

St. Thomas Sports Program

Welcome to the St. Thomas Sports Program! The primary goal of our program is to develop student-athletes in a positive Catholic environment in preparation for high school and life.

Interscholastic and youth sports programs play an important role in promoting the physical, social and emotional development of children. It is therefore essential for parents, coaches and officials to encourage youth athletes to embrace the values of good sportsmanship. Each player/participant is expected to demonstrate sportsmanship, respect for the coaches and umpires, have a positive attitude, and good conduct on and off the field.

Parents must be respectful of the coaches and game officials, which includes but is not limited to, disagreements. Any issue can be brought to the coach's attention as well as the School / League Representatives coaches in accordance with a "24 Hour Rule" - Youth sports can be an emotional experience. The physical activity of the kids can often spill onto the sidelines and into the stands and create strong reactions in coaches and parents. For parents, it is important to separate their child's sports development from game emotions. For this reason, many leagues and coaches have adopted the "24 Hour Rule" which simply states that coaches will not discuss a game or situation until at least 24 hours after the fact. This important rule does two things. First, it moves the discussion away from the presence of the players. Second, it allows all parties to have time to put things in perspective and "cool off", if necessary. If parents will respect the 24 hour rule, their concerns are more likely to be fully addressed in reasoned discussion. More importantly, the kids' enjoyment of a game won't be marred by an ill-timed confrontation.

Positions and playing time are determined based on what is best for the team. Some factors, but not all are ability, the understanding of the game/situation, participation in practice, listening and attentiveness to the coaches. There is no minimum playing time in this league and coaches will not be required to play every player or any specific amount of game time. All players may not play in every game.

Players that do not attend team practices and/or games may be removed from the starting lineup or have play time reduced.

Practice does not begin until the coach is in attendance and calls for practice to start regardless of the predetermined start time. Attendance at practices and games is a crucial component to a successful team. Parents are expected to clear their child's schedule to avoid conflicts. Poor attendance is unfair to teammates and may result in a player's dismissal from the program. Players and parents must commit to be available for this program through the duration of the season.

Please also remember that each player is considered a student first and athlete second. It is a privilege to represent St. Thomas the Apostle school. Players are required to maintain grades at an adequate level commensurate with their abilities as determined by the Principal. Failure to do so or unsportsmanlike conduct can lead to a suspension or removal from the team.

Remember coaches are not babysitters. It is expected that parents or guardians are present during the entire practice / game or available by cell phone in the event of an emergency. This request is necessary in the event of injury, weather related interruption, etc. Please make sure that the Team Representative has the phone number that can best reach you as necessary.

Players are expected to come to the field ready to begin the game/practice. This includes being in full uniform or practice attire. For games players are required to be in full uniform and may

not substitute any article of the uniform (no different socks, hats, etc.). Uniform means uniform.

Player safety is paramount. Please make sure protective gear (i.e. approved eye wear, proper game appropriate footwear, athletic supporter, etc) is worn for all games and practices to prevent injuries.

In the event of a practice and/or game cancellation notification will be made by the Team Representative.

Parents need to alert the coaching staff in advance that a player will not attend a practice or game. As much advance notice should be given to provide the proper preparation for replacement and or proper use of the attendee's time.

On the day of the game, players are expected to get to the field at least 45 minutes prior to the scheduled start time of the game (unless otherwise instructed by the coach). Please factor in driving time for away games. This is to ensure that we have ample time to properly prepare each player physically and mentally for the game.

Each player must provide his/her own beverage that is with the player from the beginning of practice/game and is sufficient to last through completion of practice/game. As each player will be competing at a high level, proper hydration is critical for each player's success and health.

Every attempt will be made to alternate players throughout the games. With the ability to re-enter the game (sport dependent), players may be required to be on the sideline for part or all of the game.

Only coaches and players are allowed on the playing field during practice and games. Parents must stay within the designated areas for spectators. At no time are parents allowed in player/coaching areas (i.e. dugouts, bench, etc).

Participation in the program is voluntary and will involve rigorous physical activity, which may even under normal circumstances, cause injury. The participant agrees to save and hold harmless the School, Coaching Staff, team representatives and the league from any and all liability from injuries sustained by participant during practice or games. Parents or guardians should advise the coaching staff of any medical or other conditions that might require special attention. Each participant shall be bound to all league rules and school policies.

Player/Participant Name (please print): _____ Grade/Class: _____

Player signature: _____

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Contact Information:

Address:

City, State, Zip:

Home Number:

Cell Number:

Please list any physical limitation (allergies, hearing, sight, etc.):