



St. John's Episcopal School Athletics Handbook

I. Parochial Athletic League (P.A.L.) Competitive Sports Program

A. Fall

1. Girls' A and B Volleyball
2. Co-ed A and B Flag Football
3. Co-ed Cross Country (*not affiliated with P.A.L.*)

B. Winter

1. Girls' A and B Basketball
2. Boys' A and B Basketball
3. Boys' A and B Lacrosse (*not affiliated with P.A.L.*)
4. Girls' A and B Lacrosse (*not affiliated with P.A.L.*)

C. Spring

1. Boys' A and B Volleyball
2. Co-ed A and B Soccer (*not affiliated with P.A.L.*)
3. P.A.L. Track meet (*Grades K-8*)
4. Cheer (tryouts for upcoming school year)

“A” level includes Grades 7 and 8. “B” level includes Grades 5 and 6.

D. Other sports may be added.

Philosophy and Goals:

The athletics program at St. John's Episcopal School reflects and supports the School's mission to foster every child's full intellectual, physical, and spiritual development. A variety of team sports provide opportunities for students to hone skills; learn strategy; enjoy competition, which teaches winning with grace and learning from setbacks; represent their school; and establish habits of lifelong fitness. The School encourages all students to participate in as many sports as their individual schedule and commitments permit.



The specific goals of the athletics program are:

- To develop self-esteem and encourage social skills while learning the rules of the game (competitiveness and strategy)
- To encourage leadership by fostering commitment to self and team
- To teach good sportsmanship toward teammates, officials, and other teams
- To provide opportunities to develop integrity, character, responsibility, and school spirit (resilience)
- To promote lifetime fitness behaviors and healthy practices

II. Academic and Conduct Requirements:

Academic excellence is the primary goal for all students at St. John's. Students participating in the athletics program will assume the responsibility of getting and completing all academic assignments when dismissed early for a scheduled game. Families should carefully consider this policy when choosing out-of-school activities to not overwhelm the students' schedules.

Once a student commits to playing on an athletics team, the student must maintain a minimum 2.0 grade point average in order to remain eligible for a team. Any athlete with an "F" in any class during the trimester is ineligible to compete with a team until that grade is considered to be "passing". A student is ineligible to tryout for a team if their grade average the previous trimester's report card was below 2.0 or if they received a grade of "F" in any class.

The student-athlete must arrive on time and prepared for practices. A coach must be notified if a student is to miss a practice. If a student misses the practice immediately prior to a game due to an illness or an unexcused reason, the student may not start in that game.

The administration of the school reserves the right to remove an athlete from a team either temporarily or permanently if, in the opinion of the administration, the athlete demonstrates poor behavior or citizenship during the school day or at athletic events or if the athlete does not meet the academic and conduct requirements as stated above. A student will not be dismissed from an after-school detention in order to make a pre-scheduled contest or practice.

If an athlete decides to leave a team after making the roster, then that player becomes ineligible to participate in any St. John's extra-curricular activities for the remainder of the academic school year. If an athlete leaves a team during the spring season, he/she will be ineligible to participate in any fall extra-curricular activities the following school year. A student is considered to be part of a team as soon as the rosters are posted.



While the focus in school sports is geared more toward skills development, the athletics department still recognizes the importance of developing a winning attitude in its student athletes. All athletes and coaches associated with the SJES athletic program pledge to treat teachers, administrators, parents, officials, opponents, spectators, and fellow coaches and athletes with respect: St. John's believes that no quality better reflects a winning attitude than that of good sportsmanship.

Disciplinary action for any misconduct by players, coaches, or parents during games, practices, or while representing St. John's is at the discretion of the Director of Athletics, Principals, and Head of School.

III. Team Structure:

Based on size of rosters and availability of coaches and/or facilities, every effort will be made to place all students who commit to a sport on a team. The athletics department and coaching staff will seek to balance the developmental needs of the players and the needs of each team when creating team rosters. Student safety and maintaining a fair and competitive atmosphere with peer schools are also considerations. When athlete numbers allow, the school will have an "A" and "B" interscholastic team for most sports. "A" teams are comprised of seventh and eighth grade students. Fifth and sixth grade students compete on the "B" level.

While every effort will be made to have all athletes participate in interscholastic games, playing time is not guaranteed. Players on "B" teams are guaranteed playing time in every contest; coaches will strive to afford "equal" time for each athlete. Playing time is the coach's decision. Missed practices, illness, academics, effort, ability, safety, among others, are all determining factors in coach's decision to play an athlete. The coaching staff's goal when organizing rosters is to maximize the enjoyment for each athlete while ensuring athlete safety.

The number of "A" team players will vary from team to team, but the numbers will not exceed that needed to run and maintain a proper program. "A" teams are competitive and no player is guaranteed any amount of playing time at this level.

IV. Selection Process for Teams:

- A. Students in Grades 7 and 8 are eligible to try out for "A" level sports teams. Students in Grades 5 and 6 are eligible to try out for "B" level teams. Grade 6 students may participate on "A" level teams in the playoffs (coach's choice) or if there is a need to fill a roster. (Student must be eligible according to the P.A.L. Handbook) Grade 4 students may be invited to try out for "B" level sports teams.
- B. Students only have two years of eligibility on each level of play.



- C. Parents, other than coaches, will be prohibited from attending any tryouts. (Coach's discretion)
- D. Upon completion of tryouts, the coach will prepare a tentative roster that must be approved by the director of athletics to determine eligibility. Only those students who are approved by the A.D. may participate.
- E. There will be strict compliance to the academic standards set by St. John's Episcopal School.
- F. There will be a minimum of two people evaluating participants in the try-out process.
- G. Students must tryout to participate on any team.
- H. Prior participation on a team has no bearing on selection.

Cheerleading tryouts are to be held in the spring of the previous year. Cheerleaders are eligible to tryout for winter and/or spring team sports only. Cheerleaders must have a total GPA of at least a 2.0 for the preceding trimester to be able to participate in the current season. ***Cheerleading is considered as one sport. Girls may participate on other teams as well.*

V. Team Membership:

- A. A student is considered to part of a team as soon as the team roster is posted.
- B. Attendance Requirements:
 - 1. A team member must complete the season in its entirety, including playoffs and tournaments.
 - 2. If a player decides to quit a team, at any time, that player becomes ineligible to participate in any extra-curricular activities at St. John's Episcopal School for the remainder of the school year. If a player leaves a team during the spring season, he/she will be ineligible for any extra-curricular activities during the first trimester the following school year.
 - 3. In order to participate in a game, an athlete must have attended school that same day for a minimum of half a day.
- C. The participation cost per athlete may vary with each sport and season. The fee covers expenses such as:
 - a. PAL participation fee
 - b. Referees fees per game (this cost doubles during basketball season)



- due to two referees per game instead of one).
 - c. Coaches stipends
 - d. League referee-assigner fees
 - e. Lining of fields for football and softball games
 - f. Uniform
 - g. Equipment
- D. New students to St. John's Episcopal may be added to a team during the season provided they follow the PAL and St. John's Episcopal School Athletic Guidelines and are exempt from the GPA guidelines for one trimester.
- E. Students may participate on only one team per season (exception: Track)

VI. Team Uniforms and Equipment:

Athletes are given a team uniform for each sport. It is the athlete's responsibility to bring the complete uniform on game day; an athlete may not participate in a game without the complete uniform. Athletes are not permitted to substitute or borrow uniform items. Each athlete is responsible for returning the uniform and any other SJES equipment at the end of the season. The athletic department keeps a record of each uniform provided and all equipment issued. A replacement fee will be charged for any items that are not returned in good condition.

VII. Games and Schedules:

A printed game schedule will be given to each coach. Coaches will distribute practice and game schedules to parents and team members. Schedules will also be posted outside the P.E. office. Always disregard previous schedule when a new one is distributed. Schedules will be available approximately two weeks prior to the first contest. Traditionally, games are scheduled two times per week. Games are held over a five to six-week period, so depending on school holiday and events, some weeks may have three games scheduled. "B" teams compete at 3:30. "A" games begin at 4:30 (some sports differ). In the event of a game cancellation, coaches and team parents will be notified by 1 p.m.

Coaches (usually with help of the team manager) are responsible for organizing carpools to away contests. Parents are responsible for arranging for transportation for their child after each contest, home or away.

VIII. Coaching Policy:

- A. The Director of Athletics will select coaches.
- B. Parent coaches may only serve as Head Coach for one athletic team per school year when



there are other candidates of equal or similar qualifications interested in the position. Parent coaches may not be involved in judging their own student or relative in tryouts.

- C. All coaches will strive to develop every player's skill level and inherent talent. Rules and strategies will be taught, and sportsmanship and teamwork will be stressed.
- D. The following issues will be determined at each individual coach's discretion:
 - a. Length of practice (not to exceed two hours per day)
 - b. Activities/drills used during practice
 - c. Amount of playing time per athlete, per game
 - d. Number of players on a team.
- E. Coaches must not over-burden a player's academic schedule with excessive practices. There shall be no more than three team meetings/practices per week (tournaments/playoffs exceptions).
- F. It is mandatory that "A" level coaches be committed to participate in play-offs and tournaments.
- G. All coaches must comply with the school's Live Scan Fingerprinting, CPR Certification, and TB Testing policies.

IX. Parent Communication:

During and after the games, coaches must devote all energies and attention to the players. It is not appropriate for parents to discuss concerns at those times. Please feel free to contact coaches the following day. If an issue cannot be resolved with the coach, please contact the athletic director.

X. Athletic Awards:

- A. Team members ("B" level) will receive a participation trophy at the end of each season regardless of league standings. Select "A" team players receive individual achievement plaques.
- B. Athlete of The Year Plaque will be awarded at the end of the school year. The athlete of the year will be a student who participated in at least two sports during the school year at the 6th, 7th, or 8th grade level.

All students and parents of students who choose to participate in a team sport are required to sign and return the Student and Parent Code of Conduct Sheet on the following page to the A.D., Bryan Winn, prior to participation. Please fill out and sign an individual agreement for each athlete. Additional forms can downloaded from www.stjohns-es.org



Thank you for your continued support of the program. We look forward to another enjoyable year of athletic competition at St. John's Episcopal School!

CODE OF CONDUCT FOR PLAYERS

1. I understand the *Code of Conduct* as a player and I will abide by my coaches rules and the regulations of the game.
2. I will work as hard for my team as for myself. I will have fun, improve my skills, and won't show-off.
3. I will cooperate with and respect my coaches, teammates, opponents, and referees. I will treat them like I would like to be treated.
4. I will emphasize good sportsmanship. I know that unsportsmanship-like conduct towards the coaches, teammates, opposing team, and game referees will not be tolerated.
5. I will achieve an overall 2.0 GPA for the preceding trimester to be eligible for any sport, and I will always exhibit appropriate behavior BOTH in and out of class.
6. As an "A" team player, I must participate in any post-season play, which may extend for up to two weeks after regular season play.
7. I understand that participating on a St. John's Episcopal sport team is a season long commitment to my school, my team, and my coach. If I quit or am dismissed from the team for any reason, I will be ineligible for any extra-curricular activities for the remainder of the school year.

Failure to adhere to the above Code of Conduct will result in a suspension from the games and/or practices.

CODE OF CONDUCT FOR PARENTS

1. I will teach my student to play by the rules.
2. I will help my student work towards skill improvement and sportsmanship.
3. I will not coach from the sidelines or the stands.
4. I will set a good example by only speaking positively about my student's team, teammates, and coaches.
5. I will never argue or complain about the referees' decisions.
6. I understand I am not invited to team try-outs. (Coach's discretion)
7. I acknowledge that all coaching decisions are final. Any issues I have with a coach must be addressed directly with the coach. If an issue cannot be resolved with the coach, then I will notify the Athletic Director.
8. I recognize that, due to the various skill levels on each team, players will NOT receive equal playing time.
9. I will the address the coach regarding my child's playing time the day after a contest, not the day of.
10. I have received, read, and agree to abide by the Code of Conduct for Parents.

Failure to adhere to the above Code of Conduct will result in suspension from viewing the games and/or practices.

Player's Name Printed

Player's Signature

Parent's Signature

Date