



ST. JOSEPH
ROYALS
• ATHLETICS •

St. Joseph Elementary School
2016-17
Sports Handbook

Sports Message from the Principal...

Aloha and God's blessings to all! It is with gratitude and sheer excitement that I welcome you to our 2016-2017 SJES Royals Athletic season! The gratitude is for all of the stakeholders involved in the upcoming season: beginning with our loving God and his son Jesus for the opportunity to compete, grow, and honor the glory of God, to Father George and our entire Parish and alumni/alumnae community for always being supportive of our student-athletes, to the many volunteer boards at SJES and especially our PTG under the capable hands of President Carla VanDerveer and her Team of caring and talented officers and endless volunteers, to Rod Obligation who continues to directly oversee the SJES Royal Athletics Program and this school year in conjunction with SJES Physical Education teacher Scott Tully (SJES Class of 2001), to the many volunteer coaches who spend countless hours helping our kids develop their skills and grow in confidence, to our parent(s)/guardians and family members who are always there to support their sons and daughters in competition, and as we always save the best for last, to our student-athletes for saying YES to the joy of being on a team, playing hard and fair, having fun, learning how to win and lose with dignity and growing as a result of the experience. SJES's mission explicitly references the education of the "whole child" which includes the spirit, the mind, and the body. For so many youth and teens this critical area of movement science and competition is oftentimes the catalyst for helping children grow in other domains such as the cognitive (mind), affective domain (feeling), and within our own spirituality because of the confidence and positive self-esteem that most student-athletes derive from the experience of being on a team.

As a child and teen my Mom and Dad required their 5 sons to compete. Moreover, at least on sport had to be a "contact" sport like football, hockey, lacrosse, wrestling, etc. My Mom's thinking was that sports would help you learn how to get up after being knocked down both literally and figuratively. As an athlete in high school and college nothing was better for me than being a part of a Team and I believe that's the biggest take from sports all the way from youth to professional: to be part of something greater than your individual self. Self does matter greatly but Team even more. For 25 years I had the privilege of coaching football, hockey and lacrosse at the youth, high school and collegiate level and through all those wonderful memory filled years of growth, life's lessons, laughter, undefeated seasons and championships and a few almost winless seasons, it was always about the Team and how our young men and women could grow first as a person, then student, and then athlete and most importantly understand the concept of Team and have a boatload of fun in the process! From a faith perspective, to give all the glory to God by always putting forth their best effort and playing hard and fair and displaying good sportsmanship. Regarding winning, as a former Head High School Football and Lacrosse Coach, we played to win and I have no reservations about SJES athletes and Coaches playing to win so long as ALL of the players are allowed to fully participate in the competition provided they are working hard and behaving in school and on the team; at times, some may play more than others.

In closing, SJES is in solid leadership hands with Rod and Scott and the many coaches and volunteers who will help our kids grow and see their potential both as a teammate and individually as an athlete. As in all matters of effective communication, I ask that if you have questions or concerns regarding our SJES Athletic program or your child's Coach, please go directly to the *appropriate* source first followed by Rod or Scott, and then to me. I'm psyched for our kids and can't wait to see them beam with pride as they wear their Royals colors, grow in their love for themselves, their teammates, their families and honor God by playing hard and fair and having fun!

God's Blessings Always,

Dr. Jacky Rizzo, Principal

MISSION STATEMENT

The purpose of the St. Joseph Elementary Athletic Program is to promote the spiritual, cultural, social and physical development of the youth of St. Joseph Elementary School by providing activities that will foster formation and practice of Christian values.

PROGRAM ADMINISTRATION

The sports played through the athletics program are played under the guidance of the East Bay Parochial League Catholic Youth Organization (EBPL CYO) for the Diocese of Oakland. The values and rules established by the EBPL CYO for the conduct of youth programs are fully endorsed by the SJES Athletic Board.

OAKLAND DIOCESE CYO & EAST BAY PAROCHIAL LEAGUE

The following experts come from the home page of the Oakland Diocese Catholic Youth Organization's Internet website:

"The Oakland Diocese Catholic Youth Organization is an athletic program for elementary and junior high age youth in the parishes of the Roman Catholic Diocese of Oakland. CYO Sports that are offered to young people by the Church is a ministry to young people...The Catholic Youth Organization (CYO), through the vehicle of sports, provides

youth with an opportunity to practice Christian attitudes and responsibilities and to become friends with other children throughout the diocese. CYO activities should be examples of the meaning of Christian sportsmanship." For additional information such as the "Purpose of CYO Athletics," "CYO Points of Emphasis," "Code of Conduct," and "The Value of Sports to the Church," log onto the Oakland Diocese CYO's website at: <http://www.oaklandcyo.org> and www.ebplcyo.org

The 11 schools forming the EBPL are:

- St. Anthony, Oakland
- Corpus Christi, Piedmont
- St. Elizabeth, Oakland
- St. Jarlath, Oakland
- St. Joseph, Alameda
- St. Lawrence O'Toole (SLOT), Oakland
- St. Leo the Great, Oakland
- School of Madeleine, Berkeley
- St. Martin de Porres, Oakland
- St. Philip Neri, Alameda
- St. Theresa, Oakland

PHILOSOPHY & GOALS

The Athletic Board hopes that participation in sports will allow students to accept victory and defeat with equal grace and sportsmanship. The students will respect their sport, their teammates, opponents, coaches and referees. In addition, they will also learn to participate as a team, compete fairly and with full effort, and develop the physical and mental skills necessary for the sport they have chosen.

SCHOOL POLICY

The faculty and administration regard sports as an important part of the total education of our students.

The sports program at St. Joseph Elementary School is sponsored and supported by the PTG group. As in all elective programs, students should view their participation as a commitment and not involve themselves in too many extra activities.

The school administration has the discretion to prohibit a student's participation due to low grades, un-sportsmanlike conduct, and/or school behavior. Failure to abide to the CYO and/or the school rules may result in the dismissal of you child from the school.

PROGRAMS OFFERED

Boys & Girls Cross Country- Grades 3-8	Aug- Oct.
Boys Basketball- Grades 3-8	Oct.- Feb.
Girls Volleyball- Grades 4-8	Oct. -Feb.
Girls Basketball- Grades 3-8	Feb. - May
Boys Sand Volleyball- Grades 5-8	Feb. - March
Track and Field- Grades K-8	Feb. - May

FEES

Registrations fees per family are:*

\$150 for one student

\$75 for each additional student

Registration fees are a one-time fee regardless of how many sports are played during the year. Fees are used to acquire uniforms and secure gym times for practices and games.

*Sports Scholarships are available through the Chris Anderson Memorial Fund for families who need financial assistance. Please contact the Athletic Director for an application.

PRACTICES

Just as success in the classroom is depended on regular school attendance and good conduct, practice attendance and behavior is key to athletic development and success. In addition, players are to conduct themselves appropriately, respecting coaches and fellow teammates while at practices. Students are expected to attend scheduled practices on a regular basis. Participation in other activities or for non-school sports teams, should not be a basis for failing to attend practices. Students must notify the coach ahead of time if they will not be able to attend practice. (During the season, if a player has not attended a minimum of 75% of the practices, the coach has the right to reduce the student's playing time as a consequence and should notify the parents of such.)

NOTE: If a pattern of non-attendance persists, or a problem with misconduct/misbehavior persists, the coach (es) will consult the Athletic Director, and after a review, action may be taken to restrict the player's participation in future games (consultation will be made with the School Administration, and a final decision will be made by both parties; parents will be notified of the final decision.)

PRACTICES (TIME ALLOTMENT)

The Athletic Board has set guidelines for practice times, recognizing that team practice time must be balanced with school activities and homework. The maximum time allowed for weekly practices are as follows:

Multi-Grade Sports Teams

Cross Country- Grades 3 through 8, and

Track & Field- Grades K through 8: 3 hours per week max

Single Grade Sports Teams

Basketball and Volleyball

- Grades 3 & 4: two hours per week max.
- Grades 5 & 6: three hours per week max.
- Grades 7 & 8: four hours per week max.

GAMES

Coaches are instructed to provide ample/equal playing time for all players on the team. Whenever possible, all players should be provided with the opportunity to play in 50% of each game or match. (i.e. in basketball, players should be played at the earliest opportunity in each half or quarter; in volleyball, every effort should be made to allow all players to serve at least once in a match.) Note, however, that game-playing time may be reduced as a consequence resulting from non-attendance at practices or conduct-related issues. In any case, the coach has the right, at his/her discretion, to immediately reduce playing time to the minimum allowed under CYO rules.

CONDUCT POLICY

Every student in St. Joseph Elementary School is expected to exhibit exemplary conduct at all times while

participating in sports activities- practices and games. Sport activities do fall under the category of school-sponsored events and students are and will be subject to the guidelines outlined under the Conduct section of the handbook.

Any un-sportsman-like conduct such as: fighting, verbal/physical abuse or harassment, persistent taunting, or display of disruptive behavior may result in the immediate removal of the student from the sports activity. Reinstatement of the student rests with the Administration.

CONDUCT OF COACHES & SPECTATORS

Coaches in our sports' programs must follow the CYO Code of Conduct and the St. Joseph Elementary School Code of Conduct and abide by our program philosophy.

Breach of any of the tenets of these guidelines may be cause for suspension from one or more games or further consequences based on the violation. There may only be three coaches per team on the bench during a game.

ACADEMIC POLICY

Student who fail to maintain a minimum "C-" in all areas of academics and conduct are subject tot the policies as stated in the "Academic Probation" section of the handbook.

SPLIT TEAM POLICY

In some circumstances, there may be a need to have two teams in the same grade because of a large number (18 or more) of students who desire to play. The following outlines our policy for "split" teams:

1. If the team is split for more than one year, the composition of the team must change each year.
2. The teams must be divided so as to be equal in skill as possible. The team composition is subject to approval of the Athletic Director and the Principal.

"PLAYING UP" POLICY

All players must play in their grade appropriate groups. Only the Athletic Director and Principal can make exceptions for special circumstances (i.e. one grade does not have enough players to make a team.) No parents can request their child "play up."

SPORTS PARTICIPATION AWARDS

Awards for participation are presented to all students participating in the Athletics Program. In addition to these are the Blocks and Stars Awards, established by the Athletic Board to recognize students. Letter blocks are awarded to children who have completed at least six (6) sports for boys and seven (7) sports for girls. A star is awarded for every 3 completed sports after receiving the letter block.

Students must attend at least half of all events for that particular season to be considered eligible for Blocks and Stars program.

PARENT VOLUNTEERS

Volunteer support is vital to the athletic program. Parents are requested to volunteer as coaches and assistants. Coaches will receive 30 volunteer hours for their commitment. Your presence at the events is, also, a strong statement of your support. Each family participating in a sport during the year will be charged an annual fee. These fees cover the cost of gym use and sports uniforms.

Note: Parent and volunteers must comply with S.E.C. (Safe Environment for Children) training per the Diocesan guidelines.

UNIFORMS

The Sports Board Uniform coordinator supplies uniforms to the students and coaches. There will be a \$50.00 deposit taken from each family's FACTS account for uniforms. Upon receipt of the uniform after the season, the deposit will be refunded.

Uniforms are to be returned clean within five (5) days after the end of each season.

CONCERNS OR SUGGESTIONS FROM PARENTS

If concern arises, parents must first bring it to the coach's attention. If the results are not satisfactory, the parents should bring it to the Athletic Director's attention. The Athletic Director will work with the parents to try to resolve concerns. If the concern is still unresolved, the Athletic Director will bring it to the Principal and/or Pastor for a final resolution.

SPORTS BOARD MEMBERS

Athletic Directors-	Scott Tully/Rod Obligation
Asst. Athletic Director -	Alberto Garcia
Treasurer-	Jeff Anderer
Volleyball Coordinator-	Merriann Cassidy
Basketball Coordinator-	Jim Price
Cross Country Coordinator-	
Track & Field Coordinator-	Kevin Krajewski
Uniform Coordinator-	Pauline Bellinger
	Walter Williams
	Maria Bartley
Gym Coordinator-	
Communications Coordinator-	
Snack Coordinator-	