



## 2022-23 ATHLETIC HANDBOOK

### Athletic Department Information

The purpose of this handbook is to make information regarding athletics at St. Joseph's Academy available to all athletes who participate in our program. All student athletes and their parents should read the handbook carefully.

As a student athlete, you are privileged to represent St. Joseph's Academy. Your behavior on and off the court or field, at games, at practices, and in the community should represent the school honorably.



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**Athletic Trainer** Mike Lacavich  
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## St. Joseph's Academy Mission Statement

St. Joseph's Academy is a college preparatory high school sponsored by the Sisters of St. Joseph of Carondelet. Our mission is to provide quality Catholic education for young women in an environment that challenges them to grow in faith, knowledge, and respect for self and others. Our community expects these women to make a profound impact in the world.

## Athletic Department Philosophy

Athletics play an important role in helping the individual student develop a healthy self-concept, as well as a healthy body. Athletic competition adds to our school spirit and helps all students, spectators as well as participants, develop pride in their school. Our primary goal in each athletic endeavor is to win with honor, dignity and class. However, winning is not our only goal, nor is it the only measure of a successful program. Win or lose, building character, instilling values, developing leaders are the true measures of our success.

All teams at St. Joe are selected on a tryout basis.

### EMAIL

All St. Joseph's Academy coaches have a St. Joseph's Academy email address. The email addresses are the first initial of the first name followed by the last name of the coach and [@sja1840.org](mailto:@sja1840.org).

### WEBSITE

The St. Joseph's Academy website at [www.sja1840.org](http://www.sja1840.org) is a great resource for getting information about the athletic department.

### SCHEDULE

Log on to [www.stltoday.com](http://www.stltoday.com) to get up-to-date sports schedule information.

### SPORTS HOTLINE

Call (314) 394-4350 for the St. Joseph's Academy Sports Hotline.

# STATE AND LEAGUE AFFILIATIONS

## MSHSAA

The *Missouri State High School Activities Association* (MSHSAA) is the governing board for our athletic activities in the State of Missouri. MSHSAA is a voluntary, nonprofit, educational association of junior and senior high schools established for the purpose of working collaboratively to develop and adopt standards of supervision and administration to regulate the diverse interscholastic activities and contests which are delegated by the member schools to the jurisdiction of the Association.

### **MSHSAA MISSION STATEMENT**

The MSHSAA promotes the value of participation, sportsmanship, team play, and personal excellence to develop citizens who make positive contributions to their community and support the democratic principles of our state and nation.

### **MSHSAA PHILOSOPHY**

Interscholastic activities are an integral part which complements the secondary curriculum program. This program shall provide educational and social experiences for the students and school community which result in positive learner outcomes contributing to the development of good citizenship, sportsmanship, and equitable competition.

As a member of MSHSAA, St. Joseph's Academy has agreed to adopt and follow those rules and practices contained in the *Official Handbook of the MSHSAA*. The Athletic Director and coaches are required to know the content and philosophy of the rules and by-laws outlined in the *MSHSAA Handbook*. A copy of the *Official Handbook* is available online at [mhsaa.org](http://mhsaa.org).

Any parent or student athlete who has questions concerning the application of MSHSAA by-laws must forward those questions to the Athletic Director for clarification. Contact with MSHSAA on matters of rules and by-law interpretation will be made by the Athletic Director or by a coach after discussing it with the Athletic Director. All parents will have access to the MSHSAA pamphlet on "How to Protect Your Eligibility" while viewing the mandatory Parent/Athlete PowerPoint.

## MWAA League

St. Joseph's Academy is a member of the *Metro Women's Athletic Association* (MWAA). This league is made up of 9 member schools: Barat Academy, Cor Jesu Academy, Incarnate Word Academy, Nerinx Hall, St. Joseph's Academy, Ursuline Academy, Whitfield School, Visitation Academy, and Villa Duchesne.

# RESPONSIBILITIES & REGULATIONS OF SJA ATHLETES

## Participation & Attendance

### **MSHSAA PHYSICAL FORM**

According to the Missouri State High School Activities Association guidelines, “the school shall require of each student in athletics a certificate of an issued physical signed by a physician, advanced nurse practitioner in written collaborative practice with a physician, or a certified physician’s assistant in collaboration with a sponsoring physician stating the individual is physically able to participate in athletic practices and contests at her school.” The physical form is valid for two years from the date it was issued. The Pre-Participation Physical Evaluation Form-History\* is due annually. The physical form must be hand-delivered to the coach on the first day of tryouts in order to tryout.

*\*MSHSAA Physical Forms can be found on our website under Athletics*

### **MANDATORY RULES MEETING**

Any St. Joseph’s Academy student who participates on an athletic team must view the athletic PowerPoint one time each year with a **parent/guardian**. This PowerPoint is mandatory in order to play a sport at St. Joseph’s Academy.

### **PARTICIPATION FEE**

There will be a \$125.00 participation fee for all athletes. This fee must be turned into the Athletic Office prior to any uniform being issued. This fee will be collected through your FACTS account.

### **SELECTION OF TEAMS**

*Due to the size of the SJA facilities, it may be necessary for the number of players per team to be limited.*

Coaches will evaluate skills, work ethic, attitude, and the positional needs of the program in order to determine the participants for that season. There is not a guarantee that a student will make a team, even if she played on the team in the past. This tryout will be conducted over a 2-5 day span. Each coach will establish and announce the guidelines for the team’s tryout, as well as to inform the participants of the team selections. The athlete must attend all tryout sessions in order to be considered for a position on the team unless an exception is given by the athletic director for national athletic events.

### **PLAYING TIME**

It is a privilege, not a right, to participate on an athletic team at St. Joseph’s Academy. At the discretion of the coach, student athletes who have not consistently attended practice or whose efforts in practice are deemed detrimental to the team dynamic may not receive playing time.

*Freshman:* At the Freshman level, the goal is to provide an opportunity for all students on the roster to participate in each contest.

*Junior Varsity:* At the junior varsity level, the main goal is to prepare athletes for the varsity level. Skill development is emphasized and being a member of the team does not guarantee equal playing time.

*Varsity:* At the varsity level, the team is selected based on skill, playing ability, work ethic and fitness level, positive attitude, knowledge of the sports’ fundamentals, and commitment to the team. Playing time is at the discretion of the coach.

# RESPONSIBILITIES & REGULATIONS OF SJA ATHLETES

## Participation & Attendance (*continued*)

### **ATTENDANCE AT PRACTICES OR GAMES**

All team members are expected to participate in all practices and games for the entire season. Athletes may not miss practices, contests, or performances due to a conflict with work, a non-school activity, or a club activity. Any exception to the above must be approved in advance by the coach. Failure to abide by this rule could affect playing time and may result in dismissal from the team.

### **ATTENDANCE POLICY FOR EXTRACURRICULAR ACTIVITIES**

A student may not participate in or attend any extracurricular activity on the day she is absent. Extracurricular activity includes: practices, competitions, performances, and team meetings/activities. If an athletic event falls on a weekend, the student must be at the school the Friday before.

A student must be present for three or more periods on a Green or White day, or six or more on Yellow days, to be eligible to participate in or attend an extracurricular activity (LACE time, assemblies (event time), and masses are considered a class period). However, if a student leaves school early during the school day, she is not allowed to participate in or attend any extracurricular activity without the permission of the Principal of Student Affairs.

Not following this policy will result in four (4) consecutive after-school detentions and suspension from extracurricular participation until all four detentions are served. The detention will begin the day after the violation occurs or is discovered. Continuous disregard of this policy will result in permanent removal from extracurricular activities.

### **SCHOOL ATTENDANCE POLICY**

Students are expected to be in attendance and on time every school day. Every absence, whether for illness, a family event, travel, or any other reason will be counted as an absence. The only exception is if the student is at a school-sponsored activity.

Once a student accumulates eight (8) absences in a semester, she will not be able to participate in any extracurricular activities.

### **TARDY POLICY**

Students with 10 or more tardies will be a student “not in good standing” and will forfeit extracurricular activities. See the *Parent-Student Handbook* regarding tardiness.

### **INJURIES**

All players are expected to notify the coach of any injuries and talk with the athletic trainer. An athlete should inform the coach if she will be late to practice to get treatment for an injury. An athlete who is unable to participate is expected to attend practice and contests unless released by the team’s coach.

If an athlete sustains a head injury, the following protocol must be followed. She will be removed from play immediately, the injury will be assessed by the medical staff if available, and parents will be notified. If medical staff is not available, the parents should seek medical advice from their physician.

# RESPONSIBILITIES & REGULATIONS OF SJA ATHLETES

## Participation & Attendance (*continued*)

### **NON-SJA TEAMS/NON-SCHOOL COMPETITION**

Athletes may not participate on a non-SJA team of the same sport during the same season while on a St. Joseph's Academy's team. The athlete may participate in a different sport during the season. If school is missed for non-school competition, advance approval must be granted by the Athletic Director. See school policy in the *Parent-Student Handbook* for a planned absence and notifying teachers.

### **ATHLETIC PROBATION**

Participation in extracurricular activities is encouraged and valued at SJA, but plays a secondary role to academic success. A student must have a cumulative GPA of 2.0 or better (based on the most recent SJA report card) to try out or sign up for an extra-curricular activity. Current grades in each class will be reviewed each semester when determining eligibility for all extracurricular activities. Extracurricular activities include, but are not limited to: practices, games, competitions, and performances. A student must be in good standing in all areas of her school and community life in order to be involved in an extracurricular activity.

### **SUBSTANCE ABUSE**

St. Joseph's Academy cares about the health habits of student athletes. Athletes must realize that the use of illegal substances will not be tolerated. The school policy will be followed regarding substance abuse.

An athlete is expected to uphold training rules and regulations at all times during her sport season. Parents are expected to support these rules and regulations and help students set high standards and make responsible decisions.

### **TECHNOLOGY AGREEMENT**

All students are required to sign a technology agreement at St. Joseph's Academy. By signing this agreement, both parents and students agree to the acceptable use policies as stated in the agreement. Consequences for technology infractions are outlined in the St. Joseph's Academy *Technology Agreement*, and may include removal from a team, suspension or withdrawal for cause from St. Joseph's Academy.

## Sportsmanship

Coaches and team members are responsible for conducting themselves with proper sportsmanship at all times. St. Joseph's Academy will not tolerate unsportsmanlike conduct from any coach, athlete, parent, or fan. Anyone exhibiting unsportsmanlike behavior may be removed from the athletic venue and other consequences listed below may apply.

### **BEHAVIOR EXPECTATIONS OF THE STUDENT ATHLETE**

- Accept and understand the responsibility and the privilege of being an SJA athlete.
- Treat coaches, teammates, and opponents with respect.
- Respect the integrity and judgment of game officials. Never argue or make nonverbal gestures.

# RESPONSIBILITIES & REGULATIONS OF SJA ATHLETES

## Sportsmanship (continued)

### CONSEQUENCES OF UNSPORTSMANLIKE BEHAVIOR

*Athletes:* An athlete who commits an unsportsmanlike act while participating in a St. Joseph's Academy sport may be suspended from play or become ineligible to participate in SJA athletics.

*Parents and Other Spectators:* Any spectator, regardless of age, who is found to be unsportsmanlike, may be asked to leave, and could be banned from attending any future St. Joseph's Academy athletic contests. Appropriate law enforcement will be called if deemed necessary by the school authorities.

## Athletic Awards

### Letter Awards

A varsity or junior varsity athlete will earn an athletic "letter" award at the end of the athletic season if the athlete completes the entire season.

### Senior Athletic Awards

A senior is eligible to receive a senior athletic award if the athlete has completed the entire season of each sport played during her four years at St. Joseph's Academy. Other criteria include, sportsmanship, academics, number of sports played, and state, region, and conference accolades.

## Athlete/Coach and Parent/Coach Communication

Parents and coaches are important role models for students. When parents and coaches understand and respect the role they each have in the student's life, they can work together to foster valuable life lessons for the student. Participants and their parents have an obligation to understand the responsibilities and expectations that accompany participating on a St. Joseph's Academy athletic team. Clear communication and an understanding of the proper channel of communication is important. The first step of communication is between the coach and the student athlete. Each athlete should be encouraged to speak directly to her coach about her concerns. The following is a four step chain of communication between student athletes and the coach. Parental support of this process is essential in order to teach our athletes to become independent, accountable, and responsible young women.

### CHAIN OF COMMUNICATION WE EXPECT BETWEEN ATHLETES, COACHES, & PARENTS:

*Step 1:* An athlete should be the first person to communicate with the coach. Parents should encourage athletes to talk to the coach before becoming involved.

*Step 2:* If the student is unable to resolve the issue on her own, parents should contact the coach to set up a meeting that includes their daughter and the coach(s). We ask that parents do not approach coaches before, during or after a contest. Wait 24 hours, then contact the coach.

*Step 3:* If step 2 does not resolve the issue, a meeting will be set up that includes parents, athlete, coaches, and the Athletic Director.

*Step 4:* If step 3 does not resolve the issue, a meeting will be set up that includes parents, athlete, coaches, Athletic Director, and a school administrator.

# RESPONSIBILITIES & REGULATIONS OF SJA ATHLETES

## Athlete/Coach and Parent/Coach Communication

### STEPS TO ENHANCE PARENT/COACH COMMUNICATION:

*What coaches should communicate:*

- Team guidelines and expectations
- Team requirements regarding fees, equipment, conditioning, etc.
- Procedures for handling injuries
- Explanation of excused and unexcused absences and consequences for tardiness and absence

*What parents should communicate:*

- Concerns about the health of the athlete
- Questions about how to help the athlete improve
- Specific questions about the coach's philosophy or expectations
- Concerns about the athlete's behavior

*What athletes should communicate with the coach:*

- Questions and concerns about her role on the team

*Issues that are not appropriate for a parent to discuss:*

- Decisions about playing time
- Team strategy
- Play calling
- Other student athletes

A coach is required to meet with any player who chooses to remove herself from an athletic team at any time during the season. The parents of the athlete will be notified of the situation. If requested, a meeting will be scheduled with the athletic director, coach, and parents.

If the Athletic Director coaches a sport, contact the Principal of Students Affairs regarding concerns.

## Transportation & Travel

- Coaches will not provide transportation to and from practices or contests.
- When traveling, players must stay in the hotel and stay with team members.
- Schedules may, on occasion, require early departures and an interruption in the academic day.
- Coaches will determine an appropriate standard of dress consistent with the *Parent-Student Handbook* and duration and nature of the trip.
- School policy, as defined in the *Parent-Student Handbook*, is in effect throughout any off-campus activity sponsored by the school. Any deviation from norms of behavior outlined in the *Handbook* should be acknowledged immediately by the coach and reported to the Athletic Director.
- Students must be in good standing academically and have no missing assignments to attend an out-of-town game resulting in missing class time.

# RESPONSIBILITIES & REGULATIONS OF SJA ATHLETES

## Sports Camps & Clinics

The athlete may attend a specialized, summer athletic camp/clinic where she receives instruction or coaching from a member of the school's coaching staff for a maximum of 20 contact days in any one sport.

Athletes may attend a non-school-sponsored, summer specialized sports camp of any length, provided she does not receive instruction from a member of the school's coaching staff.

## College Athletics

This section provides information on becoming and remaining eligible to compete in intercollegiate athletics. It includes information on the Initial-Eligibility Clearinghouse, as well as guidelines for students who are foreign, home-schooled, or disabled. It also contains links to resources which will help high-school students locate colleges and universities which sponsor their sport and compare graduation rates of schools they are considering.

### **INITIAL-ELIGIBILITY CLEARINGHOUSE**

All high school athletes wishing to compete in college must register with the Initial-Eligibility Clearinghouse. The Clearinghouse maintains and processes all of the initial eligibility certifications. Contact your advisor during sophomore year with your intent to register. *All other questions can be found on the NCAA website: [www.ncaa.org](http://www.ncaa.org).*

## National Letter of Intent

The St. Joseph's Academy Athletic Department will host two National Letter of Intent signings a year, to honor and celebrate those who will be playing a sport in college. Please contact the Athletic Director within three weeks of the celebration if your daughter would like to be included.

Signing for all sports: November of each calendar year

Late signing date: April of each calendar year



## COACHES

### **Basketball**

Julie Goessling Matheny '79  
*jmatheny@sja1840.org*

### **Cross Country/Track**

Scott House  
*shouse@sja1840.org*

### **Dance Team**

Amy Stumpf  
*astumpf@sja1840.org*

### **Field Hockey**

Claire Mantovani Aubel '07  
*caubel@sja1840.org*

### **Golf**

Carol Fromuth  
*cfromuth@sja1840.org*

### **Lacrosse**

Grace Zuniga Zagursky '11

### **Racquetball**

Nora Minton  
*nminton@sja1840.org*

### **Soccer**

Maureen McVey  
*mmcvey@sja1840.org*

### **Softball**

Alex Thompson

### **Swim and Dive**

Emma Luem  
*eluem@sja1840.org*

### **Tennis**

Doug Smith  
*dsmith@sja1840.org*

### **Volleyball**

Jacqui Zancanata  
*jzancanata@sja1840.org*