

2026-2027
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 Academy honorably.

ST. JOSEPH'S ACADEMY MISSION STATEMENT

St. Joseph's Academy, sponsored by St. Joseph Educational Ministries, is a Catholic, private college preparatory high school founded and inspired by the charism of 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 young 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 our 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, and developing leaders are the true measures of our success. All teams at St. Joe are selected on a tryout basis.

ATHLETICS DEPARTMENT STAFF

Athletic Director
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Director of Leadership and Formation in Athletics
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TEAM INFORMATION

The St. Joseph's Academy website at *www.sja1840.org* is a great resource for information about the athletic department and for each team. Team schedule information is also available on *www.mshsaa.org*.

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*.

STATE AND LEAGUE AFFLIATIONS

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 *mshsaa.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.

GISL LEAGUE

St. Joseph's Academy is a member of the Girls Independent School League (GISL). This league is made up of 9 member schools: Cor Jesu Academy, Incarnate Word Academy, Nerinx Hall High School, Notre Dame High School, St. Dominic High School, St. Joseph's Academy, Ursuline Academy, Villa Duchesne, and Visitation Academy.

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 and page five of the MSHSAA form* is to be uploaded to your SJA Parent Portal account. The Pre-Participation Documentation-Annual Requirement Form* is due annually and is a fillable form in your SJA Parent Portal account.

** MSHSAA Physical Forms can be found on our website under Athletics > Tryouts.*

MANDATORY PARENT/ATHLETE MEETING

Any student-athlete at St. Joseph's Academy must attend the mandatory Parent/Athlete Meeting once each athletic season in which they participate. Attendance at this meeting is required for the student-athlete to be eligible to participate in a sport at St. Joseph's Academy.

PARTICIPATION FEE

A one-time annual participation fee of $200 is required for all student-athletes, regardless of the number of sports in which they participate. Students who choose to participate in Racquetball are required to pay an additional $200 to help cover league fees and facility rentals. All athletic participation fees will be collected through your FACTS account.

SELECTION OF TEAMS

Coaches will evaluate each student-athlete based on skill level, work ethic, attitude, and the positional needs of the team when determining the roster for the season. Participation on a team in a previous season does not guarantee a spot on the roster in subsequent seasons.

Tryouts will typically be conducted over a period of two to five days. Each coach will establish and communicate the expectations and procedures for the tryout process and will notify participants of team selections upon its conclusion.

Student-athletes are expected to attend all scheduled tryout sessions to be considered for a position on the team. Exceptions may be granted by the Athletic Director for conflicts resulting from overlapping sports seasons or participation in 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 sport's fundamentals, and commitment to the team. Playing time is at the discretion of the coach.

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 periods 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 due to 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.

COMPLETION OF THE SEASON

At St. Joseph's Academy, participation in athletics is considered a privilege and a commitment. If a student-athlete quits a sport before the season concludes, she will not be eligible to participate in that sport the following school year. Choosing to leave a team early compromises the integrity of the program and may take away an opportunity from another student-athlete who was willing to commit fully.

We recognize that medical issues and other unforeseen circumstances may prevent a student-athlete from completing a season. In such cases, the decision to leave a team will be evaluated on a case-by-case basis. A written request from the student-athlete's parent or guardian must be submitted to the Athletic Director for consideration and approval. If the Athletic Director coaches a sport, contact the Principal of Students Affairs regarding concerns.

NON-SJA TEAMS/NON-SCHOOL COMPETITION

Athletes may not participate on 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 extracurricular 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. 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.

CONSEQUENCES OF UNSPORTSMANLIKE BEHAVIOR

ATHLETES

An athlete who commits an unsportsmanlike act while participating in a St. Joseph's Academy sport will be required to meet with the Athletic Director and 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.

STATE CHAMPIONSHIP BANNERS

Varsity-level teams and individual student-athletes who earn a state championship, as sanctioned by the Missouri State High School Activities Association (MSHSAA) or the official state governing body for that sport, will be honored with a banner displayed in the gym. These banners represent the highest-level state championship for each sport. Only team state championships contribute to St. Joseph's Academy's official count of overall state titles. The creation, placement and wording of all banners is at the discretion of the Administration.

ATHLETE/COACH AND PARENT/COACH COMMUNICATION

COMMUNICATION GUIDELINES

Parents and coaches serve as important role models and partners in the development of our student-athletes. Open, respectful communication helps foster accountability, responsibility, and independence. Student-athletes and their parents are expected to understand the responsibilities and expectations of participation in St. Joseph's Academy athletics.

The first step in addressing any concern is direct communication between the student-athlete and her coach. Parents are encouraged to support this process, allowing students the opportunity to advocate for themselves. The following outlines the four-step chain of communication for addressing athletic concerns.

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

To promote effective communication and student self-advocacy, St. Joseph's Academy expects the following process to be followed when addressing athletic concerns:

STEP 1 The student-athlete should communicate directly with her coach. Parents are encouraged to allow and support their daughter in addressing concerns with the coach first.

STEP 2 If the concern is not resolved, parents should contact the coach to schedule a meeting that includes the student-athlete. Parents should not approach coaches before, during, or immediately after a contest. Please allow at least 24 hours before contacting the coach.

STEP 3 If the concern remains unresolved, a meeting will be scheduled with the student-athlete, parents, coach(es), and the Athletic Director.

STEP 4 If additional resolution is needed, a meeting will be scheduled with the student-athlete, parents, coach(es), the Athletic Director, and a school administrator.

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

TRAVEL EXPECTATIONS

- Students must complete the *Parent Authorization for Student Athlete Travel Indemnification* form, available on the SJA Parent Portal.
- Students are responsible for their own transportation to and from practices and competitions. Adult drivers and carpooling are encouraged whenever possible. Coaches will not provide transportation to or from practices.
- Coaches may transport teams to contests using a school-issued van.
- During team travel, student-athletes are expected to remain with the team and stay in the designated hotel with their teammates.
- Travel schedules may occasionally require early departures or students to miss part of the academic day.
- All school policies outlined in the *Student-Parent Handbook* remain in effect during school-sponsored travel and off-campus activities. Any violations will be addressed by the coach and reported to the Athletic Director.
- Student-athletes must be in good academic standing and have no missing assignments to participate in out-of-town contests that require missing class.

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. 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 college advisor during sophomore year with your intent to register. All other questions can be found on the NCAA website: *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

FALL SPORTS

Cross Country: Coach Scott House *(shouse@sja1840.org)*
Dance Team: Coach Chloe Klevorn *(cklevorn@sja1840.org)*
Field Hockey: Coach Claire Mantovani Aubel '07 *(caubel@sja1840.org)*
Golf: Coach Susan Fromuth-Bachowski *(sbachowski@sja1840.org)*
Softball: Coach Pat Origliasso *(porigliasso@sja1840.org)*
Tennis: Coach Shirine Faris *(sfaris@sja1840.org)*
Volleyball: Coach Shenee Boyle *(sboyle@sja1840.org)*

WINTER SPORTS

Basketball: Coach Jason Ohlsen *(johlsen@sja1840.org)*
Dance Team: Coach Chloe Klevorn *(cklevorn@sja1840.org)*
Racquetball: Coach Nora Minton *(nminton@sja1840.org)*
Swim and Dive: Coach Emma Luem *(eluem@sja1840.org)*

SPRING SPORTS

Lacrosse: Coach Grace Zuniga Zagursky '11 *(gzagursky@sja1840.org)*
Soccer: Coach Tori Magaletta Mulvihill '11 *(tmagaletta@sja1840.org)*
Track: Coach Scott House *(shouse@sja1840.org)*

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