



## **Epiphany Catholic School Athletic Department Philosophy & Guidelines**

### **Philosophy**

The athletic programs at Epiphany Catholic School (ECS) give eligible student-athletes an opportunity to develop their gifts, support their teammates, cultivate sportsmanship and demonstrate school spirit. All team members are encouraged to display a Christ-centered attitude on and off the field or court.

The Athletic Department is part of the entire school program and works under the direction of the school administration. All final decisions remain with the school's administration, as the Athletic Department exists to further the goals of the school.

### **Expectations**

Participation on any athletic team at Epiphany Catholic School is a privilege and

should be looked upon as such and treated with respect. Students, parents, coaches and fans are to demonstrate Christian principles in all circumstances. It is expected that everyone associated with ECS team sports will support and encourage our players as well as one another.

Our athletes are expected to try to play their very best with an appropriate attitude at all times. They are expected to behave properly at school, at home and on the playing field. They are expected to excel academically and spiritually as well as athletically. They are expected to be champions for Christ and positive role models.

### **Sponsored Sports**

At this time, Epiphany Catholic School sponsors: girls Volleyball (grades 5-8) and Coed Soccer (grades 5-8) in the Fall, girls and boys Basketball (grades 5-8) in the Winter, and girls and boys Lacrosse (grades 6-8) in the Spring. [\*Lacrosse is considered a contact sport by the Diocese so is only offered for our Middle School students. Fifth grade will be considered to play Lacrosse only if there are not enough students in grades 6-8 to field a team.] Try outs may need to occur based on the number of students coming out for a sport. A decision on if he or she makes the team will be decided by the coach of that sport based on skill, attitude, and maturity levels.

The number of players on a team will be large enough to have a strong competitive team, but not too large to deter from the individual attention each player deserves when playing on a school team. Our coaches will choose those most qualified to represent the school in the particular sport while trying to prepare the older students for teams beyond the middle school years. All effort will be made to have each player experience playing time in a game environment but it is not a mandatory requirement.

Student-athletes are encouraged to maintain an overall healthy physical condition and work on fundamentals in each sport before, during, and after each season. Our goal is to develop the whole-person and encourage each student-athlete to work towards improving his/her skills.

No student will be allowed to play unless all required paperwork are turned in prior

to the first scheduled practice.

Required documents are:

- Ⓞ Registration/Emergency Permission Form
- Ⓞ Permission for Sports Transportation
- Ⓞ Medical History and Physical Examination Forms
- Ⓞ ECS Sports Participation Forms

### **Uniforms and Equipment**

Uniforms will be distributed at practice. Each Athlete will be issued a uniform. If allowed to take home and launder, we ask that you take proper care of it. Please wash it in the gentle cycle and line-draw only. **DO NOT PLACE UNIFORMS IN THE DRYER.**

Uniforms are the responsibility of the student-athlete and parent. Any uniform that is not returned or is damaged will result in a \$75.00 replacement fee. The Lacrosse equipment is a \$450.00 replacement fee for boys and a \$185.00 replacement fee for girls. No student may participate in any future sports until that debt is settled. Like all other fees, these must be paid before the end-of-year reports cards are issued.

### **Academic Eligibility**

All coaches are expected to uphold the school's academic policy. Eligible team members whose overall average grade falls below a C in any of his or her classes at any time during the season of the sport they are playing will be removed from the team, including practices until that overall average is returned to a C or better. Only the Principal can authorize a student's return to the team.

### **Attendance**

A student must be in attendance for a minimum of 4 periods on the day of a practice, event or game for the student to be eligible to participate in that school-sponsored event. Exceptions (i.e. attending a funeral, doctor's appointment) may be made by contacting the Athletic Director and/or School Administration prior to the date of missed class time. Unexcused absences can be detrimental to a team. Excessive unexcused absences may warrant dismissal from the team.

## **Conduct**

All student-athletes are expected to meet, and whenever possible, exceed the Standards for Excellence at ECS. Parents and fans are expected to properly support and encourage all of our players and treat the other teams and officials with respect and dignity. Players, parents and fans will be humble in victory and gracious in defeat.

Any student-athlete who demonstrates unsportsmanlike conduct will be removed from practice or a game. They may not re-enter said practice or game. The coach will discuss this behavior with the athlete and parents. The athlete may only play in the next practice or game if he/she corrects this behavior.

Parents who demonstrate unsportsmanlike conduct will be asked to leave the playing area immediately.

## **Games and Practices**

All games or game cancellations and the officiating will be scheduled through the Athletic Director. Final approval by the School Administration will be given once the schedule is complete. All game schedules will be posted on the ECS website as well as game cancellations due to inclement weather no later than 11:30 am. A school text message for that team sport may also be implemented if a decision is made after 11:30 am.

The practice schedule will be determined by the individual coach of the sport. They will submit their practice schedule to the School Administration for final approval. All practice schedules and/or practice cancellations will also be posted on the ECS website.

## **Concussion Protocol**

Please see the **Catholic Diocese of Arlington Policy, Practices and Procedures for Concussion in Elementary School Student-Athletes** outlined in the ECS Parent and Student Handbook that you received at the beginning of the school year.

## **Coaching**

Our coaches play an integral part in the development and character of our student-athletes. We require that our coaches not only support our student-athletes in the development of their God-given athletic gifts, but encourage them to compete with dignity and respect for their teammates and opponents - to become true sportsmen and women.

"Children are the most precious resource of the family and the Church. The greatest care must always be taken when the safety of children is involved. The Diocese of Arlington is committed to providing a safe environment to all children entrusted to our care and assisting each child to grow in grace and wisdom." All coaches must complete all Diocesan requirements in the "Protecting God's Children" program. All paperwork must be approved before a coach is able to hold a practice. Please refer to [www.arlingtondiocese.org/childprotection/index.php](http://www.arlingtondiocese.org/childprotection/index.php) for more information on this mandatory program.

Coaches are advised to keep the games as competitive as possible. In the event of a lop-sided score, measures need to be taken to avoid embarrassment of all athletes involved.

Coaches may not schedule games. This is to be done only by the Athletic Director. All schedules must be given to the school office for final approval.

### **Accounting**

All monies must be given to the school's business office. This includes, but is not limited to, fundraising and donations on behalf of the Blue and Gold Organization, our sports booster club. Only the school administration or Athletic Director or their designee may purchase on behalf of the Athletic Department.

All requests for equipment, uniforms, awards etc. must be made to the Athletic Director initially. The final decision will be made by the Principal.

The Athletic Director and Principal will decide when new uniforms are to be purchased for each sport. No sport or gender may be given priority. No team should raise funds just for its own use without the permission of the Athletic Director who will consult with the Principal. Teams who wish to purchase additional specialty items, may do so only after consulting as stated above.

*Please sign the back page and turn in along with your \$25 Athletic Fee at the beginning of each sport your student is playing.*

## **Epiphany Catholic School Athletic Department Permission Form**

As a student athlete participating voluntarily in any Epiphany Catholic School athletics, I understand that I will abide by the Epiphany Catholic School Athletic Department Philosophy and Guidelines. I, along with my parent(s)/guardian(s), certify that I have read and understood the information provided in the ECS Athletic Department Philosophy and Guidelines and in order to be eligible for participation, I must comply with all of the requirements stated in the Guidelines.

My child, \_\_\_\_\_, is allowed to participate in school sponsored athletic teams. He/she is allowed to participate in trips and travel on the school bus for athletics. In the event of an emergency whether on campus or on a school sponsored athletic event, the parent(s)/guardian(s) authorize Epiphany Catholic School to obtain immediate medical care and emergency transportation if the parent(s)/guardian(s) cannot be located immediately. I authorize the PE/Coach

office to have access to my Emergency Care Form.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Coach Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Athletic Director Signature: \_\_\_\_\_ Date: \_\_\_\_\_