

SAINTS

2022-2023
STUDENT / PARENT
ATHLETIC HANDBOOK

www.sms.edu

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SAINTS

SAINTS' MISSION, PHILOSOPHY, AND VALUES

ATHLETIC DEPARTMENT MISSION

Saint Mary's School seeks to provide a broad opportunity of interscholastic activities for female students in grades 9 through 12, which will support Saint Mary's School's values and belief in the worth and dignity of each student-athlete. Personal traits, including commitment, discipline, team cooperation, individual leadership, sportsmanship, and consideration of others, are emphasized and vital to the success of the Saint Mary's athletic program.



ATHLETIC PARTICIPATION PHILOSOPHY

It is the intent of Saint Mary's to provide every opportunity for our 9th through 12th grade students to participate in as many interscholastic athletic activities as possible. While some of our sports require limited number of players, others are open to all. We encourage our young women to be aware of opportunities to participate and take advantage of them.

The Saint Mary's Athletic Department and administration will continue to explore broader opportunities for our students to participate in interscholastic athletics in the years to come and will keep you informed of any changes in the program.

ATHLETIC DEPARTMENT GOALS

The primary goals of the Saint Mary's School Athletic programs are to accentuate the development of the whole student and to achieve a personal level of excellence in the areas of fitness, team commitment, and sportsmanship.

When a student chooses to become a member of a team, the choices she makes will have an impact on not just her own goals, but on the goals of the team. For this reason, athletics is one of the most significant tools in developing character and helping student-athletes learn to lead by example.

SAINTS' CORE VALUES

SPORTSMANSHIP

- Respects the judgment of officials
- Respects opponents
- Wins and loses with grace



COMMITMENT

- The team is willing to take risks
- Team members trust, support, and have genuine concern for other team members
- Team members encourage the development of other team members



DIVERSITY

- Possesses cultural intelligence
- Values the uniqueness of others and embrace differences, inclusive of all members of the group
- Seeks opportunities to collaborate in diverse environments



RESPECT

- Shows commitment to the team
- Treats all competitors equally
- Works hard to communicate constructively



ACCOUNTABILITY

- Works as a problem solver
- Speaks up and challenges the status quo
- Team members held accountable for the performance they can control



INTEGRITY

- Reliability of actions, values, and principles, expectations and outcomes
- Consistently seeks and speaks the truth
- Possesses emotional intelligence



LOYALTY

- "Say what you mean; do what you say"
- Acts with engagement, commitment, and responsibility
- Provides clear, transparent support; trusts the team and coaches



EDUCATION

- Lifelong learner of skills, talents, and health
- Ensures high quality athletic practices, games, and performance
- Values transformation, growth, and the joy of learning together



GOVERNING BODIES

NCISAA

The North Carolina Independent Schools Athletic Association (NCISAA) was organized in 1973 by independent schools across North Carolina which desired the opportunity to compete for state championships in various sports. Visit the NCISAA website at www.ncisaa.org for more information and to view the complete edition of the NCISAA Handbook.



Mission Statement

The NCISAA exists to encourage interscholastic competition among North Carolina independent schools which are committed to integrity, sportsmanship, and fair play.

Core Values

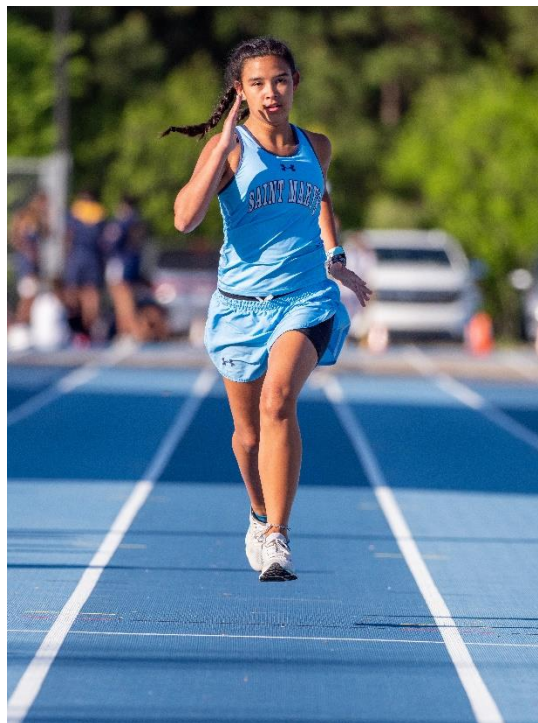
- We believe that the head of school is always ultimately responsible for the students and coaches representing a school. Therefore, the head must be willing to hold all school representatives to the highest standards of behavior.
- We believe that interaction through statewide athletic activities is a character and community building experience.
- We believe that, because time and money are scarce resources, interruption of academic schedules, travel time, and expense should be minimized.
- We believe that athletes should respect officials and accept their decisions, and that coaches should show restraint and respect when dealing with officials.
- We believe that financial aid in any form in return for athletic participation is wrong.
- We believe that the main goal of conference and classification assignments is to provide equitable competition based on variations in school enrollments.
- We believe that schools must provide safe and adequate facilities for participants, spectators, and officials; the best possible officials for the events; and adequate control of spectators, players, and pre- and post-game activities.
- We believe that coaches should instill in their players a love of the game.
- We believe that our governing body of school heads will fairly represent each conference in the state.
- We believe that schools should educate their supporters to cheer for their own teams and never to denigrate the performance of opponents or officials. We believe that schools must not tolerate a spectator – adult or student – whose behavior is disrespectful toward players, officials, coaches, or other spectators.
- **As a non-profit organization, the NCISAA operates with the belief that the basic integrity of each member school is the most vital part of the organization.**

NCISAA – SPORTSMANSHIP CODE

The NCISAA recognizes that independent school interscholastic athletic events must be conducted in such a manner that good sportsmanship always prevails. It is necessary that administrators and coaches be individually and collectively responsible for taking every possible step to promote good sportsmanship at every interscholastic event. These steps must include the provision of safe and adequate facilities for participants, spectators, players, and pre-game and post-game activities. Every effort must be made to promote a climate of wholesome competition. While the NCISAA governs varsity play, middle school and JV teams are expected to honor NCISAA rules of sportsmanship.

Failure to comply with any NCISAA rules or regulations may result in players, coaches, or schools

- forfeiting an event,
- losing state tournament privileges,
- being suspended or expelled from the NCISAA, or
- being fined by the NCISAA Executive Director as defined by the NCISAA bylaws



ATHLETIC ELIGIBILITY POLICY

To be eligible for any level of NCISAA competition, a student must be enrolled as a full-time student in any NCISAA member school. No non-family student-athlete may reside with a coach of the sport in which they both participate during the school year.

ENROLLMENT ROSTERS

To be eligible to participate in state championship play-offs, students must be enrolled in grades 7 through 12, except football, and must not have received a high school diploma or its equivalent from any school within the United States.

LATE ENROLLEES

For the 2022-2023 school year, students who enroll after September 15 may be eligible for fall sports if the NCISAA office is notified in writing by September 18; for winter sports, if the NCISAA office is notified in writing by January 18; and for spring sports, if the NCISAA office is notified in writing by April 15. (need new dates here)

DATE OF BIRTH

***No player shall have reached her 19th birthday on or before August 1 of the current year. (For the 2022-2023 school year, this birth date would be 8-1-03.)**

GRADE STATUS

No student who has received the appropriate number of credits to graduate or a high school diploma or the equivalent of a high school diploma will be eligible to participate in NCISAA activities. (The intent of this rule is to prevent foreign students from gaining an athletic advantage by taking a post-graduate year.)

1. Student-athletes must be full-time student-athletes in an NCISAA school. Full-time students must be taking 50% or more of scheduled classes at the NCISAA member school at which they are enrolled.
2. Eligible students must be successfully progressing toward graduation with the expectation of meeting all graduation requirements.
3. Under special circumstances, a student may also take college courses while pursuing her high school diploma.
4. Home-schooled students are not eligible for NCISAA competition.



ACADEMIC ELIGIBILITY

Being a student-athlete requires a student to balance her academic workload with her athletics commitments. If a student-athlete's grades fall below a C- or 1.700 GPA at the end of the first or third quarter, she may be suspended from athletic participation. If a student's grades fall below a C- or 1.700 weighted GPA at the end of a semester, she may not be eligible to participate in athletics the following quarter. This provision is designed to serve as a warning and clear indication of academic danger.

SIX SEMESTER RULE

Students may participate in athletics in no more than six consecutive semesters or nine trimesters after enrolling in the 10th grade of any NCISAA member school, no more than four consecutive semesters after enrolling in the 11th grade of any NCISAA member school, and no more than two consecutive semesters after enrolling in the 12th grade at any school, regardless of whether she remains continuously enrolled. A student transferring from one NCISAA school to another at mid-year would be considered to have used up one semester of athletic eligibility for that school year.

TISAC

The Triangle Independent Schools Athletic Conference (TISAC), includes the following schools:

- Cary Academy
- Durham Academy
- North Raleigh Christian Academy
- Ravenscroft School
- Saint Mary's School



Athletic directors from member schools jointly determine conference policy concerning scheduling, determination of conference championship and tournament sites, state tournament representatives, participation guidelines, and many other issues important to the daily process of our athletic program.

TEAM GOALS AND EXPECTATIONS

SPORTSMANSHIP

Athletes, spectators, and coaches should always exhibit good sportsmanship. It is also essential that parents exhibit good sportsmanship as well as adhere to the following guidelines during competition:

1. Always cheer in a positive manner. Positive cheering leads to positive results.
2. Do not talk to officials before, during, or after the competition.
3. Keep all comments about officiating to a minimum. We want athletes to concentrate on what is about to happen, not on what has already happened.
4. Never communicate with our athletes from the start of warm-up until the end of competition, other than to cheer their efforts. We want our athletes to remain focused.

Remember that all actions reflect our school.

While each program has goals specific to the nature of the sport, all Saint Marys' sports programs share the following three goals:



1. **Work to improve**
Improving through practice and game experience is vital to success.
2. **Work to have fun**
Fun is a function of commitment. An athlete is having “fun” when he or she is improving both as an individual and member of a team.
3. **Competitive Excellence**
All Saint Mary's teams are working for the day, when as varsity athletes, they have an opportunity to compete for Conference and State Championships.

STUDENT-ATHLETE EXPECTATIONS

Daily commitment to practices and games throughout the season is an expectation of all student-athletes. Any anticipated absence should be communicated to the coach at the earliest possible time. Repeated disregard for team policies may lead to suspension or dismissal from the team. The Saint Mary's School athletic department expects the following from its student-athletes:

- Punctuality and preparedness for all practices and games.
- Desire to improve skills and knowledge of the sport.
- Willingness to work hard and be attentive in practice.
- Represent self, team, school, and family in a dignified and sportsmanlike manner.
- Refrain from the use of tobacco, alcohol, and illegal substances. Consequences will be levied if an athlete violates the illegal substances policy during the season.
- Promptly turn in all required forms to the Binder Health Center and the Athletic Expectations Form to the Athletic Director.
- Take responsibility for all equipment and uniforms. (Failure to return uniforms or equipment, submit payment for any team purchase, or loss of uniforms or equipment will result in the withholding of year-end grades. Seniors who fail to meet this obligation will not be able to participate in graduation).



PRACTICE AND GAME COMMITMENT

Saint Mary's athletic programs require a five- or six-day-a-week commitment, depending on the sport and level. **Student-athletes are expected to attend all team commitments, practices, and all games including post-season tournaments.** Any exception to this policy must be authorized by the Varsity Head Coach and Director of Athletics:

- A student-athlete who has been injured and has had significant medical treatment cannot participate again until she has been cleared by the school's nurse and/or her family physician and the school's certified athletic trainer.
- Unexcused absence from scheduled practices or games may subject student-athletes to the following:
 - suspension from the team for one contest following two unexcused absences
 - suspension from the team for the remainder of the season following the third unexcused absence violation
- Official college visits, including those for recruitment purposes, will be considered excused, and therefore will not impact playing time.

Sunday competition is not allowed, and Sunday practices and/or meetings are prohibited without authorization from the Director of Athletics.

PLAYING TIME

In order for athletes to improve, they must be guided by their coaches and support personnel (strength coaches and trainers) in the areas of strength, conditioning, agility, skill, and mental preparation. To be a consistently competitive athletic program, sub-varsity athletes should receive training that is well structured, disciplined, and fun. The disciplined athlete should improve in a sport if the nature of the program is as follows:

1. the junior varsity programs are developmental in nature;
2. full commitment, a positive attitude, and good sportsmanship are a minimum expectation for playing time.
3. it should be noted that all Saint Mary's teams are playing to win.

Junior varsity team coaches have an obligation to prepare their athletes and teams for the future, meaning that the strongest players may not always be on the court or field of play in all crucial situations.

At the varsity level, it should be understood that we are playing to improve, playing to have fun, playing to win, and playing to win titles. Our main goal is to get to the playoffs. Our two goals in the playoffs are to win the next game and win the last game, but never at the expense of good sportsmanship.

STYLE OF PLAY

It is the intent of the school to provide a process, through the structure of the sports programs and the coaching staff, that best prepares all our athletes for varsity-level competition. It is also the intent of the program to adopt a style of play which will provide opportunity for participation, opportunity to support the role player, opportunity to support the gifted athlete, opportunity to defeat superior talent, opportunity to win a title, and be fun.

TRYOUTS

Some Saint Mary's athletic teams require a tryout process, and others are open to all. Fall tryouts are August 15th and 16th Winter tryouts are October 31st and November 1st, and Spring tryouts are February 20th and 21st. Tryout dates and/or any schedule changes are posted on the Saint Mary's School website at www.sms.edu/athletics

Prior to tryouts, students must have all forms validated with Magnus Health SMR and the Binder Health Center before being permitted to participate in athletics. To ensure all forms have been completed, please see the Binder Health Center Checklist of required [forms](#) or visit the [website for more information](#).

TRIANGLE FITNESS

Physical Fitness is a part of the total educational experience here at Saint Mary's. Saint Mary's seeks to provide a broad opportunity of interscholastic activities for female students in grades 9 through 12, which will support the school's values and belief in the worth and dignity of each person.

In staying with our mission, the new after-school program named Triangle Fitness (spirit, mind, and body) will take place on Monday-Thursday from 3:45-4:45pm, with an advanced track from 4:45-5:45. More Tracks can be added at the discretion of the Athletic Department. The enrollment into this program will be on a trimester calendar. The following are the expectations for the students:

2022-2023 School Year

9th graders- All three (3) trimesters

10th graders- Two (1) trimesters

11th graders- One (1) trimesters

12th graders – Zero (0) trimesters

Students are required to complete 6 trimesters of the after-school fitness program. The girls may satisfy their activities requirements through participation on an athletic team, dance class, drama, and musical performance. These trimester modules will follow the same calendar of the sports/drama/musical start dates.

To fulfill the graduation requirement, students entering in the ninth grade must complete 10 activity credits. The athletic credits can be earned through participation in team sports, dance classes held after school, drama, and musical performance.

It is the expectation that each student attends every workout during that trimester to gain credit. Like athletics, where the student-athletes are expected to be at all practices and games, the girls are also being asked to be present and develop the physical fitness component that helps reduce stress and anxiety as well as recharges the brain for the academic course load here at Saint Mary's. Missed workouts will be considered an absence and may affect a student's eligibility for receiving credit for the particular trimester.

Students who participate in athletics at an elite level may be eligible to receive athletic credit for their independent activities. Students interested in applying for independent activity credit may pick up an application from the Director of Athletics office. The application process will be reviewed by the Director of Athletics and Dean of Students.

We will be having some members of our current coaching staff be the Triangle Fitness Instructors. It is very important to us to be able to provide an opportunity for developing consistency and building relationships with our students.

MULTIPLE-SPORT ATHLETES

All Saint Mary's athletes, parents, and coaches should understand the importance of the multiple-sport athlete to our program, and should support, encourage, and allow students to participate in one, two, or three seasons if desired. It should also be understood that students who are finishing one athletic season while tryouts are in progress for another season will be given special consideration and an opportunity for a delayed tryout. Injury, illness, and other special situations will be taken into consideration as well but must be authorized by the Varsity Head Coach and Director of Athletics.

At no time should a Saint Mary's coach encourage an athlete to specialize in one or more specific programs and should do his or her best to support the multiple-sport concept.

Saint Mary's Athletics Offerings		
<u>Fall Sports</u>	<u>Winter Sports</u>	<u>Spring Sports</u>
Varsity Cross Country *Varsity Field Hockey *JV Field Hockey *Varsity Golf *Varsity Tennis *JV Tennis *Varsity Volleyball * JV Volleyball	*Varsity Basketball *JV Basketball Varsity Swimming	*Varsity Lacrosse *JV Lacrosse *Varsity Soccer *JV Soccer *Varsity Softball Varsity Track & Field

*These programs require a tryout process and may have a limited number of players.

HAZING

Any form of hazing will not be tolerated at Saint Mary's School. This includes taunting, tormenting, humiliating or intentionally embarrassing a teammate or fellow student. Participating in hazing is in violation of North Carolina State Law (section 14:35).

SPORTS MEDICINE

Saint Mary's School partners with Raleigh Orthopedics to provide unmatched, comprehensive sports medicine services for our athletic teams. An athletic trainer is on staff and available for all home athletic events and practices should any medical needs arise. Once an athlete is in the care of the trainer or a physician, the student may not return to practice or competition without authorization from the trainer. The trainer will not release the student to participate without authorization from the attending physician.

ATHLETIC COMMUNICATION STANDARDS

Both parenting and coaching are extremely rewarding and challenging responsibilities. Both parents and coaches want student-athletes to have a positive experience as they participate in interscholastic athletics. Communication is the key to making this goal a reality. Student-athletes, parents, and coaches are all responsible for achieving effective communication.

As student-athletes become involved in athletics, they will experience some of the most rewarding moments of their lives. It is important to understand that at times athletes may also experience disappointment and frustration. At these times, player-initiated discussion with the coach is recommended and encouraged. Coaches should communicate their expectations for all players on their teams, locations and times of all practices, team policies, required equipment, and off-season conditioning expectations.

Coaches should also communicate to the player and parents any disciplinary action resulting in the denial of a student-athlete's participation and reasons for that action.

THE PARENT / COACH / STUDENT RELATIONSHIP

Parents should discuss with the coach any concerns about their student-athlete's emotional or physical status. Parents should also request from the coach any information about ways that the athlete might improve his or her performance.

Coaches are professionals. They make decisions based on what they believe is best for the team and all student-athletes involved. Sometimes it is difficult to accept that a student-athlete is not playing as much as she or the parent desires. However, the judgment and authority of the coach to make decisions regarding playing time must be respected. It is not appropriate for a parent to question or

challenge a coach's decision regarding play calling or team strategy. It is never appropriate for a parent to discuss with a coach the status of another student-athlete.

Please do not attempt to confront a coach directly before, during, or after a practice or contest. These can be emotionally charged times for athletes, coaches, and parents. Meetings of this nature do not promote constructive conversations or satisfactory resolutions.

There are situations that may require a conference between the coach and the parent. These meetings are encouraged. If a parent has a concern and would like to discuss it, he or she should call to schedule an appointment with the coach. If the coach cannot be reached, or if a parent has an unresolved concern and would like to discuss it, he or she should call to schedule an appointment with the Director of Athletics.

ATHLETIC COUNCIL

The Saint Mary's Athletic Council is comprised of the Director of Athletics, the Assistant to the Director of Athletics, and the Athletic Trainer. The Athletic Council is responsible for reviewing and/or advising the school on all matters pertaining to athletics. The Director of Athletics represents this council on the Saint Mary's School Leadership Team.

AWARDS

END-OF-SEASON ATHLETIC AWARD CEREMONY

Banquets are an opportunity to celebrate team accomplishments. Athletes are recognized in an athletic assembly at the end of each season (fall, winter, and spring). Each head coach is responsible for submitting season summary comments and award winners to the Director of Athletics for review.

The head coach and the team parent, with prior approval from the Director of Athletics, coordinate banquets. All student-athletes and their parents are encouraged to attend.

Awards given to student-athletes are as follows:

VARSITY AWARDS

- Most Improved Award (MIP)
- Most Valuable Player (MVP)
- Coach's Award

JUNIOR VARSITY AWARDS

- Most Improved Award (MIP)
- Most Valuable Award (MVP)
- Coach's Award



WEBSITE AND PUBLICITY

After every athletic contest, each varsity head coach is responsible for reporting scores to the *Raleigh News and Observer*. The head coach also reports scores and highlight information to Saint Mary's Assistant to the Director of Athletics Margaret Geiger who updates this information on the Saint Mary's athletic webpage. Updates on games and competitions can also be found on the school's social media. Saint Mary's School also works with the local media to publicize achievements to the wider community.

For up-to-date schedules, results, and directions to away events, log on to Saint Mary's Athletics page

Facilities

The Saint Mary's facilities include the Ann Moore Bacon Gymnasium-Natatorium, Nimocks Field, six tennis courts, two practice fields, an updated and redesigned wellness center and training room, and an enhanced home locker room.

Transportation Policy

Saint Mary's School will provide team transportation for all athletic teams. As an official school-sponsored activity, the athletic staff must be able to account for the whereabouts of all student-athletes and ensure their safety. Please note the following procedures:

- No student-athlete may drive to or from an athletic contest without written parent permission. Parent permission must be given with 24-hour advanced notice to the Director of Athletics
- After a game, the student must return either with the team via school transportation or a parent
- Parents must present themselves to a member of the coaching staff after the event, informing the coach that his/her child is not taking team transportation; student-athletes may not ride with other student-athletes or anyone else other than their parent/guardian
- Any changes to a student-athlete's transportation plans, must be provided to the Director of Athletics as a written permission prior to 9 a.m. on day of competition

Inclement Weather Policy

There will be no practice or games on days when the weather forces the school to close unless there is a special clearance from the Director of Athletics. On rainy days, decisions about outdoor practices and games will be made as soon as possible. Please refer to the Saint Mary's School athletic webpage at www.sms.edu/athletics for cancellations or rescheduled games. Teams will also be notified via email regarding any weather-related cancellations or delays. Students should assume that practices or games will take place until an official announcement is made by the Director of Athletics.

NCAA INITIAL ELIGIBILITY CENTER

If you are planning to enroll in college as a freshman and you wish to participate in Division I or Division II athletics, you must be certified by the NCAA Eligibility Center, formerly known as the NCAA Initial-Eligibility Clearinghouse. It is each student-athlete's responsibility to see that the Eligibility Center has the documents it needs for certification. The NCAA Eligibility Center, located in Indianapolis, Indiana, is the organization that handles ALL inquiries regarding an individual's initial eligibility status. The Center operates a separate website at www.eligibilitycenter.org, which maintains and processes all the initial eligibility certifications.

To register with the Eligibility Center

Fill out the online form at the Eligibility Center website or call the NCAA publications hotline at 1-888-388-9748, and ask for a free copy of the "Guide for the College-Bound Student-Athlete", which contains the registration forms and an Eligibility Center brochure. This guide can also be viewed online at www.ncaa.org in the Student-Athlete Guide for the College-Bound Student Athlete section.

Contacting the Eligibility Center

Customer Service

877-262-1492 (toll free in the USA)

Voice Response: 877-861-3003 (toll free in the USA)

Mail

NCAA Eligibility Center

Certification Processing

P.O. Box 7136

Indianapolis, IN 46207-7136

Office Hours: 8 a.m. to 5 p.m. Central Standard Time, Monday through Friday

ATHLETICS DEPARTMENT CONTACTS

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