

**Our Lady of Fatima Catholic
School
Athletic Handbook
for
Students, Parents, and Coaches**

Mission Statement

***Our Lady of Fatima School
is centered in Christ,
committed to learning, and
called to build character in a
Catholic environment.***

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Fatima Athletic Objectives and Philosophy

Our overall mission is to provide the opportunity for the physical, athletic, and moral development of our students in a safe and enjoyable atmosphere that stresses hard work, sportsmanship, and teamwork.

The policies and rules of Fatima Athletics are designed to meet the following objectives in accordance with the school's philosophy.

1. To afford each eligible student the opportunity to learn about a team or individual sport via being a member of a competitive team.
However, some sports, because of their nature and size, may require the practice of cutting, i.e., selective choosing of teams.
2. To teach our students how to behave respectfully and to be good competitors and Christians who know the meaning of sportsmanship and how it is lived, both publicly and privately.
3. To teach our students the fundamental skills of each competitive sport, offensive and defensive strategies, the fitness benefit of participation and finally, how to learn and be a member of a team.
4. To develop our athletes to be respectful of others in a competitive environment and endear, in return, the respect of their opponents.

Fatima Code of Ethics

For a student to participate on a Fatima Athletic Team, the student and his/her parents must conduct themselves in a manner which promotes good Christian morals and attitude by doing the following:

1. By always promoting school spirit,
2. By always showing good sportsmanship to your team and your opponent,
3. By always encouraging your teammates to do their best,

4. By always trying to have or improve Christian relationships between Fatima and other schools, and,
5. By always keeping high personal and team standards.

Students learn by example, so all coaches, teachers, and faculty members should work together by setting great examples for others to follow.

Student Participation and Eligibility

Becoming a member of a Fatima Athletic Team is a privilege and Fatima holds certain requirements for participation in its athletic programs.

1. Every student athlete must come to play with a respectful attitude toward his/her coaches, officials, and any other adult in contact with them. This means addressing adults with a courteous “yes, Sir” or “yes, Ma’am”.
2. This same respect must also be shown toward all teammates and opponents.
3. Christian sportsmanship must be practiced throughout all athletic endeavors. Learning to win graciously, lose graciously, and accept anything and everything in between is the rule at Fatima.
4. Students must adhere to all school rules, both in the classroom and on the playing fields. Please note the consequences regarding in-school behavior below in the next section.
5. Every Fatima athlete must electronically submit the following forms in order to participate in any practice or game. These forms and parental releases will be available online for parents to fill out before the start of each sport season.
 - A. Participation Fee:** This form needs to be filled out for each sport, every year. The actual fee will be deducted via FACTS, our electronic payment system. The Participation Fee form will be sent to the team roster on TeamSnap.

B. Informed Consent/Emergency Medical: You will be sent a link to fill out this form. It needs to be filled out electronically and submitted via Google forms. It will be filled out once a school year. The emergency medical portion of this form will be made available to each of the team's respective coaches.

C. Concussion Form: This form needs to be filled out electronically and submitted via Google forms. This form is required by state law and only needs to be submitted ONCE for each Fatima athlete. (Not every season)

D. Optional T-shirt order form : Dri-Fit short sleeved t-shirts will be available for purchase for \$15 at the beginning of each sports season. This is an optional purchase and can be worn on Spirit Shirt days. The actual fee will be deducted via FACTS, our electronic payment system. Forms will be uploaded to TeamSnap and should be printed/filled out at home. Athletes may turn these forms into Coach Derise via his mail drawer (Patti's office) or in the gym. Please do not turn into homeroom teachers.

Academics and Behavior Consequences

In order to participate in extracurricular activities for Fatima, a student must be in good academic standing. This means that every student must maintain a 2.0 grade point average and have no F's on his/her mid-quarter progress report or nine weeks report card. Each new school year every student will start off with a clean slate. If a student receives an F in any subject or falls below a 2.0 cumulative grade point average on a mid-quarter progress report or a nine weeks report card, that student will be ineligible and required to sit out of any and all sports until the subject with the F is improved and maintains a cumulative grade point average of at least a 2.0 on the next mid-quarter progress report or nine weeks report card. If tryouts for any team fall during the time a student is ineligible and required to sit out, the student will not be able to join the team if they become eligible after the tryouts are completed.

Generally, students are referred to the Dean of Students after their fifth infraction. However, this does not have to be the case.

Students who participate in extracurricular activities are treated as fairly and equitably as possible. All students are held accountable for their behavior in the classroom, on the court and in the field, at competitions, in practice, whether on campus or off campus. When a student accumulates ten infractions in a category on their Conduct Report Card, he/she is suspended from the classroom for a minimum of one day and from competition in his/her extracurricular activity for a minimum of one game.

A student whose conduct grade drops below a B (14 marks/points on the Conduct Report Card) will no longer be able to participate in his/her chosen extracurricular activity that quarter. He/she may be reinstated at the beginning of the next quarter, but that decision will be made by the coaches and sponsors in concert with the administration. Representing Our Lady of Fatima Catholic School in an extracurricular activity is a privilege reserved for students who follow Fatima expectations of behavior.

This policy starts over each academic nine weeks.

Practice and Game Uniforms

In most cases, Fatima will provide the practice and game uniforms for the athlete to wear for that sport. In some circumstances like football, students might buy their own pads or equipment. All Fatima-issued equipment and uniforms are considered the property of the school. Both students and their parents are expected to take good care of their uniforms and any equipment that was issued. If any of the uniforms and/or equipment is lost or damaged, the parents of that athlete will be required to reimburse the Athletic Department for the replacement cost of the lost item(s). If the cost is not reimbursed, that athlete will not be allowed to participate in another school sport.

In addition, the following rules apply to all uniforms:

1. Athletes will wear only that uniform assigned by the athletic department for that sport.
2. Athletes will be representing Fatima and the uniform shall be kept clean and in good condition at all times.
3. Uniform shirts should be tucked in when being worn.
4. Jewelry and metal hair accessories are not allowed during any sporting event.
5. No spaghetti strap shirts, lycra, or spandex shorts are allowed at any practice or games.
6. Unless a specific event is announced, Fatima uniforms, warm-ups, and jerseys will be worn at Fatima practices and games only.

Guidelines and Expectations for Coaches

All Fatima coaches are expected to understand and support our school's Catholic philosophy and mission statement. Coaches should always set a good example by conducting themselves appropriately at all times. All coaches have a direct and important impact on all athletes they are involved with; therefore, coaching must be done in a very positive and educational manner.

Coaches should adhere to the following:

1. Discuss expectations you have for the student and the team.
2. Communicate all practice and game times as early as possible to the athletes and parents. The Athletic Department will also be involved with this, for example, evaluating weather conditions for the safety of everyone. When possible, the Athletic Department will communicate any changes before dismissal.
3. Start and end practices according to the schedules.
4. Shall not schedule a practice or game on any Sunday.
(Diocesan policy 4001-2)

5. Must allow ample water breaks to all participants.
6. Must stay with the students until everyone is picked up from their practice or game.
7. Notify the Athletic Department of any action that needs to be taken against a player or a parent as soon as possible.
8. May allocate playing time to a player who has been faithful to their team, practice, good attitude, and a desire to get better, no matter their level of play. (Ex. A student who attends Fatima practice instead of select practice or non-Fatima activity.)
9. Should always have the medical emergency papers for all athletes on their team with them.

Guidelines and Expectations for Parents

Parents, along with our coaches, are the most important role models to our young athletes. Good communication between all parties is essential for a positive and rewarding experience for all those who are involved.

Parents should adhere to the following:

1. The 24-hour rule: Please allow 24 hours after a game or practice before calling or emailing a coach or administrator.
2. Please discuss any issues with the coach first before calling or emailing the Athletic Department.
3. If a resolution is not achieved from a discussion with the coach, please notify the Athletic Department for assistance.
4. Please notify coaches as soon as possible if your child will miss a practice or a game.
5. Please have your child at their practice or game on time as scheduled by your coach.
6. Please pick up your child promptly from his/her practice or game. Everyone's time is valuable.

7. Always remember that your child is part of a team and that all students on that team should be considered when discussing issues with coaches.
8. Complete and return all forms and pay the required fee for each sport their child is playing. All Fatima spirit shirts are an optional purchase.
9. Sign up and work home games that are held at Fatima or outside facilities, e.g., concessions, admissions gate, scoring, etc.

Guidelines and Expectations for Students

All Fatima student athletes are held to a high set of standards. Each student athlete should be proud of their accomplishments in the classroom and on the playing field.

Students should adhere to the following:

1. Must be present at school for 5 of the 7 class periods to be eligible to participate in a sporting activity held on the same day. An exemption would be a death in the immediate family or observation of a religious ceremony.
2. If a student submits a doctor's excuse to school which does not allow them to participate in any Physical Education activities, that same excuse will carry over for any athletic practices or games during the designated time period in the doctor's excuse.
3. Bring in all paperwork and fees within the designated time given.
4. Be responsible for cleanup after a practice or game and discard any trash in all areas, including fields, gyms, locker rooms. Everyone should take pride in our school.

5. Take very good care of your Fatima-issued equipment, practice and game uniforms.
6. Must always let your coaches or Athletic Department know when you will miss or be late to a practice or game. This should be done at the earliest time so coaches can adjust their lineups if needed.
7. Always represent Fatima on and off the court/field in a Christian and respectful manner with a great attitude and kindness towards others and their teammates.
8. Never criticize or complain about any coaches, teammates, opponents, and officials at any time.
9. Attend all practices or games with a great positive attitude and be willing to give 100% all the time, and support your teammates and coaches each and every day.

In developing these rules and policies, the Athletic Department Administration has tried to be as explicit as possible. Nevertheless, during the school year new and unusual situations will arise. Therefore, the Athletic Director and Principal have the authority to use their discretion in whatever circumstances the handbook does not precisely apply and, if needed, reserve the right to amend the handbook for a just cause in keeping with the spirit of Our Lady of Fatima Catholic School's mission.

Our Lady of Fatima Catholic School does not discriminate on the basis of race, color, gender, national origin, or disability (if with reasonable accommodations the individual can meet our program goals), in its educational programs, activities, or employment policies.