, initial each item, sign at the end,
and return to registration table by the end of this meeting.

1. I pledge to be on time or early when dropping off my child for a practice or game. I understand that I am putting my child at physical risk by not providing adequate time for warm up. I understand the importance of picking up my child on time for all games and practices. This shows respect for the coach, who is volunteering his/her time, and it tells my child that he or she is my top priority. _____
2. I understand that the top three reasons kids play sports are to have fun, make new friends and learn new skills. I understand that the game is for the kids, and that I will encourage my child to have fun and keep sport in its proper perspective. I understand that athletes do their best when they are emotionally healthy, so I will be positive and supportive. _____
3. I will redefine what it is to be a "Winner" in my conversations with my child. A Winner is someone who makes maximum effort, continues to learn and improve, and does not let mistakes, or fear of making mistakes, stop them. I understand that mistakes are an inevitable part of any game and that people learn from their mistakes. I understand that all children are born with different abilities and that the true measure is not how my child compares to others but how he/she is doing in comparison to his/her best self. _____
4. I will "Honor the Game." I understand the importance of setting a good example of sportsmanship to my child. No matter what others may do, I will show respect for all involved in the game including coaches, players, opponents, opposing fans, and referees. I understand that officials, coaches, and players make mistakes. If the referee makes a "questionable" call, I will continue to respect the individual and be silent! _____
5. I understand that games can be exciting times for my child who is trying to deal with the fast-paced action of the game, respond to opponents, referees, teammates and listen to coaches. I will not add confusion by yelling out instructions. During the game, I will limit my comments to encouraging my child and other players for both teams. _____
6. I will not make negative comments about the game, coaches, referees or teammates in my child's presence. I understand that this plants a seed, which can negatively influence my child's motivation and overall experience. _____
7. I agree to support NCA athletics by volunteering as needed and scheduled to run concessions stand, keep score, take admissions, etc. _____
8. I pledge to read and discuss the athlete's code and coach's code with my child. _____

I agree to honor the Northside Catholic Academy Parent Pledge in my words and actions.

Parent/Coach Signature

Print Child's Name

COACH'S CODE

Every NCA coach is a volunteer who is sharing precious time with our young people – we are grateful. Coaches should coach only one team per sport, and need to be aware of, and follow, these guidelines.

1. Create a feeling of team loyalty by encouragement and positive instruction.
2. Carefully explain and demonstrate fundamentals at a level easily understood by the players.
3. Consider individual differences in both the ability to learn and to perform.
4. Emphasize that all players are representatives of the school.
5. Maintain discipline at practices and games, treating infractions with fairness to all players. An athlete's continued misbehavior after one warning warrants his/her dismissal from practice and/or game.
6. Give credit to the players after defeats as well as victories.
7. Treat coaches, officials, NCA team members, members of opposing teams, and fans with courtesy and respect at all times. Obviously, this prohibits the use of profanity at any sporting event.
8. Any misbehavior should be immediately reported to the Athletic Director who will then notify the campus principal.
9. Any change to practice or game schedule will be coach's responsibility to notify team members, team parents and athletic director.
10. Encourage the players to maintain a high standard of academic performance.
11. Ensure that every eligible athlete plays a reasonable amount of time in every game. Recognize that 4th and 5th grades are instructional in nature and even the playing time as is practicably possible.
12. Be responsible (when applicable) for the distribution and collection of uniforms.
13. Participate in annual coach's clinic, including First Aid issues, as well as review of NCA's athletic policy.
14. Coach is required to get a mandatory background check every year prior to coaching. Call campus principal for details.
15. A coach will receive one warning for violating this section. A second incident will result in immediate dismissal.



ACADEMIC ELIGIBILITY

Sports can be an important part of helping children grow into mature Christian adults. The reality is that the athlete's primary task right now is to be a student. Athletics and academics can exist in harmony, but only when they are being handled in the correct order – schoolwork first! We want to be able to teach NCA students to be able to participate in both. Students who show real effort in the classroom, on their homework, and with group projects, should have no trouble staying on an NCA team.

Below are the procedures that have been developed by the teachers, principals, and the NCA Athletic Committee to help students stay focused on their academics. If it becomes necessary for your child to be placed on probation or suspension, the student, parent, and coach will be notified in writing with the attached form. In the event of continued and/or serious violations of these or other school guidelines, a child will be dismissed from a sport and a conference will occur among parents, student, and principal.

PROBATION

Probation is a warning period of three (3) weeks during which time a student may continue to practice and play with the team, but parents and coaches know that getting homework assignments complete and staying current with other work are the student's most important objectives.

When a student is placed on probation, she/he will receive a dated form from the teacher with the principal's approval, which needs to be signed by the athlete and a parent and returned to school. It is then the student's responsibility to approach the teacher(s) on the date probation ends to determine if the probation has ended. The student will bring a signed note from the teacher or principal to the coach if probation has ended.

CONDITIONS FOR PROBATION

1. Below average grades due to poor effort in any academic area.
2. Disrespect or inappropriate behavior in the classroom, on the playground, on school grounds or the bus, or at any school event.
3. Poor sportsmanship shown at school or athletic practices or competitions.

SUSPENSION

Suspension is removal from the sport for a period of three (3) weeks. A student may not attend practice or games during this time. A student is placed on suspension if she/he has failed to show improvement at the end of probation. A student is allowed one (1) suspension during the season. In the event of a suspension, a conference with the student, principal, and parent(s) will occur either by phone or in person.

Immediate suspension may also occur at the discretion of the principal if student's behavior or academic performance warrants it. Any child who practices or plays after being suspended will be immediately dismissed from that sport.

DISMISSAL

Dismissal is removal from the sport for the rest of the season. A student will be dismissed if progress is not evident at the end of the suspension period. Immediate dismissal may also occur at the discretion of the principal.

In the event of a dismissal, a mandatory conference with the principal, student, and parent(s) will occur.

Participation in NCA Athletics is a privilege, not a right. Students need to keep this in proper perspective. By signing this form and returning the bottom portion of this page, athletes and their parents agree to follow these guidelines, and support the school in maintaining the proper attitude and atmosphere at all events.

I have received a copy of the NCA Athletic Committee Student Handbook and agree to follow the guidelines.

Student signature

Parent/guardian signature

Parent/guardian signature

STUDENT PROBATION/SUSPENSION NOTICE

Name of Student: _____ Room _____

Date of Action: _____

Action being taken:

- Three (3) week probation (student must focus on school work while participating in activities.)
- Three (3) week suspension (student may not participate in activity in any way.)
- Dismissal (student is no longer part of this team and/or activity.)
- Other (explain) _____

Reason for the action: _____

Recommendation for improvement: _____

Date to approach teacher(s) for reinstatement: _____

- Conference with student
- Phone call/conference with parent

Principal signature

Parent signature

Student signature

Top copy: Parent signs & returns
Middle copy: Homeroom teacher
Bottom: Coach/Athletic Director