

Saint Damian Parish

Athletic Association Handbook

2016-2017

Pastor: Father Joseph Noonan

Principal: Dr. Marian Stockhausen

Athletic Director: _____



Saint Damian Lancers

**** St. Damian Athletic Association Mission Statement ****

1.0 St. Damian Athletic Philosophy and Goals

2.0 Organization and Roles

2.1 Athletic Board

- 2.1.1 Athletic Board Members
- 2.1.2 Athletic Board Functions
- 2.1.3 Athletic Board Code of Conduct
- 2.1.4 Penalties for Violations of Code of Conduct
- 2.1.5 Athletic Board Meeting Agenda Format

2.2 Athletic Director

- 2.2.1 Athletic Director Duties
- 2.2.2 Selection of Coaches by Athletic Director and Board Members
- 2.2.3 Coaches Training and Workshops Coordinated by Athletic Director
- 2.2.4 Athletic Director's Assignment of Coaches for Grades 4 through 8

2.3 Coaches

- 2.3.1 "Double-Goal Coaches Guidelines
- 2.3.2 Double-Goal Coach Mental Model
 - 2.3.2.1 Redefining "Winner"
 - 2.3.2.2 Filling Players Emotional Tanks
 - 2.3.2.3 Honoring the Game
- 2.3.3 Additional Coaching Guidelines
- 2.3.4 Game rules of conduct for coaches
- 2.3.5 Coaching Responsibilities

2.3.6 Coaching Code of Conduct

2.4 Players

2.4.1 Standards of Participant Behavior

2.4.2 Players Code of Conduct

2.5 Coach and Player Addendum

2.6 Parents

2.6.1 Coach-Parent Partnership

2.6.1.1 Recognize the Commitment the Coach Has Made

2.6.1.2 Make Early, Positive Contact with the Coach

2.6.1.3. Make Early, Positive Contact with the Coach

2.6.1.4. Don't Put the Player in the Middle

2.6.1.5 Let the Coach Coach

2.6.1.6. Observe "Cooling Off" Period

2.6.1.7. Fill Entire Team's Emotional Tanks

2.6.2 Team Parent

2.6.3 Preseason Parent Responsibilities

2.6.4 Parents – Game Day

2.6.5 Parents/Spectators Code of Conduct

3.0 Player Selection Guidelines

3.1 Player Selection General Guidelines

3.2 Player Selection Guidelines Grades 4 and 5

3.3 Player Selection Guidelines Grade 6 through 8

4.0 Player Participation Guidelines

- 4.1 Participation Guidelines General
- 4.2 Participation Guidelines Grades 4 and 5
- 4.3 Participation Guidelines Grade 6
- 4.4 Participation Guidelines Grades 7 and 8
- 4.5 League(s) and Tournament(s)

5.0 Enforcement of Athletic Handbook Codes of Conduct

6.0 Grievance Procedures

- 6.1 Grievance Procedure Team Selection
- 6.2 Grievance Procedure Coach/Player/Parent/Spectator

7.0 Insurance

8.0 First Aid Procedures

9.0 Transportation of Players

10.0 Uniforms and Equipment

- 10.1 Uniforms
- 10.2 Equipment

11.0 Team and Program Fees

12.0 St. Damian Game Schedules

13.0 Player Eligibility

14.0 Team Practices

15.0 Awards

- 15.1 Frank Vacco Award
- 15.2 Southside Catholic Conference Award

16.0 Coaching Evaluations

17.0 Parent Meetings

18.0 End of Season Questionnaires

18.1 Coach Evaluation – for Parents & Players

19.0 Youth Sports Parent Code of Conduct

20.0 Sideline Suggestions

St Damian Athletic Association Mission Statement

THE MISSION OF THE ST. DAMIAN ATHLETIC ASSOCIATION IS TO ASSIST YOUNG STUDENT ATHLETES DEVELOP TO THE BEST OF THEIR ABILITY IN BODY, MIND AND SPIRIT BY PUTTING CHRISTIAN VALUES INTO PRACTICE.

A TRUE WINNER ALWAYS DOES HIS OR HER BEST, NEVER FOR THE GLORY OF SELF, BUT ALWAYS FOR THE GLORY OF GOD.

THE DEVELOPMENT OF THE WHOLE PERSON – HIS/HER RELIGIOUS, MORAL, SOCIAL AND ACADEMIC DIMENSIONS, AS WELL AS PHYSICAL DEVELOPMENT ARE OF THE UPMOST IMPORTANCE.

THE ATHLETIC DIRECTOR, BOARD MEMBERS, AND COACHES MODEL CHRISTIAN VALUES BY ATTENDING MASS, PARTICIPATE IN THE EUCHARIST, PERFORM ACTS OF CHARITY AND KINDNESS AND SHARE THEIR TIME, TALENT AND TREASURES.

1.0 St Damian Athletic Philosophy and Goals

The St. Damian Parish Athletic Program is designed to be representative of the Christian values in life. As Christians, we are constantly challenged to better ourselves. In team sports we strive for improvement, both as individuals and as a group. The development of Christian values is the primary focus of the St. Damian Parish Athletic Program. Athletic participation is one arena in which coaches, athletic director, officials, and student-athletes should strive to manifest and exemplify the ideals of Christian life.

The St. Damian Parish Athletic Program is designed to provide a high-quality experience to every athlete. A high-quality experience is one in which every athlete:

- Has fun playing the game.
- Feels like an important part of the team regardless of performance.
- Learns life lessons that have value beyond the playing field.
- Learns the skill, tactics and strategies of the game and improves as a player.
- Maintains good health through physical exercise.
- Appreciates physical fitness.
- Develops healthy social interests.
- Develops sportsmanship and teamwork.
- Learns to grow in the social qualities of courage, initiative, honesty, cooperation, self-confidence, and loyalty.
- To learn an appreciation of rules and performance in regards to rules.
- To play on their own level of competition and be able to recognize and to accept this level.
- To accept defeat knowing that they tried their best.
- To enable non-team members to give support through attendance as a cheering section.
- To promote and encourage the development of Christian values (character) through interaction with peers.
- To develop the concept of community through the participation in team sports.
- To strongly promote or commit to participation in St. Damian youth sponsored activities as the first and foremost priority if/when competing in additional athletics or other outside organizations.

Families provide the foundation for the St. Damian Parish Athletic Program. The family provides the basis of Christian life and is one of the first experiences of the community for the growing Christian. The concepts of team spirit and sportsmanship cannot be over-valued, for it is in these ideals that meaningful participation in a community is possible for the child.

The St. Damian Parish Athletic Program has a responsibility to each of its participants (coaches, players and officials), to provide the best possible atmosphere of competition, such competition should not be based solely in terms of winning and losing, but rather in terms of improvement, enjoyment, and building self-confidence. In order to accomplish

these goals the participants must become gracious winners and losers, understanding that team participation and goals are more important than individual performance. The concept of team participation allows the athletes to experience individual growth while encouraging growth of their teammates, peers, friends, and competitors.

Athletic activity plays an important part in the growth and development of children. Team sports competitive contests and special outdoor activities are opportunities to keep the body fit and the mind clear. For these reasons the St Damian Parish Athletic Program encourages the participation of all children, not merely the skilled athletes. In order to encourage wide participation and to foster Christian attitudes, the St Damian Parish Athletic Program is built on a strong foundation of dedicated volunteer coaches and children open to learning and playing. **St. Damian has a “no cut” policy.**

2.0 Organization and Roles

2.1 Athletic Board

2.1.1 Athletic Board Members

The members of the Athletic Board for 2016-17 are as follows:

Athletic Director	Open
President	Jim Pagnusat
Vice President	John Kruswicki
Treasurer	Jim Pagnusat
Secretary/Communications	Nancy Delahuerta
Tournament Coordinator	John Kruswicki
Equipment Manager	Dan Wilk
Practice Time Coordinator	Kelly DeGroot
Special Events	Kurt DeGroot
Uniform Coordinator	John Staszak
Boys Basketball Coordinators	Mike Witherspoon & Brad Morrell
Girls Basketball Coordinator	John Kruswicki
Girls Volleyball Coordinators	Laurissa Tanielu & Nancy Zasada
Boys Volleyball Coordinator	Brad Morrell
Soccer Coordinator	Jodie Yerkes
Golf Coordinator	Matt Kelly
Little Lancers Coordinator	Brian Wagner
Concession Manager	Nick Cardinal

2.1.2 Athletic Board Functions

Suggested functions of the Athletic Board include:

1. Establishing the philosophy and policies of the Athletic Program.
2. Assisting with the management, inventory and purchase of necessary equipment.
3. Planning, implementing and supporting fund-raising activities.
4. Supporting sponsored athletic tournaments.
5. Selecting and recruiting of Athletic Board members. Each Athletic Board member is selected by a committee of members from the Athletic Board. This committee makes a recommendation to the Athletic Board for approval.
6. Assisting with the preseason coaches meetings and postseason awards nights.
7. Giving assistance and support to the Athletic Director, coaches, families and athletes.
8. Assisting with dispute resolutions in accordance with grievance procedure process.
9. Serving on the evaluation committee that distributes and collects questionnaires; analyzes the results and communicates the results/information to the appropriate people within the procedural guidelines.
10. Advising regarding budget and registration fees.
11. Act as objective observers during team selection process. The role of objective observer is to provide the athletic director with another unbiased opinion during the team selection process. The final decision on player team assignment shall be made by the athletic directors. Objective observers will not have a son or daughter participating in the class for which the tryout is being held.
12. Conduct an annual parent meeting to inform new parents of procedures and policies that govern the St Damian Parish Athletic Program.
13. Act as points of contact for parents needing information and clarification regarding the athletic program.
14. Monitor and support all phases of the Saint Damian athletic program.

2.1.3 Athletic Board Code of Conduct

Standards for athletic board members behavior include:

1. All correspondence and letters, meeting minutes, board discussions, dealings with other organizations, results of coaches and athletic director surveys shall at all times remain confidential.
2. All e-mails between board members, pastor and principal shall be treated as confidential and shall not be forwarded to others with out approval of a majority of the board or as directed by a majority of the board.
3. Parent's complaints given directly to board members shall be treated as confidential. Board members can admit they are aware of disciplinary situations but must state they are not at liberty to discuss the particulars of the situation. Board members must always make clear that any opinion they voice on the matter is their own and not at that time the opinion of the athletic board. Board members upon hearing complaints shall request any complaint be provided in written form and delivered to the attention of the Athletic Board.
4. Results of parent surveys shall be provided to Athletic Director and are confidential.
5. Parishioner's suggestions for improvement shall be treated as not confidential. Board members are encouraged to review fully any suggestions and ask for written follow-up.
6. Attend all schedule board meetings.

2.1.4 Penalties for Violations of Code of Conduct:

1. Failure of athletic board members to maintain confidentiality on items identified above shall result in board member being suspended from active participation until a full investigation can be performed. If investigation reveals that a board member did violate confidentiality, that board member will be asked to resign.

2. Not attending 2 board meetings, with failure to notify the Athletic Director or President of your absence, is considered inexcusable and grounds for termination from the Athletic Board. The Athletic Board shall vote on termination with majority considering the motion carried.

2.1.5 Athletic Board Meeting Agenda Format

1. Opening prayer
2. Approval of minutes
3. Parents address board
4. President's report
5. Treasurer's report

6. Vice President's report
7. Secretary's report
8. Soccer report
9. Girl's basketball report
10. Boy's basketball report
11. Girl's volleyball report
12. Boy's volleyball report
13. Special events report
14. Little Lancers report
15. Golf report
16. Equipment report
17. Uniforms report
18. Practice times report
19. Old business
20. New business
21. President's closing comments
22. Date and time of next meeting

The Athletic Board generally meets every 3rd Monday or Tuesday of the month at 7pm in the Pastoral Center. Meetings are scheduled a month in advance with the Pastoral Center (please check the schedule). Parents are welcome to participate in agenda item #3. Parents will then be excused so that the meeting may continue.

2.2 Athletic Director

2.2.1 Athletic Director Duties

Athletic Director is responsible for:

1. The overall conduct of the Athletic Program.
2. Athletic Director will receive information about athletic business and is responsible for the dissemination of this information to the appropriate parties.
3. Work in conjunction with the respective sport coordinator to recruit and train and assign qualified coaches for all teams; providing coaches with workshop information and ensuring that the coaches are informed and prepared for each sport season.
4. Work in conjunction with the respective sport coordinator to conduct an informational meeting for all coaches at the beginning of the year.
5. Verify all coaches have participated in Virtus training. The Protecting God's Children program is the VIRTUS program for protecting children from child sexual abuse. The program is mandatory and required of those in the faith community who interact with minors.

6. Represent the parish at league meetings (or by sending a representative).
7. Organizing the Athletic Program and support functions by collecting written parental permission, student physicals, student emergency information and coaches' 7703 volunteer form and application.
8. Arranging for registration of team players; distributing registration materials; setting time and location for registration (along with the respective sport coordinator).
9. Acquiring and maintaining equipment, first aid supplies and uniforms (along with the equipment manager).
10. Scheduling practice facilities (along with the gym coordinator).
11. Work in conjunction with the respective sport coordinator to distribute league schedules to all coaches; a request for a schedule change must be made by the coach through the appropriate sport coordinator.
12. Working with all Athletic Board members to ensure the efficiency and quality of both the boys and girls programs.
13. Determining eligibility of each player for each sport; being certain that all players are eligible to participate.
14. Checking with the parish and school calendars to avoid schedule conflicts; working with parish leaders to avoid conflict with other parish programs, and to promote the Athletic Program in the parish.
15. Once a year the girls and boys athletic directors will schedule team pictures.
16. Make financial reports to the Pastor.

2.2.2 Selection of Coaches by Athletic Director & Board Members

The St. Damian Athletic Board encourages parent participation in the Athletic Program, believing that the St Damian parents have the greatest interest in the education of our student-athletes. The Athletic Board strives to identify qualified parents of our student athletes who are willing to coach. While the Athletic Board recognizes that our Athletic Program can not totally rely on parent coaches, the Athletic Board believes that the qualified non-parent should be given a preference in those instances in which parents and non-parents have expressed an interest in coaching one of our athletic teams. It is felt by the Athletic Board that the athletes should be coached by a non-parent to remove any influences a parent may have toward their child. In those instances in which a non-parent is not available to accept primary coaching responsibilities, participation by a parent of a student athlete is encouraged. If the Athletic Board are unsuccessful in finding a qualified adult volunteer for a specific grade level a college aged person can act

as the primary coach. The Athletic Director will make every effort to elicit the assistance of a parent of a student-athlete in acting in a secondary role. If the Athletic Director is unable to elicit the assistance of a parent in those instances in which a college aged person will act as the primary coach, then larger teams may be necessary. If a college aged coach is not available, it may be necessary to not enter teams in league competition at that grade level.

2.2.3 Coaches Training and Workshops Coordinated by Athletic Director

The Athletic Board recognizes the need to provide our student athletes with competent coaching. While the Athletic Board recognizes that our volunteer coaches, parents and non-parents will have a wide range of experience as a participant and/or a coach in any particular sport, there remains an obligation to encourage all of our coaches to improve their coaching skills. The efforts and skills of our coaches have a direct relationship to the overall success each of the student-athletes experience through participation on a St Damian athletic team. The Athletic Director will also attempt to identify coaching clinics, which are available in the area at which prospective and existing coaches may improve their coaching skills. In order to encourage parent participation through coaching for those parents, who may have limited knowledge and/or experience of a particular sport, the Athletic Director will attempt to identify mentors who are experienced coaches to initially assist inexperienced coaches. The respective sport coordinators also participate with this activity.

2.2.4 Athletic Director's Assignment of Coaches for Grades 4 through 8

The St. Damian Athletic Program recognizes that for grade levels 4 through 8 teams shall be selected. The respective sport coordinator and four Athletic Board members (who do not have a child in that respective sport) will make the selection of the team coach and the relative placement of the other coaches. The criteria for selecting a team coach are as follows:

1. Coach demonstrates ability to coach and models Christian values.
2. Coach articulates and models the philosophy and goals of the program.
3. Coach understands the fundamentals of the game.
4. Coach is willing to develop the potential, confidence, and skill of each athlete.
5. If all candidates demonstrate superior coaching ability it will then be left to the athletic director to make the final decision. This decision is final and not subject to review or grievance.

At the end of the year the athletic director shall review all of the coaches and their team's player development. Won loss record is not an indicator for team development. Player

and team development will be the deciding factor. Progress shown by all players on the team is a sign of an exceptional coach.

The team coach shall be selected by the athletic committee after the selection of team members. An exception would be where a coach without a child on the team could be selected before team selections.

2.3 Coaches

2.3.1 "Double-Goal Coaches Guidelines"

"The Positive Coaching Alliance has developed the Double Goal Coach mental model. A Positive Coach is a Double-Goal Coach who also wants to win but has a second goal: to help develop positive character traits: so they can be successful in life. Winning is important, but the goal, helping players learn "life lessons" is more important. A Double-Goal Coach puts players first." The St Damian Athletic Program wants every St Damian coach to strive to be a "Double-Goal" coach.

2.3.2 Double-Goal Coach Mental Model

"The "job description" of a Double-Goal Coach includes three major elements:

1. Redefining "winner"
2. Filling Players Emotional Tanks
3. Honoring the Game"

2.3.2.1 Redefining "Winner"

"A Double Goal Coach helps players redefine what it means to be a winner through mastery, rather than a scoreboard, orientation. They see victory as a by-product of the pursuit of excellence. They focus on effort rather than outcome and on learning rather than comparison to others. They recognize that mistakes are an inevitable part of learning, and foster an environment in which players don't fear making mistakes. They teach players that a key to success is how one responds to mistakes. They set standards of continuous improvement for self and players. They encourage players, whatever their level of ability, to strive to become the best players, and people, they can be. They teach players that a winner is someone who makes maximum effort, continues to learn and improve, and doesn't let mistakes (or fear of mistakes) stop him or her.

2.3.2.2 Filling Players Emotional Tanks

"A Double-Goal Coach is a positive motivator who refuses to motivate through fear, intimidation or shame. They recognize that every player has an "Emotional Tank", like

the gas tank of a car. Just as a car with an empty gas tank can't go very far, players with an empty emotional tank don't have the energy to do their best.

A Double-Goal Coach understands that compliments, praise and positive recognition fill Emotional Tanks. They understand the importance of giving truthful and specific feedback. When correction is necessary, a Double-Goal Coach communicates criticism to players in ways that don't undermine their sense of self-worth. A Double-Goal Coach strives to achieve a 5:1 "Magic Ratio" of praise to correction, recognizing that this allows players to better hear criticisms.

A Double-Goal Coach establishes order and maintains discipline in a positive manner. They listen to players and involve them in decisions that affect the team. They work to remain positive even when things aren't going well. They recognize that it is often when things go wrong that a coach can have the most lasting impact and teach the most important lessons. Even in adversity, they refuse to demean themselves, their players, or the environment."

2.3.2.3 Honoring the Game

"A Double-Goal Coach feels an obligation to his sport. He understands that Honoring the Game means getting to the ROOTS of the matter, where ROOTS stand for respect for:

- Rules
- Opponents
- Officials
- Teammates, and
- Self

A Double-Goal Coach loves their sport and upholds the spirit, as well as the letter, of its rules. They respect opponents, recognizing that a worthy opponent will push their athletes to do their best. They understand the important role that officials play and show them respect even when he disagrees with their calls. They encourage players to make a commitment to each other, and to encourage one another on and off the field. They live up to their own standards, regardless what others do."

2.3.3 Additional Coaching Guidelines

In addition to the Positive Coach Alliance Double-Goal Coaching guidelines, the St Damian Athletic Board requires that all coaches comply with the following:

1. Treat opposing coaches, participants and fans with respect, shakes opposing coaches and team members' hands after each contest.

2. Take steps to minimize a non-competitive game for example: When St Damian is ahead in the final quarter by a significant advantage, non-starters should be played or additional passing shall be required before scoring attempts.

3. A coach shall not discuss the final results of a game with a referee or umpire after the completion of the game. Any issues with game officiating will be documented and provided to the appropriate athletic director for resolution. The coach should not attempt to learn the referee's name but indicate to the athletic director the game, location and issue in question.

4. A coach shall provide fair playing time opportunities in accordance with the section on player participation guidelines and as stated below. It is the goal of the St Damian athletic program to provide every player with fair playing time as long as they attend practice and follow the direction of the coaches during practice.

b. For grades 4 and 5 every coach **must play all players at least a minimum of fifty percent (50%)** and will strive to give physically able players more playing time if possible. This applies to regular season only. For tournaments and playoff games a **minimum of twenty-five percent (25%)** is required.

b. For grades 6 through 8 a greater emphasis is to be placed on the competitive nature of athletics. In line with this emphasis, players must earn their playing time while still playing **at least one quarter of the game (25%)**. This applies to regular season. For tournaments and playoffs, a player must at least enter the game but no set playing time is required.

5. Coaches shall support and commit to the policies and procedures of the St Damian Athletic Program.

6. During a game only 3 "coaches" are allowed on the bench. This would consist of the head coach, one assistant coach and a score-keeper. Please limit the bench to those fore mentioned.

2.3.4 Game rules of conduct for coaches

1. Coaches may not come onto the field or court at any time during a game unless to attend to an injured player.

2. Coaches must address players, spectators and referees respectfully during the game.

2.3.5 Coaching Responsibilities

Responsibilities of the Coach include:

1. Attend the Athletic Board's mandatory coaches meeting at the beginning of the sport season.

2. Successfully complete the Virtus program, ASEP training, and complete Code of Conduct forms yearly.

a. Virtus Program

Training Adults to Protect Children

Begins by making adults of the Church that interact with children aware of how to protect children. Our PROTECTING GOD'S CHILDREN program for adults is a three to four hour awareness session that instructs adults of the Church that interact with children that to protect children you must have continuous awareness and vigilance. This awareness session makes trainees understand the signs of child sexual abuse, the methods and means by which offenders commit abuse and five empowerment steps one can use to prevent child sexual abuse.

Child sexual abuse is a worldwide public health issue. Child abuse, particularly child sexual abuse, is reprehensible—especially when the wrongdoer is affiliated with the Church. The VIRTUS® programs assist the Church in being a safe haven for children and a messenger for preventing child sexual abuse within the Church and society in general. We seek to achieve this lofty goal through our child sexual abuse prevention program: PROTECTING GOD'S CHILDREN™.

The PROTECTING GOD'S CHILDREN™ Program

Most organizations that work with children have some sort of child safety program. Through the PROTECTING GOD'S CHILDREN program, we maximize those efforts by helping churches and religious organizations refine their roles as child safe environments and empowering them with new tools to help them, and adults and parents, protect children.

Why Does It Work?

Child abusers seek to operate and abuse their power within nurturing, child-friendly environments where it is assumed that nobody would want to harm a child. Religious organizations of all faiths are an easy target. The PROTECTING GOD'S CHILDREN program implements safety mechanisms that send a message to all abusers and potential abusers:

- Child abuse is not tolerated,
- Children are vigilantly protected,
- Victims are listened to, heard, and shielded from further abuse, and
- Offenders are identified and punished.

b. ASEP Training

St. Damian is using the Volunteer Coaches Education Program, developed and delivered by the American Sport Education Program (ASEP) to educate coaches on their responsibilities as a coach.

"We wanted to have a quality program in place that would focus our sport coaches on the same goal," said Jim Panozzo, Athletic Director, "and that goal is an emphasis on developing the athlete's skills and talents, and not on the win/loss column. We were drawn to ASEP's program because their philosophy of 'athletes first, winning second' is in line with our goal."

ASEP has been working with coaches in the schools since 1990 as the educational partner of the National Federation of State High School Associations (NFHS). The NFHS and ASEP work together to deliver the NFHS Coaches Education Program, which has become the required coaching education program in 35 U.S. states and reaches over 35,000 high school coaches each year.

ASEP's Volunteer Education Program, for coaches of 8 to 14 year old athletes, provides a foundation in positive coaching philosophy; teaches communication and motivation skills, and basic injury treatment and prevention; provides guidelines for practice and game planning; and gives coaches step by step instructions on how to teach the skills and tactics of the sport they coach.

3. Conducting a preseason meeting with the parents prior to the first game. During that meeting the following shall be reviewed:

Review practice times

Handout emergency medical forms

Ask for a team parent to act as the team culture keeper

Review with team parents the Parent Pledge. All parents are required to sign the pledge.

Designate a parent to coordinate concession stand and entry fee collection point workers for all home games.

4. Being knowledgeable concerning the league rules pertaining to the sport being coached.
5. Be knowledgeable in the fundamentals for the sport you are responsible for coaching.
6. Providing accurate rosters and support materials to the Athletic Director.

7. Maintaining an adequate first aid kit and keeping medical forms readily available; providing required safety equipment in good repair and making certain that they are properly used by the players; first aid kits can be obtained from the Equipment Manager.
8. Be aware that individual school athletic programs will be held responsible for damages caused by team participants and spectators.
9. Provide game schedules to all parents as soon as they are available.
10. Collect complete emergency medical forms prior to the first game of the season.
11. Fill out an accident report form in the event a player is injured and immediately notify the appropriate Athletic Director.

2.3.6 Coaching Code of Conduct

Coaches shall comply with the Double-Goal Coach guidelines to the best of their ability. The following actions have been identified by the Athletic Board as of nature that disciplinary action will be required.

1. Any coach ejected from a game because of unsportsmanship like conduct will be suspended for the next game and may be subject to additional penalties.
2. Any coach who verbally abuses another person (for example, the use of words harmful to a player's sense of self esteem, or words that are excessively critical of player's or referee's ability or efforts) may be suspended for the remainder of the season and may be disqualified from participation in the St. Damian Parish Athletic Program.
3. Any coach who physically abuses or threatens an official, player or other person will be immediately suspended for the remainder of the season, disqualified from further participation in the St. Damian Parish Athletic Program and will result in at least one year suspension.

2.4 Players

2.4.1 Standards of participant behavior

1. Treat opponents with respect; shake hands after contests.
2. Respect the judgment of officials and abide by the rules of the contest.
3. Accept seriously the responsibility of representing the school or parish by displaying positive behavior at all times.
4. Play in a positive manner, reflecting Christian values.

5. Treat teammates and coaches with respect during both practices and games.
6. St Damian practices and games take precedence over other sports activities.
7. Players shall respect, listen and learn from their coach.

2.4.2 Players Code of Conduct

1. Any player ejected from a game because of unsportsmanship like conduct will be suspended from the next game and may be subjected to additional penalties.
2. Any player who physically or verbally abuses another player, participant or official may be suspended from play for the remainder of the season and may be disqualified from participation in the St Damian Parish Athletic Program.
3. Any player who verbally abuses or harasses his teammates or coaches during practice or games shall be subject to loss of playing.

2.5 Coach and Player Addendum

A registered player or coach, who voluntarily/involuntarily leaves his or her team before or during a current season, will forfeit their eligibility for selection to an (A) team in the next school year. The Athletic Board of St. Damian School reserves the right to review each case individually with regards to the above addendum as they occur.

2.6 Parents

Parents can play an important role in letting a coach "coach" by adhering to the coach-parent partnership, acting as a team parent and as the team culture keeper. Parents are required to read and sign the Parent Code of Conduct prior to each season.

2.6.1 Coach-Parent Partnership

The Positive Coaching Alliance encourages parents to contribute to a Coach/Parent Partnership that can help the athlete have the best possible experience by doing the following:

2.6.1.1 Recognize the Commitment the Coach Has Made

The coach has made a commitment that involves many, many hours of preparation beyond the hours spent at practice and games. He has earned the right to make decisions (even ones that don't work out so well) with his commitment. Recognize his commitment. Try to remember this whenever something goes awry during the season.

2.6.1.2 Make Early, Positive Contact with the Coach

As soon as you know who your child's coach is going to be, contact her to introduce yourself, and let her know you want to help your child have the best experience she can have this season. To the extent that you can do so, ask if there is any way you can help. By getting to know the coach early and establishing a positive relationship, it will be much easier to talk with her later if a problem arises.

2.6.1.3. Make Early, Positive Contact with the Coach

When the coach is doing something you like, let him know about it. Coaching is a difficult job, and most coaches only hear from parents when they want to complain about something. This will help fill the coach's Emotional Tank and contribute to his doing a better job. It also makes it easier to raise problems later when you have shown support for the good he is doing. And just about every coach does a lot of things well. Take the time to look for them.

2.6.1.4. Don't Put the Player in the Middle

If you think your child's coach is not handling a situation well, do not tell that to the player. Rather, seek a meeting with the coach in which you can talk with her about it.

2.6.1.5 Let the Coach Coach

You are not one of the coaches, so avoid giving your child instructions during the game. It can be confusing for a child to hear someone other than the coach yelling out instructions during a game. If you have an idea for a tactic, go to the coach and offer it to him. The let him decide whether he is going to use it or not. If he decides not to use it let it be. Getting to decide those things is one of the privileges he has earned by making the commitment to coach.

2.6.1.6. Observe "Cooling Off" Period

Wait to talk to the coach about something you are upset about for at least 24 hours after a game. Emotions, both your and the coach's are often so high after a contest that it's much more productive if you discipline yourself to wait until a day goes by before contacting the coach about a problem. This will also give you time to think about what your goals are and what you want to say.

2.6.1.7. Fill Entire Team's Emotional Tanks

Competitive sports are stressful to players, and the last thing they need is a critic at home. Be a tank filler for your child. Focus on the positive things she is doing, and leave the correcting of mistakes to the coach. Let her know you support her without reservation,

regardless of how well she plays. But don't stop there. Cheer for all of the players on the team. Tell each of them when you see them doing something well.

2.6.2 Team Parent

The responsibilities of the team parent are to:

Organize team concession stand workers schedule. There are to be 3 parents working the concession stand during your game at St. Damian.

Coordinate with the coach to make sure all parents have the correct game times and directions to visiting schools.

2.6.3 Preseason Parent Responsibilities

1. Each participant must complete and return the emergency medical release form prior to participation in the Athletic Program. The medical release form may allow emergency medical treatment on the participant if the parent is not available. Again, this form must be completed (signed by both parents and a legal guardian) before a player is allowed to participate in either a practice session or a game. The coach should keep a form for each player and carry them to all functions (games, practices, tournaments, etc.)

2. Parent shall attend a preseason parent meeting held by the Board. The meeting is mandatory and at that time the Board will review the Parent Pledge. All parents are required to read and sign the pledge. Parent may also be asked to volunteer as team parent and team culture keeper.

2.6.4 Parents – Game Day

1. "Always show respect for the other team and the officials. Encourage other parents to also Honor the Game. If a parent of a player on your team begins to berate an official, gently say to them, "hey, that's not Honoring the Game. That's not the way we do things here."

2. Remember that the players are children and are playing for their enjoyment, not yours.

3. Remain seated in spectator area during games.

4. Respect decisions made by contest officials. Do not at any time attempt to engage officials in discussion either during or after games. Any issues with game officiating shall be documented and provided to the appropriate athletic director for resolution. The spectator should not attempt to learn the referee's name but indicate to the athletic director the game, location and issue in question.

5. Be a role model by positively supporting teams and by not shouting instruction or criticism(s) to the players, coaches or officials. Do not coach from the stands.

6. Make no derogatory comments or suggestions to players, coaches, and parents of the opposing team, officials or league administrators.

7. **Clean-up:** After the last home game for the day/evening, parents are expected to spend 10-15 minutes assisting the gym manager and scorekeepers clean-up the gym.

2.6.5 Parents/Spectators Code of Conduct

1. Participating teams and their coaches are responsible for the conduct of their spectators.

2. Any spectator/parent who displays poor sportsmanship may be removed from the facility by an official, team coach, a league official or the host gym manager in charge.

3. Any spectator/parent who interferes with the conduct of a St. Damian's activity may, at the discretion of the Athletic Board, be barred from attendance at subsequent St Damian athletic events.

3.0 Player Selection Guidelines

3.1 Player Selection General Guidelines

The Athletic Board wants parents and players to have a clear understanding of the criteria used at St Damian for the selection of athletic teams in grades 4 through 8.

Coaches at each grade level along with appropriate Athletic Director, sport coordinators and objective observers appointed by the athletic board must work together to assure fair and unbiased selection of players to allow each St Damian athletic team as such grade level to compete at its designated level of competition.

The Athletic Director and the athletic board appointed objective observers shall assure that all participants and all coaches participate in player selection activities. The Athletic Director shall oversee the player selection process; athletic director, coaches and objective observers shall rate each player; the athletic director will have the final say in player selection and has the authority to over rule a sport coordinators selection; team roster for each of these teams at a particular grade level must be submitted to the respective Athletic Director for final approval.

Participants and their parents will be responsible for informing the Athletic Director, if necessary, of any potential problems or other concerns prior to the selection of the teams. A common example is an athlete participating in another program outside of St. Damian. St. Damian encourages athletes to explore all the possibilities offered to them. While it would be ideal for the athlete to put St. Damian first, that is not always the case. As a common courtesy to the coach and players who will be on that athlete's team, parents must notify the Athletic Director of this conflict. Parents, please be aware, that choosing

St. Damian second is acceptable, but will result in minimal playing time as to be fair to the other athletes who contribute 100% to St. Damian athletics.

If a player misses tryouts the appropriate sports coordinator and Athletic Director will designate which team to assign the player. The Athletic Director will receive input from coaches at that grade level but the final decision will be the athletic directors.

If parent has an issue with his or her child's playing for a specific coach this issue must be explained in writing before the first game is played. The Athletic Director will evaluate the issue and will make a final determination if the issue is valid.

Reminder: St. Damian has a "no cut" policy. Everyone makes the team.

3.2 Player Selection Guidelines Grades 4 and 5

1. In grade levels 4 and 5 the primary emphasis will be placed on the physical and mental development and education of each athlete, while introducing the athlete to the competitive nature of athletics.
2. In grade levels 4 and 5, players may be rated during tryouts by the coaches, objective observers and athletic director on a number of drills, which highlight skill and team play.
3. In grade levels 4 and 5, teams will be selected to be as balanced as possible.

3.3 Player Selection Guidelines Grade 6 through 8

1. In grade level 6, 7 and 8 an "A" team will be selected for the first time.
2. In grades 6 through 8 players will be selected by 3 criteria:
 - 1) Skills and drills ranking
After this ranking, certain players are selected to continue on.
 - 2) Last year's coaches ranking
 - 3) Outside observers ranking

During tryouts players shall be exposed to a number of drills and simulated game situations to allow an accurate assessment of a player's ability to be determined.

3. Players selected for the "A" team must be fully committed to attend all practices and games. Should the athlete want to participate on another program during their St. Damian season, the athlete should remove himself/herself from the "A" team level.
4. The remaining athletes will be divided amongst teams of equal caliber.

4.0 Player Participation Guidelines

4.1 Participation Guidelines General

1. All players who are good enough to make their assigned team deserve to be given the opportunity during the regular season, tournaments and playoffs to develop along with their teammates. Coaches are required, before the game, to inform an athlete they will not be playing the minimum time required stated in this handbook and to let that athlete know the specific reason(s).
2. Players who are suspended from school shall not be eligible to participate in practice or games until their suspension has been served.
3. Players who have missed school due to illnesses may not attend either a practice or game on the same day. Players who are ill on Friday may attend and participate in a game over the weekend if their illness permits.
4. Players who miss practice and games on a regular basis, which is not due to illness or injury, shall have their playing time reduced to the degree by which they miss. For instance, a player who misses one practice a week could see their playing time cut in half of the minimum required. Players who miss games and practices on a continuing basis can have their playing time suspended but only after the coach has contacted the appropriate athletic director and received their approval.

4.2 Participation Guidelines Grades 4 and 5

1. The St. Damian Athletic Program recognizes that for grade levels 4 and 5 the primary emphasis is the physical and mental development and education of each student-athlete while introducing the student-athletes to the competitive nature of athletics.
2. In support of this goal for player development for grades 4 and 5 every coach **must play all players at least a minimum of fifty percent (50%).**

4.3 Participation Guidelines Grade 6

1. In grade level 6 the primary emphasis will still be placed on the physical and mental development and education of each athlete, while selecting teams.
2. In support of this goal for player development for grade 6 every coach **must play all players at least a minimum of one quarter.**

4.4 Participation Guidelines Grades 7 and 8

1. For grade levels 7 and 8 a greater emphasis is to be placed on the competitive nature of athletics (to prepare to compete on high school athletic teams) while continuing to

improve the physical and mental development and education of each of our student – athletes.

2. Inline with this emphasis on the competitive nature of athletics players must earn their playing time based on their performance in practice and games. In support of this goal for player development for grades 7 and 8 every coach **must play all players at least a minimum of one quarter.**

4.5 League(s) and Tournament(s)

1. 4th grade 1 league
2. 5th grade 2 leagues
3. 6th grade 2 leagues & 1 tournament
4. 7th grade 2 leagues & 1 tournament
5. 8th grade 2 leagues & 2 tournaments

Tournament participation **IS OPTIONAL NOT GUARANTEED** and depends upon available local offerings and the team's league schedule (league games always take priority). Fees for the tournaments will be paid by the Athletic Board. A coach must get authorization from the sport coordinator before entering a team in any tournament.

5.0 Enforcement of Athletic Handbook Codes of Conduct

The parish shall enforce the above codes of conduct and guidelines. Complaints regarding violations of the code of conduct and guidelines shall be first brought to the attention of the Athletic Director. Coaches, participants or spectators may be placed on probation or suspended from St. Damian athletic activities for their actions. The Athletic Director will review and investigate all violations of the Codes of Conduct and guidelines and will enforce the penalties stated in the coaches, parents and players sections.

If a disciplinary issue occurs that does not fall within the present guidelines, the Athletic Director will refer the issue to the Athletic Board for policy clarification. After the Athletic Board has clarified the athletic policy, the Athletic Director will then inform the coach/player/spectator of the policy clarification. If the coach/parent/spectator does not agree with the policy clarification he/she can request from the Athletic Board an opportunity to address the full board on the subject matter. The Athletic Board will at that time evaluate whether their initial policy decision was correct and any decision from that time forward will be considered to be final and not subject to further appeal.

Guidelines for grievance procedures are stated in the Grievance Procedure section and should be followed accordingly.

6.0 Grievance Procedures

6.1 Grievance Procedure Team Selection

All team selections and player placement are final. Special consideration for team placement must be made at least a day before tryouts and will be reviewed on a case by case basis by the athletic director.

6.2 Grievance Procedure Coach/Player/Parent/Spectator

Any parent with a coaching grievance shall first observe the "Cooling Off Period" spelled out in the Coach-Parent Partnership section of this handbook. If any person with a grievance is in any way uncertain of the outcome of a direct conversation with either a coach or parent they should consult with the appropriate sport coordinator. The best course of action still might be to have a direct conversation with the coach or parent, but the sport coordinator can advise the aggrieved party on any rules governing the situation and will make a recommendation on the best course of action.

The athletic director will evaluate all grievances and discuss the situation with the parties involved and will present to all parties his/her solution based on St Damian Athletic Guide. Any decision the athletic director makes during the review of the grievance will be final.

The athletic director can request at his or her discretion the help of the athletic board in resolving a grievance issue, which involves issues not presently covered by the handbook. In that case the Athletic Board should be contacted immediately. The athletic board will immediately notify the other members of the athletic board and either adds the grievance to the next scheduled athletic board meeting agenda or call an emergency meeting. The Athletic Director will then brief the full athletic board at the next athletic board meeting. During the athletic board meeting the board will review the grievance and will determine a solution for the grievance, which will be decided by a simple majority vote of all of the board members that are present. Any parties involved in the grievance can request to present their side of the grievance at the athletic board meeting as long as they notify the athletic board chair ahead of time so that they can be added to the meeting agenda. When a special emergency meeting is called the Athletic Director will be responsible for informing all interested parties of the time and date of the meeting.

The Pastor and/or Principal can intervene in the grievance process at any time and any ruling they make will be final. All guidelines in the athletic guidebook will be strictly adhered to.

7.0 Insurance

Players who attend St. Damian elementary school and play for a St. Damian school sponsored team are covered by the parochial school secondary insurance policy for their interscholastic sports participation. St. Damian Athletic Association provides supplemental accident insurance for all its athletes. The insurance is available to supplement a family's primary health insurance.

All preseason practices shall be approved by the appropriate Athletic Director. Any injuries that occur during a preseason practice that was not approved by Athletic Director might not be covered by the Parochial School Insurance Policy. In some instances coaches could be held liable for unapproved practices.

8.0 First Aid Procedures

Each coach will be given a first aid manual at the beginning of each season. The manual will contain the following forms which are to be completed at the appropriate times as set forth in the guidebook:

Player roster is to be completed before participation.

Medical Release Form for each player to be completed before participation.

Accident Report forms to be completed immediately following an injury.

Insurance report is to be complete immediately following an injury.

Insurance accident forms if insurance claim will be filed.

9.0 Transportation of Players

Archdiocese policy suggests that whenever possible, coaches should have parents arrange for the transportation of their own children.

10.0 Uniforms and Equipment

10.1 Uniforms

The St Damian Athletic Program provides each player with a uniform for each sport. A new uniform program started in 2006 is structured as follows:

4th grade athletes are allowed to keep both their jersey and shorts. Their registration fee covers the cost of the uniform.

5th grade athletes are provided with a uniform by the St. Damian Athletic Association. Uniform fees for shorts and for jerseys will be collected at registration. This fee applies to girls and boys basketball and volleyball.

6th, 7th & 8th grade athletes are required, and expected, to use this 5th grade uniform in their athletic years that follow at St. Damian. These uniforms are the property of the Athletic Program, although the athlete retains the uniform. Should a new uniform be required for any reason: lost, damaged or out-grown, a new uniform must be purchased.

St Damian colors are Royal Blue, Gold and White.

Special Note: An athlete will not be allowed to play without a St. Damian issued uniform. No alterations are allowed on a St. Damian issued uniform. Failure to comply will result in forfeiture of any games or matches played with such altered uniforms.

Each player is responsible for the upkeep of his/her uniform.

Please notify the sport coordinator at registration should a new uniform be required. Distribution of new uniforms will take place on specific days prior to the start of each season. The sport coordinators will notify the coaches and parents of the date for distribution.

10.2 Equipment

The Equipment Manager is responsible for the purchase, inventory, maintenance and storage of all equipment. Equipment requests should be submitted to the Athletic Board in May for consideration in the preparation of the following year's budget.

Equipment will be issued at the coaches meeting prior to the start of each sport season. Coaches are responsible for the return of all equipment. Coaches should also note the condition of the returned equipment in order to assist the Equipment Manager with the inventory and condition of the equipment.

11.0 Team and Program Fees

St Damian's Athletic Program serves over 150 children. The fees charged to each family are set to cover the costs of running the entire Athletic Program. The Athletic Program is funded from activity fees and fund-raising activities; the sum of which hopefully results in a net zero sum. The activity fee will be reassessed annually as cost rise due to inflation or expansion of the Athletic Program.

Community and parent support of the fund-raising activities is imperative for the continued operation and success of the Athletic Program.

Activity Fees currently are as follows:

Girls Basketball	4 th grade: \$140	5 th -8 th grade: \$165
Boys Basketball	4 th grade: \$140	5 th -8 th grade: \$165
Girls Volleyball	4 th grade: \$140	5 th -8 th grade: \$165
Boys Volleyball	4 th -8 th grade: \$80	

Gate receipts and concession stand proceeds go directly to the parish. The Athletic Program must pay the parish for the use of the gymnasium. None of these funds come into the Athletic Program.

12.0 St. Damian Game Schedules

Schedules are usually ready for distribution at the first coaches meeting held at the beginning of each sport season. Requests for schedule changes must be made by the coach in advance to the appropriate sports coordinator. Each coach is responsible for distributing their schedule to team participants and parents.

13.0 Player Eligibility

General Rule: All players must attend St. Damian School in order to be eligible to participate in the Athletic Program. Any exceptions to this general rule will be decided on a case-by-case basis by a vote of the Athletic Board.

14.0 Team Practices

Practice times and sites will be determined by the Athletic Director & Practice Time Coordinator and communicated to the coaches. Consideration will be given to the younger participants in the scheduling of practice times. Once practice times have been set by the coach and Practice Time Coordinator any future changes must be approved by the appropriate Athletic Director & Practice Time Coordinator.

15.0 Awards

15.1 Frank Vacco Award

Early in 2004 year we experienced the untimely passing of a good friend and generous contributor to our St. Damian Athletic Program, Frank Vacco. Frank was a long time coach and Athletic Board member and was very generous with his time and contributions for the

benefit of our student athletes. To commemorate Frank's legacy we created the Frank Vacco Scholarship. Every year we will award two student athletes (one boy and one girl) from the 8th grade class with the Frank Vacco Scholarship award. The intent of this \$200 award is to help offset some of the students' high school fees.

Like many of our coaches and volunteers, Frank taught children more than sports. He also taught life lessons, such as: never quitting, working as a team and discipline. Over the course of your years at St. Damian each of you hopefully have learned a lesson or two from sports which you can apply to school, friendships, work or just life in general.

Every student that has participated in a St. Damian sports program is eligible to apply for this scholarship. Each applicant must complete a one page essay entitled "Lessons learned from Athletics". Each essay should use the following format:

- ❖ Opening Paragraph – Tell us about the sports you participated in and share a fond memory from the sport, practice or game, sport specific.
- ❖ Second Paragraph – Part of our education at St. Damian is building Christian values. Share one example of good Christian values which you apply to your participation in athletics.
- ❖ Third Paragraph - Tell us about some of the things you have learned from playing sports, which you can apply to other aspects of your life.
- ❖ Final Paragraph – Finish the sentence...." I am most thankful for participating in St. Damian Athletics because _____".

15.2 Southside Catholic Conference Award

Awarded every year to two student athletes (one boy and one girl) from the 8th grade class, who have completed an essay on who they admire as a role model and how that person has influenced their life.

16.0 Coaching Evaluations

The coaching evaluations will be accomplished through questionnaires submitted to the evaluation committee, which is comprised of members of the Athletic Board. These questionnaires will be constructive and instructive and used to identify strengths and weaknesses. All questionnaires shall be treated as confidential. A member of the athletic board shall summarize the surveys. A copy of the survey summary will be provided to the Athletic Directors to be reviewed with the applicable coaches.

17.0 Parent Meetings

The Athletic Board will attempt to schedule annual parent informational meeting regarding the St Damian Parish Athletic Program. The objectives of this meeting include the following:

1. To enable the parents to support their children in a manner positive for the child.
2. To introduce parents to the goals and objective of the St Damian Parish Athletic Program coaching philosophy, team rules, game and practice procedures, and allocation of playing time.
3. To ask for help from parents in supporting the teams in various tasks.
4. To provide an avenue for feedback and communication with parents.
5. To discuss safety and medical considerations.

18.0 End of Season Questionnaires

18.1 Coach Evaluation – for Parents and Players

Please help us evaluate how well we did this season by telling us about your child's coach. Our organization is committed to Positive Coaching Alliance ideals. We expect our coaches to be "Double-Goal Coaches" who strive to win and to help players learn lessons that will help them be successful in life. A Positive Coach:

- **Honors the Game** by showing respect for the Rules, Opponents, Officials, Teammates and one's Self.
- **Redefines "Winner"** in terms of Mastery as well as the scoreboard by emphasizing effort, learning and improvement, and rebounding from mistakes rather than fearing them. This is the "ELM Tree of Mastery" (Effort, Learning, Mistakes OK).
- **Fills "Emotional Tanks"** via positive encouragement so players can play their best.

My child's coach...Strongly Disagree (1) to Strongly Agree (7)

Honoring the Game

- 1) Obeyed the rules 1 2 3 4 5 6 7
- 2) Showed respect for officials 1 2 3 4 5 6 7
- 3) Treated all players with respect 1 2 3 4 5 6 7
- 4) Treated opponents with respect 1 2 3 4 5 6 7

Redefined "Winner"

- 5) Rewarded effort, not just results 1 2 3 4 5 6 7
- 6) Helped players learn and improve in the sport 1 2 3 4 5 6 7
- 7) Helped players bounce back from mistakes 1 2 3 4 5 6 7

Filling Emotional Tanks

- 8) Used positive reinforcement 1 2 3 4 5 6 7
- 9) Encouraged players to do their best 1 2 3 4 5 6 7
- 10) Made the sport fun for my child 1 2 3 4 5 6 7
- 11) Listened to players 1 2 3 4 5 6 7
- 12) Would you like your child to have this coach again? Yes No

* Please list coach's name: _____

* Athlete's name: _____

Please return this questionnaire through school ASAP in an envelope addressed to the Athletic Board or email a copy to stdamianathletics@gmail.com

Feel free to use the back of this form for additional comments.

19.0 Youth Sports Parent Code of Conduct

Preamble

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting, refusing to shake hands, or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and/or the well-being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game, and will take time to speak with coaches at an agreed upon time and place.

16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.
18. I will model and teach my child to honor the game and have respect for rules, opponents, officials, teammates and self (ROOTS).

I pledge to follow the Parent Code of Conduct:

Parent's Signature_____

Print Child's Name_____

20.0 Sideline Suggestions

Sideline Suggestions:

10 Things Kids Say They Don't Want Their Parents to Do

By Dr. Darrell J. Burnett

1. Don't yell out instructions.

During the game I'm trying to concentrate on what the coach says and working on what I've been practicing. It's easier for me to do my best if you save instructions and reminders for practice or just before the game.

2. Don't put down the officials.

This embarrasses me and I sometimes wonder whether the official is going to be tougher on me because my parents yell.

3. Don't yell at me in public.

It will just make things worse because I'll be upset, embarrassed, or worried that you're going to yell at me the next time I do something "wrong."

4. Don't yell at the coach.

When you yell about who gets to play what position, it just stirs things up and takes away from the fun.

5. Don't put down my teammates.

Don't make put-down remarks about any of my teammates who make mistakes. It takes away from our team spirit.

6. Don't put down the other team.

When you do this you're not giving us a very good example of sportsmanship so we get mixed messages about being "good sports."

7. Don't lose your cool.

I love to see you excited about the game, but there's no reason to get so upset that you lose your temper! It's our game and all the attention is supposed to be on us.

8. Don't lecture me about mistakes after the game.

Those rides home in the car after the game are not a good time for lectures about how I messed up -- I already feel bad. We can talk later, but please stay calm, and don't forget to mention things I did well during the game!

9. Don't forget how to laugh and have fun.

Sometimes it's hard for me to relax and have fun during the game when I look over and see you so tense and worried.

10. Don't forget that it's just a game!

Odds are, I'm not going to make a career out of playing sports. I know I may get upset if we lose, but I also know that I'm usually feeling better after we go get a pizza. I need to be reminded sometimes that it's just a game.