

By-Laws of the
St. Joseph Athletic Association

Article I. Name

Section 1.0 This association shall be known as the “St. Joseph Athletic Association” of Homewood, Illinois

Article II. Purpose/Mission

Section 1.0 The mission of the St. Joseph Athletic Association is to assist young student athletes develop to the best of their ability in body, mind and spirit by putting Christian values into practice.

The St. Joseph Athletic Association wishes to motivate our youngsters to formulate a good attitude and aid them in attaining a worthwhile self-image via the sports programs. Our program should also show them the benefit of cooperation while tackling group problems and impress upon them the idea of always giving their best effort. Participants will learn the fundamentals of each sport and be given the opportunity to develop strong, healthy and disciplined minds and bodies. When we teach these concepts to our student-athletes, the program will be successful and it will compliment their other activities.

A true winner always does his or her best, never for the glory of self, bu always for the glory of God.

Article III. Goals of the Association

To motivate and encourage each student:

- to understand and develop sportsmanship
- to become the best athlete he/she can possibly be
- to have fun playing the game
- to develop school spirit and team spirit
- to help students develop strong, healthy, disciplined bodies and minds
- to learn the skill, tactics and strategies of the game and improve as a player
- to help students maintain good health through physical fitness
- to provide an enjoyable recreational activity that can be sustained into adulthood
- to encourage values of self-discipline, self-confidence, fair play and cooperation
- to learn to grow in the social qualities of courage, initiative, honesty and loyalty
- to teach the proper attitude toward winning, losing and competing with dignity
- to develop sportsmanship and teamwork
- to learn an appreciation of rules and performance in regards to rules
- to accept defeat knowing that they tried their best
- to enable non-team members to give support through attendance as a cheering section
- to promote and encourage the development of Christian values (character) through interaction with peers

Article IV. Limitation of Methods

- Section 1.0 The general membership shall be comprised of all current St. Joseph Parish School students' parents, legal guardians, duly elected board members, approved Athletic Directors, Coaches, Assistant Coaches and St. Joseph CCD student's parents.
- Section 2.0 St. Joseph Athletic Association sponsors all team sports for boys and girls who are enrolled in academic grades four through eight in the St. Joseph Parish School and St. Joseph CCD program.
- Section 3.0 Athletic Association membership and participation is subject to review by the Religious Education Director, the school principal and the parish pastor.
- Section 4.0 There will be a monthly scheduled meeting of the athletic association starting in August of each year. No meetings are held in June and July.

Article V. Program Rules

- Section 1.0 All team members must register and will not be allowed to participate without proof of insurance and payment.
- Section 2.0 Registration fees for team members in each sport will be determined by the Athletic Directors, with the approval of the Executive Board. Registration fees will be turned over to the Treasurer for deposit.
- Section 3.0 All parents and/or legal guardians of participating athletes will be required to take part in association fundraisers and all other mandatory activities.
- Section 4.0 Any Catholic student who enters the St. Joseph Parish Religious Education program must provide proof of previous attendance in either a Catholic school or a Catholic Religious Education program before he/she can participate in one of our sports programs. Students entering fourth grade or above without this proof will have to be in attendance of our Religious Education program for one (1) full year before joining a sports team. Students who do not come from a Catholic school or a Catholic Religious Education program must wait one year before competing in St. Joseph Athletics.
- Section 5.0 All parish monetary obligations must be paid in full before registration fees are collected before participation in the sports program will be granted.
- Fees are set to allow as many students as possible to participate.
- Provisions for the children of needy families are made to allow their participation and will be taken under advisement of the board and voted upon.
- In parish programs a parish subsidy may be appropriated for the program. Booster Clubs or parent groups may raise additional funds according to local parish guidelines to meet program needs.
- Section 6.0 If a student quits the team, the parent is to notify the head coach and turn in the uniform

first upon that notification. The child will receive a full refund in he/she quits prior to the game of the regular season. If he/she quits prior to the completion of the third game of the regular season, the child will receive a 50% refund. Anyone quitting after the completion of the third regular season game will receive no refund.

If personalized uniforms are being used, the student will receive a refund minus the cost of the personalized uniform belonging to the student. All personalized items must be paid for as stated on registration forms.

Section 7.0 Fees for replacing lost uniforms or repairing uniforms for damages beyond normal wear will be assessed to the parents.

Section 8.0 Any team member who does not finish the season, except for illness, injury or transfer, will not receive an award.

Section 9.0 All registration fees and signed insurance forms must be submitted prior to the first practice or student becomes ineligible to participate in the program.

Article VI. Organization of the Association

Section 1.0 An Executive Board shall be comprised of six members:

1. President
2. Vice-President
3. Secretary
4. Treasurer
5. Dina?
6. Fund raising

Article VII. The Executive Board

Section 1.0 Current board members will nominate potential candidates for open board positions.

1. Vacancies will be posted on the Athletic Association Website as they become known.
2. Each board position becomes available for reassignment each year.

Section 2.0 The term of office for each board member is a one (1) year term.

Section 3.0 Duties for each board member are as follows:

President:

1. To arrange and preside over all regular and special meetings and to call such meetings as required.
2. To appoint an Athletic Director for each sport.
3. Create committees as he/she deems necessary.
4. To be eligible to serve as President one must have been a member of the Athletic Association for at least one (1) year prior to his/her term and must have been a member of the Executive Board.

Vice-President:

1. Assumes the duties of the President in his/her absence.
2. Serve as coordinator to oversee the function of fund raising for the Athletic Association.
3. Works with the athletic directors to set up awards ceremonies for each sport and purchase awards. Oversees the banquet committee.

Secretary:

1. Record and maintain minutes of all regular and special meetings.
2. Notify board and members of all regular and special meetings.
3. Handle all publicity for the school, parish and community with regard to the Athletic Association.

Treasurer:

1. Make deposits and sign checks for all expenditures as provided for in the approved budget along with any authorized signatures necessary for each check over \$100.
2. Maintain complete financial record and give a report to the members at each meeting.
3. Balance the checkbook monthly.
4. Set up the monies for the home gate and concession stand.
5. Oversee the concession stand committee in the absence of a fund raising executive board member.

Section 4.0 Functions of the Executive Board

1. Support sponsored athletic tournaments
2. Act as objective unbiased observers during team selection process. The final decision on player team assignment shall be made by the athletic directors. Objective observers will not have a son or daughter participating in the class for which the tryout is being held.
3. Conduct an annual parent meeting to inform new parents of procedures and policies that govern the St. Joseph Athletic Association.
4. Act as point of contact for parents needing information and clarification regarding the athletic program.
5. Monitor and support all phases of the St. Joseph Athletic Association.

Section 5.0 Executive Board Code of Conduct

Standards for executive board members behavior include:

1. All e-mails between board members, pastor and principal shall be treated as confidential and shall not be forwarded to others without approval of a majority of the board or as directed by a majority of the board.
2. Parent's complaints given directly to the board members shall be treated as confidential. Board member can admit they are aware of disciplinary situations but must state they are not at liberty to discuss the particulars of the situation. Board members must always make clear that any opinion they voice on the matter is their own and not at that time the opinion of the athletic board.
3. Attend all scheduled board meetings.

Section 6.0 Executive Board Meeting Agenda Format

1. Opening Prayer
2. Approval of minutes
3. President's Report (if applicable)
4. Parents address board
5. Complaints received
6. Treasurer's report/financial report
7. Secretary's report
8. Girl's basketball report
9. Boy's basketball report
10. Girl's volleyball report
11. Fund raising/fish fry report
12. Special events report
13. New business
14. Old business
15. President's closing comments

Section 7.0 It shall be the responsibility of the Executive Board to rule on all disputes as presented by a member of the association.

These disputes may concern, but not be limited to: playing time, eligibility, coaching or conduct. It will then be the board's duty to research, discuss and decide on a course of action. If, after attempts to correct a situation no changes occur, the board shall make any change required for a final solution.

Section 8.0 At least a majority of the Executive Board must be present for a vote to be considered official.

Section 9.0 In the event of tie vote among the Executive Board the matter will be subject to review by the Religious Education Director, the school principal and the parish pastor.

Article VIII. Athletic Director

Section 1.0 Duties

1. Oversee formations of teams, selection of leagues, registering those teams and attending all board meetings as St. Joseph representatives.
2. Submit names and coaches and roster to the DRE and school principal before games begin.
3. View and approve all team schedules and/or changes to those schedules with the coaches.
4. Work with the association vice-president and banquet committee to set up awards ceremonies for each sport and purchase awards.
5. Determine the need for and secure all playing equipment and uniforms.
6. Athletic Directors must set the criteria for each grade level for the following year and give each coach proper direction
7. To arrange for registration of team players, distribute registration materials, set time and location for registration.

8. To acquire and maintain equipment, first aid supplies and uniforms
9. Schedule practice facilities
10. Determine eligibility of each player for each sport and be certain that all players are eligible to participate.
11. Schedule team pictures once a year.

Section 2.0 Selection of Coaches

1. The athletic director will select coaches for the sports teams.
2. Coaching candidates for girls' basketball must submit their names to the girls' basketball athletic director as soon as possible preceding the next school year and no later than one month before the season starts. Coaching candidates for boys basketball and girls volleyball must submit their names to the boys basketball or girls volleyball athletic director by September 30 of the current school year.
3. Head coached must be at least 21 years of age and a member of the Athletic Association. High school students may serve as assistants but must be under adult supervision in the absence of a head coach.
4. The Executive Board must approve the coaches selected by the athletic director as all coaches must have a criminal background check and Virtus training before working with children.

Article IX. Coaches

Section 1.0 Criteria for Selection

The St. Joseph Athletic Association recognizes that for grade levels 4 through 8 teams shall be selected. The Athletic Director will make the selection of the team coach and the relative placement of the other coaches. The criterion for selecting a team coach are as follows:

1. The ability to model Catholic Christian values.
2. The ability to articulate and model the Mission/Philosophy and goals of the program by consistently motivating each student to be the best athlete he/she can possibly be.
3. The ability to responsibly supervise and instruct the youth in his or her care.
4. An understanding of the basics of the sport to be coached.
5. The ability to develop the potential, confidence and skills of each athlete.
6. The ability to separate winning from the important goals and values of the program while teaching and guiding the team member with a sense of fair play in a respectful, courteous and gracious Christian manner.
7. The ability to adhere to and support the local interscholastic athletic mission and philosophy statements and all local policies and guidelines as well as league policies and guidelines. Coaches should attend an informative meeting(s) prior to assuming coaching responsibilities to become familiar with these.
8. Coaches should be knowledgeable of the rules of the sport and techniques for teaching the fundamentals of the sport. They should use tactics and strategies that are appropriate for the age and skill levels of the athletes
9. Coaches should possess the ability to model Christian sportsmanship knowing that the school is judged more by the coach's sportsmanship than by his record.
10. Anyone known to use inappropriate or abusive language, deny adequate playing

time students who are cooperative in effort and attendance, give preferential treatment to the most gifted athletes, submit rosters not signed by the pastor and/or principal or athletic director, play students who are not on the regular roster or to roster students on two school teams in the same sport, forfeit games without following local procedures, join another league or an additional tournament without the approval of the athletic board/committee, athletic director or pastor and/or principal will not be considered eligible to coach any team.

11. Coaches must attend mandatory coaching clinics for his/her sport that outline the teaching strategies for that level and or grade.
12. If all candidates demonstrate superior coaching ability it will then be left to the Athletic Director to make the final decision. This decision is not final and not subject to review or grievance.

Section 2.0 Coaches Training and Workshops

The Executive Board recognizes the need to provide our student athletes with competent coaching. While the Executive Board recognizes that our volunteer coaches, parents and non-parents will have a wide range of experience as a participant and/or coach in any particular sport, there remains an obligation to encourage all of our coaches to improve their coaching skills. The efforts and skills of our coaches have a direct relationship to the overall success each of the student athletes experience through participation on a St. Joseph athletic team. The Athletic Director will also attempt to identify coaching clinics, which are available in the area at which prospective and existing coaches may improve their coaching skills. In order to encourage parent participation through coaching for these parents, who may have limited knowledge and/or experience of a particular sport, the executive board will attempt to identify mentors who are experienced coaches to initially assist inexperienced coaches.

Section 3.0 Responsibilities

1. After being selected and approved, and prior to the beginning of the season, all coaches will be required to attend a meeting with the Executive Board. This will be a to acquaint the coaches with our purpose and rules and the importance of motivating each student to be his/her best at all times.
2. At the conclusion of each season all coaches will submit an evaluation of the completed season and suggestions for changes to the Athletic Director and Executive Board.
3. Coaches are responsible for assuring that there are first-aid kits at all practices and games. The first-aid kits shall be supplied by the Athletic Association and it will be the responsibility of the sport athletic director to make sure that their coaches all have kits and that they are adequately supplied.
4. Coaches carry with them at all times pertinent information on every athlete in their care in case of emergency. The emergency card should list obvious problems such as asthma, heart problems and diabetes. The card should specify allergies, including bee stings, foods, position ivy, etc. All emergency medical forms should be collected and complete prior to the first game of the season. However, coaches should never administer medicine.
5. Coaches must be aware that individual school athletic programs will be held responsible for damages caused by team participants and spectators.

6. Coaches are not responsible for and are discouraged from transporting the team to the practices and games but are to remain on the scene until all children have their rides .
7. The Athletic Association will reimburse coaches for attending local coaching clinics for registration fees only.
8. Team coaches must make sure no unauthorized students or adults are in the school during practices and games. Authorized people include coaches, players and any parent who might care to observe practice sessions.

Section 4.0

1. Coaches must show respect for game officials and opponents; publicly shaking hands with the officials and the opposing coach before and after a game gives clear respect.
2. Coaches are responsible for the equipment issued to the team and for the proper use of the facilities where practices and games are held.
3. Coaches must know the proper procedures for entering and securing the building when practicing with the team.
4. Coaches will never instruct or encourage student athletes to violate either the spirit or the letter of the rules of the sport or of the league. They do not “run up” huge point spreads, but substitute players when the opposing team is significantly behind.
5. Coaches will not tolerate any player word or action that de-values another player, name-calling, taunting, etc; likewise, any action that is physically dangerous, e.g. deliberately trying to injure an opponent during a game is absolutely forbidden.
6. Coaches will discipline inappropriate student behavior or disrespect without resorting to physical or verbal abuse or profanity and must know the difference before punitive touching (physical discipline) and corrective touching (corrective an athlete's hold on a ball). One is prohibited while the other is not.
7. Coaches also take care that touching a student is never interpreted in a sexual manner.
8. Coaches will use common sense and fairness in resolving problems and conflicts while keeping objective, factual, written records of problems concerning student athletes, attitude and/or behavior. These records will be referred to when discipline matters lead to the suspension and/or expulsion of a student from the program.
9. For grades 4 and 5 every coach must play all players at least a minimum of one quarter (25%) and will strive to give physically able players more playing time if possible This applies to regular season, tournaments and playoff games.
10. For grades 6, 7 and 8 a greater emphasis is to be placed on the competitive nature of athletics. In line with this emphasis, players must earn their playing time while still playing at least one quarter of the game (25%). This applies to regular season. For tournaments and playoffs, a player must at least enter the game but no set playing time is required.
11. Coaches must conduct a pre-season meeting with the parents prior to the first game. During that meeting the following shall be reviewed.
 1. Review practice times
 2. Hand out emergency medical forms
 3. Ask for a team parent to act as the team culture keeper
 4. Review with team parents the Parent Pledge. All parents are required to sign the pledge.

5. Designate a parent to coordinate concession stand and entry fee collection point workers for all home games.
12. Coaches must be knowledgeable concerning the league rules pertaining to the sport being coached.
13. Coaches must be knowledgeable in the fundamentals for the sport you are responsible for coaching.
14. Coaches must provide accurate rosters and support materials to the athletic director, principal or religious education director.
15. Coaches will provide game schedules to all parents as soon as they are available.

Section 5.0 Game Rules of Conduct for Coaches

1. Coaches may not come onto the field or court at any time during a game unless to attend to an injured player.
2. Coaches must address players, spectators and referees respectfully during the game.
3. Any coach ejected from a game because of unsportsmanlike conduct will be suspended for the next game and may be subject to additional penalties.
4. Any coach who verbally abuses another person (for example, the use of words harmful to a player's sense of self-esteem, or words that are excessively critical of player's or referee's ability or efforts) may be suspended for the remainder of the season and may be disqualified from participation in the St. Joseph Athletic Association.
5. Any coach who physically abuses or threatens an official, player or other person will be immediately suspended for the remainder of the season, disqualified from further participation in the St. Joseph Athletic Association and will result in at least one year suspension.

Article X. Student Athletes

Section 1.0 Responsibilities

1. Meet the academic requirements.
2. Present proof of parish membership and insurance coverage.
3. Present completed permission forms,
4. Sign acknowledgments of expectations of behavior, effort and attitude.
5. Sign an agreement of support of the guidelines and policies of the athletic program.
6. Pay all required fees.

Section 2.0 Expectations

1. Athletes are held to personal, academic and behavior standards.
2. The student athlete shows respect for coaches and cooperates with them fully. This respect is also given to members of their own team, to their opponents and to the officials of the sport. The athlete also respects the spectators and fans.
3. Athletes are expected to show good sportsmanship and play by the rules. They should encourage and be supportive of team members.
4. Losing self-control, using inappropriate gestures or tone of voice or foul or abusive language, arguing a referees call or a coach's decision or other signs of disrespect are reasons for disciplinary action. Consequences of such behavior are reduced playing

time of even suspension or expulsion from the team. School policy governs all such incidents and is enforced by the administration and the faculty.

5. Athletes are expected to be present and on time for all practices and games. Not attending practice affects the entire team and detracts from the sense of teamwork that the coaches are striving to achieve. "Excused" or "unexcused" absences should be defined. Expectations and procedures for notification in the event the student is unable to attend practices/games are clearly outlined. The consequences of missing practices and games or of excessive absences are also clear.
6. Athletes are expected to treat opponents with respect; shake hand after contests.
7. Athletes should respect the judgment of officials and abide by the rules of the contest.
8. Athletes are expected to accept seriously the responsibility of representing the school or parish by displaying positive behavior at all times.
9. Athletes are expected to play in a positive manner, reflecting Christian values.
10. Athletes should treat teammates and coaches with respect during both practices and games.
11. St. Joseph practices and games take precedence over other sports activities.
12. Players shall respect, listen and learn from their coach.

Section 3.0 Student Athlete Code of Conduct

Any player who verbally abuses or harasses his or her teammates or coaches during practice or games shall be subject to the loss of playing.

Article XI. Parents

1. Parents understand that enrolling a child in a sports program is a commitment that the child plays according to all rules and at all locations at which their team is scheduled to play. Full participation in all aspects of the program, e.g. driving student athletes to away games or tournaments that are a good distance from the school, tournament participation during the holidays, etc., is to be expected. If parents cannot make such a commitment, they should be encouraged to not enroll their child in the sports program. The school and athletic board/commission will provide the safest and best experience for every participant.
2. Parents may be asked to make the school fees and tuition account current as a condition of student participation in the athletic program.
3. Parents are expected to set a good example by showing support and encouraging their child's efforts. Attending games and cheering for the team is a show of support. Parents are always reminded to act in a responsible manner showing good Christian sportsmanship and to set a good example for their children.
4. Parents make no attempt to instruct or direct the play of an athlete or of the team. They do not criticize the playing efforts of any athlete or of the team. Parents can be role models for putting losses in perspective and moving on. Parents should not question, criticize or berate the coach, the referees or any other officials in the inappropriate behavior.
5. Parents should realize that they can and may be asked to leave a game or tournament if they are not able to maintain a standard of acceptable behavior.
6. Parents may also be expected to contribute their time and service in support of the team and interscholastic athletic program. A volunteer program is especially

dependent upon everyone's help and support to maintain a high level of quality and success. Parents may be asked to assist as scorekeepers, timekeepers, ticket or money takers, refreshment sellers, monitors or crowd control or to serve as base coaches, assistant coaches or to help with set up or clean up. They may be asked to help with and support fund raising. If any of these expectations are mandatory, this is clearly stated on the registration forms.

Section 1.0 Parent-Coach Partnership

1. Parents can play an important role in letting a coach “coach” by adhering to the coach-parent partnership, acting as a team parent and as the team culture keeper. Parents are required to read and sign the Parent Pledge prior to each season.
2. The coach has made a commitment that involves many, many hours of preparation beyond the hours spent at practice and games. He/She has earned the right to make decision (even ones that don't work out so well) with his commitment. Recognize his/her commitment. Try to remember this whenever something goes awry during the season.
3. As soon as you know who your child's coach is going to be, contact him/her to introduce yourself, and let them know you want to help your child have the best experience he/she can have this season. To the extent that you can do so, ask if there is any way you can help. By getting to know the coach early and establishing a positive relationship, it will be much easier to talk with him/her later if a problem arises.
4. When a coach is doing something you like, let him know about it. Coaching is a difficult job, and most coaches only hear from parents when they want to complain about something. This will help fill the coaches Emotional Tank and contribute to him/her doing a better job. It also makes it easier to raise problems later when you have shown support for the good he/she is doing. And just about every coach does a lot of things well. Take the time to look for them.
5. If you think your child's coach is not handling a situation well, do not tell that to the player. Rather, seek a meeting with the coach in which you can talk with them about it.
6. You are not one of the coaches, so avoid giving your child instructions during the game. It can be confusing for a child to hear someone other than the coach yelling out instructions during a game. If you have an idea for a tactic, go to the coach and offer it to him/her. Then let him decide whether he/she is going to use it or not. If they decide not to use it let it be. Getting to decide those things is one of the privileges the coach has earned by making the commitment to coach.
7. Wait to talk to the coach about something you are upset about for at least 24 hours after a game. Emotions, both yours and the coach's are often so high after a contest that it's much more productive if you discipline yourself to wait until a day goes by before contacting the coach about a problem. This will also give you time to think about what your goals are and what you want to say.
8. Competitive sports are stressful to players, and the last thing they need is a critic at home. Be a tank filler for your child. Focus on the positive things your child is doing, and leave the correction of mistakes to the coach. Let your child know you support him/her without reservation, regardless of how well he/she plays. But don't stop there. Cheer for all of the players on the team. Tell each of them when you see them doing something well.

Section 2.0 Responsibilities

The responsibilities of the team parent are to:

1. Organize team concession stand workers schedule.
2. Coordinate with the coach to make sure all parents have the correct game times and directions to the visiting schools.

Section 3.0 Positive Coaching

As the season progresses, continue to keep the ideas of Honoring the Game alive with all the parents. If parents get upset about calls made by officials or act in any way that doesn't Honor the Game, gently remind them that this team is committed to Honoring the Game no matter what. We Honor the Game even if the official makes a bad call, even if the other team doesn't Honor the Game.

Section 4.0 Pre-Season Parent Responsibilities

1. Each parent must complete and return the emergency medical release form prior to participation in the athletic program. The medical release form may allow emergency medical treatment on the participant if the parent is not available by a certified EMT. Again, this form must be completed (and signed by both parents or a legal guardian) before a player is allowed to participate in either a practice session or a game. The coach should keep a form for each player and carry them to all functions (games, practices, tournaments, etc.)
2. Parents shall attend a pre-season parent meeting held by the coach. The meeting is mandatory and at that time the coach will review the Parent Pledge. All parents are required to read and sign the pledge. Parents will also be asked to volunteer as team parents and team culture keeper.

Section 5.0 Parents on Game Day

1. Remember that the players are children and are playing for their enjoyment, not yours.
2. Remain seated in spectator area during games.
3. Respect decisions made by contest officials. Do not at any time attempt to engage officials in discussion either during or after games. Any issues with game officiating shall be documented and provided to the appropriate athletic director for resolution. The spectator should not attempt to learn the referees name but indicate to the athletic director the game, location and issue in question.
4. Be a role model by positively supporting teams and refrain from shouting instruction or criticism to the players, coaches or officials. Do not coach from the stands.
5. Make no derogatory comments or suggestions to players, coaches, and parents of the opposing team, officials or league administrators

Section 6.0 Parents/Spectators Code of Conduct

1. Participating teams and their coaches are responsible for the conduct of their spectators.

2. Any spectator/parent who displays poor sportsmanship may be removed from the facility by an official, team coach, a league official or the host gym manager in charge.
3. Any spectator/parent who interferes with the conduct of a St. Joseph's activity may, at the discretion of the Executive Board, be barred from attendance at subsequent St. Joseph athletic events.

Section 7.0 Parent Meetings

The Executive Board will attempt to schedule annual parent informational meetings regarding the St. Joseph Athletic Association. The objective of this meeting including the following:

1. To enable the parents to support their children in a manner positive for the child.
2. To introduce parents to the goals and objective of the St. Joseph Athletic Association coaching philosophy, team rules, game and practice procedures, and allocation of playing time.
3. To ask for help from parents in supporting the teams in various tasks.
4. To provide an avenue for feedback and communication with parents.
5. To discuss safety and medical considerations.

Section 8.0 Parent Pledge

Please read, initial each item, sign and return to the coach or Athletic Director.

1. I pledge to get my child to practice and games on time. I understand that it can be embarrassing for my child to be late and that I may be putting him/her at risk by not providing adequate time for warm up. I will be on time to pick up my child from all games and practices. This shows respect for the coach, and it tells my child that he or she is my top priority. _____
2. I pledge to use positive encouragement. I pledge to refrain my making negative comments about my child's coach in my child's presence I understand that this plants a negative seed in my child's head that can negatively influence my child's motivation and overall experience

3. I pledge to reinforce the ELM Tree of Mastery with my child (E for effort, L for learning and M for bouncing back from mistakes.) Winners are people, who make maximum effort, continue to learn and improve, and do not let mistakes, or fear of making mistakes, stop them. I understand that mistakes are an inevitable part of any games and that people learn from their mistakes. I understand that children are born with different abilities and that the true measure is not how my child compares to others but how he/she is doing in comparison to his/her best self.

4. **I pledge to Honor the Game.** I understand the importance of setting a good example of my child. No matter what others may do, I will show respect for all involved in the game including coaches, players, opponents, opposing fans and officials. I understand that officials make mistakes. If the official makes a "bad" call against my team, I will Honor the Game and be silent! _____
5. I pledge to refrain from yelling out instructions to my child. I understand that this is the coach's job. I understand that games are chaotic times for children trying to deal with fast-paced action and respond to opponents, teammates and coaches. I will limit my comments during the game to encouraging my child and other players for both teams. _____

I will honor my parent pledge in my words and actions.

Parent's Signature

Print Child's Name

Article XII. Player Selection Guidelines

Section 1.0 Player Selection General Guidelines

The Executive Board wants parents and players to have a clear understanding of the criteria used at St. Joseph for the selection of athletic teams in grades 4 through 8.

Coaches at each grade level along with appropriate Athletic Director, sport coordinators, and objective observers appointed by the Board must work together to assure fair and unbiased selection of players to allow each St. Joseph athletic team at such grade level to compete at its designated level of competition.

The Athletic Director and the Executive Board appointed objective observers shall assure that all participants and all coaches participate in player selection activities. The Athletic Director shall oversee the player selection process; Athletic Director, coaches, and objective observers shall rate each player; the Athletic Director will have the final say in player selection and has the authority to overrule a sport coordinators selection; team roster for each of these teams at a particular grade level must be submitted to the respective Athletic Director for final approval.

Participants and their parents will be responsible for informing the Athletic Director, if necessary, of any potential problems or other concerns prior to the selection of the teams. A common example is an athlete participating in another program outside of St. Joseph. St. Joseph encourages athletes to explore all the possibilities offered to them. While it would be ideal for the athlete to put St. Joseph first, that is not always the case. As a common courtesy to the coach and players who will be on that athlete's team, parents must notify the Athletic Director of this conflict. Parents, please be aware that choosing St. Joseph second is acceptable, but will result in minimal playing time as to be fair to the other athletes who contribute 100% to St. Joseph athletes.

If a player misses tryouts the appropriate sports coordinator and Athletic Director will designate which team to assign the player. The Athletic Director will receive input from coaches at that grade level but the final decision will be the Athletic Directors. If parent has an issue with her or her child's playing for a specific coach, this issue must be explained in writing before the first game is played. The Athletic Director will evaluate the issue and will make a final determination if the issue is valid.

Teams will be split into two or more teams whenever possible. In the event that teams are split, the Athletic Director will, after consulting with the coaches and with the approval of the Executive Board, decide to split the teams equitably or inequitably (by talent A-B). The split of equitable formed teams will occur after initial practices which

will allow the people involved time enough to observe the players so that an equitable split can be achieved. If teams are to be split inequitably the Athletic Director will, at

his or her discretion, determine the best method to separate their talent, i.e. formal tryouts, coaches being consulted, etc. In either case if there is a dispute among the coaches, the Athletic Director will make a ruling to determine the final rosters.

After consultation with the coaches, and with the approval of the Executive Board, the Athletic Director may elect to participate in leagues that require formation of inequitably formed teams.

Reminder: St. Joseph has a “no cut” policy. Everyone makes the team

Section 2.0 Player Selection Guidelines Grade 4 and 5

1. In grade levels 4 and 5 the primary emphasis will be placed on the physical and mental development and education of each athlete, while introducing the athlete to the competitive nature of athletics
2. In grade levels 4 and 5, players will be rated during tryouts by the coaches, objective observers and the Athletic Director on a number of drills, which highlight skill and team play.
3. In grade levels 4 and 5 teams will be selected to be as balanced as possible.

Section 3.0 Player Selection Guidelines Grades 6 through 8

1. In grade level 6,7, and 8 two different teams will be selected for the first time.
2. In grades 6 through 8 players will be selected by 3 criteria:
 - a) Skills and drills ranking
 - b) Last years coaching ranking
 - c) Outside observers ranking
3. Players selected for “A” team must be fully committed to attend all practices and games. Should the athlete want to participate on another program during their St. Joseph season, the athlete should remove himself/herself from the “A” team level.
4. The remaining athletes will be divided amongst teams of equal caliber.

Article XIII. Player Participation Guidelines

Section 1.0 General Participation Guidelines.

1. All players who are good enough to make their assigned team deserve to be given the opportunity during the regular season, tournaments and playoffs to develop along with their teammates. Coaches are required, before the game, to inform an athlete they will not be playing the minimum time required stated in this handbook and to let that athlete know the specific reason.
2. Players who are suspended from school shall not be eligible to participate in practice or games until their suspension has been served.
3. Players who have missed school due to illnesses may not attend either a practice or game on the same day. Players who are ill on Friday may attend and participate in a game over the weekend if their illness permits.

4. Players who miss practice and games on a regular basis, which is not due to illness or injury, shall have their playing time reduced to the degree by which they miss. For instance, a player who misses one practice a week could see their playing time cut in half of the minimum required. Players who miss games and practice on a continuing basis can have their playing time suspended but only after the coach has contacted the appropriate athletic director and received their approval.

Section 2.0 Participation Guidelines Grades 4 and 5

1. The St. Joseph Athletic Association recognizes that for grade levels 4 and 5 the primary emphasis is the physical and mental development and education of each student/athlete while introducing the student/athlete to the competitive nature of athletics.
2. In support of this goal for player development for grades 4 and 5 every coach must play all players at least a minimum of one quarter.

Section 3.0 Participation Guidelines Grades 6

1. In grade level 6 the primary emphasis will still be placed on the physical and mental development and education of each athlete while selecting teams.
2. In support of this goal for player development for grade 6 every coach must play all players at least a minimum of one quarter.

Section 4.0 Participation Guidelines Grades 7 and 8

1. For grade levels 7 and 8 a greater emphasis is to be placed on the competitive nature of athletics (to prepare to compete on high school athletic teams) while continuing to improve the physical and mental development and education of each of our student athletes.
2. In line with this emphasis on the competitive nature of athletics players must earn their playing time based on their performance in practice and games. In support of this goal for player development for grades 7 and 8 every coach must play all players at least a minimum of one quarter.

Article XIV. Team Rules

Section 1.0 Playing Time

1. Volleyball players will be allowed to play the equivalent to one (1) game a match.
2. Basketball players will be rotated so all players will be allowed to play for a period equivalent to one quarter or 7 minutes per game.
3. Each player's amount of playing time will reflect his/her ability, effort, attendance at practices and commitment to the team.
4. Coaches may restrict playing time for disciplinary measures with the approval of the Athletic Director of that sport. Example of such disciplinary actions would be missing practice, unsportsmanlike conduct, swearing, etc.

Section 2.0 Practices

1. There will be a maximum of two (2) practices per school week. Practices and games taking place on weeks when there is no school do not have to meet this requirement.
2. Practice schedules will be coordinated by the Athletic Director after receiving time requests by the coaches.

Section 3.0 Uniforms

for Players must be in full uniforms at all games. Coaches may also establish dress codes practices and travel to and from games.

Section 4.0 Team Practices

Practice times and sites will be determined by the Athletic Director and practice time coordinator and communicated to the coaches. Consideration will be given to the younger participants in the scheduling of practice times. Once practice times have been set by the coach and practice time coordinator any future changes must be approved by the appropriate Athletic Director and practice time coordinator.

Article XVI. Enactment

Section 1.0 These by-laws shall be effective immediately following their adoption by a majority vote of the Executive Board of the Athletic Association at a regular meeting and when so adopted shall supersede all previous by-laws and amendments thereto.

Approved by this _____ day of _____, 20____.

Letter to Coaches

To: All Coaches

Date:

From: The St. Joseph Executive Board

Re: What We Expect of You

You are the most important person in our organization. You determine the kind of experience our athletes have with sports. We are committed to the principles of Positive Coaching. We expect our coaches to be “Double-Goal Coaches” who want to win and help players learn life lessons and positive character traits from sports. The following is what we expect from you during the coming season.

1. Model and teach your players to Honor the Game. Teach the elements of ROOTS – Respect for: Rules, Opponents, Officials, Teammates and one's Self.
 - Appoint a parent to be “Culture Keeper” for the team.
 - Share with your players parents your desire for them to Honor the Game.
 - Drill Honoring the Game in practice.
 - Seize teachable moments to talk with players about Honoring the Game.
2. Help players redefine what it means to be a “winner” in terms of Mastery, not just the Scoreboard.
 - Teach Players the ELM Tree of Mastery: Effort, Learning, and bouncing back from Mistakes.
 - Use a “Team Mistake Ritual” (like “Flushing Mistakes”) to help players quickly rebound from mistakes.
 - Reward effort, not just good outcomes. Look to recognize players for unsuccessful effort.
 - Encourage players to set “Effort Goals” that are tied to how hard they try.
 - Use targeted symbolic rewards to reinforce effort and team play.
3. Fill your players Emotional Tanks.
 - Use encouragement and positive reinforcement as your primary method of motivating.
 - Strive to achieve the 5:1 “Magic Ratio” of 5 positive reinforcements to each criticism/correction.
 - Schedule fun activities for practices, so players will enjoy our sport.
 - Use the buddy system to teach players to fill each others Emotional Tank.
 - Develop player coaches by asking for player input and asking rather than telling them what to do.
 - Learn to give kid-friendly criticism so players will be able to hear it. Criticize in private, “Ask Permission”, use the Criticism Sandwich, and avoid giving criticism in non-teachable moments.
4. Have conversations during team meetings with your players at every practice and every game.
 - Review Honoring the Game, the ELM Tree and the Emotional Tank throughout the season.
 - Remind players about these three concepts before and after every game.

- Ask questions and encourage players to speak and contribute during team meetings.
- Use the winners circle after a game to reinforce the positive things players did.

At the end of the season we will survey your players and their parents to give you feedback on how you did at implementing these Positive Coaching principles during the season. We will share the results with you. Thank you for all your time and effort!

If you have any questions, please contact the Athletic Director.

Youth Sports Parent Code of Conduct

Preamble

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these “six pillars of character.”

I therefore agree

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league,
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice and sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player or parent such as booing and taunting, refusing to shake hands, or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing ones best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

Sideline Suggestions

Sideline Suggestions

10 Things Kids Say They Don't Want Their Parents To Do By Dr. Darrell J. Burnett

1. Don't yell out instructions.

During the game I'm trying to concentrate on what the coach says and working on what I've been practicing. It's easier for my to do my best if you save instructions and reminders for practice of just before the game.

2. Don't put down the officials.

This embarrasses me and I sometimes wonder whether the official is going to be tougher on me because my parents yell.

3. Don't yell at me in public.

It will just make things worse because I'll be upset, embarrassed, or worried that you're going to yell at me the next time I do something "wrong".

4. Don't yell at the coach.

When you yell about who gets to play what position, it just stirs things up and takes away from the fun.

5. Don't put down my teammates.

Don't make put-down remarks about any of my teammates who make mistakes. It takes away from our team spirit.

6. Don't put down the other team.

When you do this you're not giving us a very good example of sportsmanship so we get mixed messages about being "good sports".

7. Don't lose your cool.

I love to see you excited about the game, but there's no reason to get so upset that you lose your temper! It's our game and all the attention is supposed to be on us.

8. Don't lecture me about mistakes after the game.

Those rides home in the care after the game are not a good time for lectures about how I missed up – I already feel bad. We can talk later, but please stay calm, and don't forget to mention things I did well during the game.

9. Don't forget how to laugh and have fun.

Sometimes it's hard for me to relax and have fun during the game when I look over and see you so tense and worried.

10. Don't forget that it's just a game!

Odds are, I'm not going to make a career out of playing sports. I know I may get upset if we lose, but I also know that I'm usually feeling better after we go get a pizza. I need to be reminded sometimes that it's just a game.