

OUR LADY OF THE ASSUMPTION SCHOOL ATHLETIC PROGRAM

GENERAL INFORMATION

I. THE ATHLETIC PROGRAM IS PART OF THE PAROCHIAL ATHLETIC LEAGUE

- A. “ The mission of the Parochial Athletic League (PAL) is an integral part of the educational mission of the Catholic Schools of the Diocese of Sacramento. The PAL is dedicated to fostering Christian and human development, encouraging a positive vision in our young men and women through exercise, example, and athletic competition and fully recognizing the dignity of each student in Christ’s image.
- B. The PAL mandates that each principal designate an Athletic Director who will be required to attend designated A.D. meetings. The A.D. will be the contact person for the PAL Directors and will provide communication between school coaches and parents regarding PAL guidelines, scheduling, meetings, etc.

II. SCOPE OF THE OLA ATHLETIC PROGRAM

A. PAL sponsored teams:

Girls’ Volleyball

Varsity

Varsity Recreational

Junior Varsity

Junior Varsity Recreational

Girls’ Basketball

Varsity

Varsity Recreational

Junior Varsity

Junior Varsity Recreational

Track and Field

Varsity

Junior Varsity

Boys’ Volleyball

Boys’ Flag Football

Varsity

Boys’ Basketball

Varsity

Varsity Recreational

Junior Varsity

Junior Varsity Recreational

Golf

Varsity

Girls’ Flag Football

COACHES' INFORMATION

I. REQUIREMENTS TO SERVE AS COACHES AND/OR ASSISTANTS

- A. Willingness to support the mission of Our Lady of the Assumption School and the Parochial Athletic League and to fulfill all commitments to the players, the school, and the PAL.
- B. Each coach and assistant coach must have fingerprint clearance and must attend all coaching meetings.
- C. Knowledge of the sport to be coached and a desire to help the athletes improve.
- D. Willingness to volunteer to serve as a coach/assistant coach.
- E. Agree to be punctual and present for all scheduled practices and games.
- F. Potential coaches will have a meeting with the Athletic Director prior to selection.

II. RESPONSIBILITIES OF COACHES

- A. Be fully aware of and supportive of the Our Lady of the Assumption School requirements for student participation, for parental involvement, for team members, and for conflict resolution.
- B. Attend the mandatory coaches' meeting presented by the PAL
 - 1. Be fully aware of all PAL requirements for the sport and agree to observe them
 - 2. Observe all PAL mandates and guidelines concerning playing time
 - 3. Must be PCA certified
- C. Be present for all tryouts for the team and at all meetings for the selection process.
 - 1. All coaches of the varsity level will attend all the tryouts for that sport. Each coach will rate players based on sport-specific skills, attitude, ability, willingness to follow directions, and teamwork.
 - 2. The Athletic Director will approve the rosters and present them to the principal for final approval.
 - 3. The rosters will be posted on the gym door after school on the date announced at tryouts.
- D. Attend a pre-season meeting with the Athletic Director.
- E. Conduct a pre-season meeting with the parents and players.
- F. Inform all players and parents of the practice, game, and tournament schedules as soon as they are available.
- G. Have copies of every player's emergency cards at every practice and games, as required by the PAL.
- H. Ensure the safe pick-up and drop-off of players by their parents at all games and practices.
- I. Consistently promote teamwork and team spirit.

- J. Uniforms: The athletic director will distribute uniforms to each coach or team. It is the responsibility of the students to return their CLEAN uniforms to the homeroom teacher after the season has ended.*
- K. Coaches and parents may not buy or require students to buy extra articles of clothing (e.g., sweats, shoes) to go with the uniform that OLA provides as this may put a financial hardship on families.*
- L. Coaches will notify the team and the athletic director when scheduled practices have been cancelled. Likewise, newly scheduled practices will be requested through the athletic director at least 24 hours in advance.*

PARENTS' AND PLAYERS' INFORMATION

I. REQUIREMENTS FOR STUDENT PARTICIPATION

- A. Academic/Conduct Requirements
 1. Students must have a C average, without any grade of F, at the beginning of the season. This average must be maintained throughout the season to remain eligible to play.
 2. If a student does not have this average at the time grades are checked, he/she will receive a probation form. This form must be signed by both the parent and the coach and returned to the homeroom teacher. During this two-week probation period, the student may still participate in practices and games.
 3. After the two-week period, if the student has not satisfactorily improved, he/she will receive a temporary suspension form. This form must be signed by both the parent and the coach and returned to the homeroom teacher. During this two-week temporary suspension, the student may not participate in practices or games. At the end of the two-weeks, faculty members will determine reinstatement or permanent suspension.
 4. Students must maintain satisfactory conduct while at school and at athletic events. Conduct that is not acceptable is cause for dismissal from a team.
- B. Each player must have a current, signed medical release form on file before that player can participate in any practice or game.
- C. Parents or coaches may not buy or require students to buy extra articles of clothing (e.g., sweats, shoes) to go with the uniform that OLA provides as this may put a financial hardship on families.*

II. REQUIREMENTS FOR PARENTS

- A. One parent/guardian must attend the pre-season meeting as well as the sport parent training held at the beginning of the school year.
- B. Parents are to provide transportation for their children for all games and practices. Team member's siblings are NOT allowed to attend practice.

- C. Every family is encouraged to work at games or tournaments played at Our Lady of the Assumption School. These hours count toward a family's forty hour obligation
- D. Parents are to pay the non-refundable sports fee before a student may participate.

III. REQUIREMENTS OF TEAM MEMBERS

- A. **PRACTICE REQUIREMENTS:** All players must meet the requirements set by the coaches and the PAL for practices and games.
 - 1. The player must phone the coach in advance if a practice or game will be missed. The player must obtain any information given at the missed event.
 - 2. Athletes who have missed a practice due to participation in an outside athletic team will not be allowed to start in the next game.
 - 3. Athletes who have missed a game due to participation in an outside athletic team will not be allowed to play in the next game, whether that game is a league game or tournament game.
- D. **SCHOOL ATTENDANCE:** Players may not participate in a game or practice on a day when they have been absent from school.
- E. **PLAYING TIME:** Players will play in every game unless they are being disciplined for breaking a team or school rule.
 - 1. **Competitive Teams:** The amount of individual playing time is determined by ability, game situations, attitude, and adherence to rules.
 - 2. **Recreational Teams:** The coaches will attempt to play each team member approximately one quarter. Every team member will be given a chance to play in every game.

IV. CONFLICT RESOLUTION POLICY

- A. In the event a player or parent has an issue with a coach, the player and parent(s) will take the following steps after an initial "24 Hour Cooling Off" period.
 - 1. The player and the parent(s) will contact the coach, who will make an appointment to meet with the player and parent(s) to discuss the issue. This meeting will NOT take place in front of any other players or parents.
 - 2. If the issue is not resolved at this meeting, the player and the parent(s) will ask the Athletic Director to arrange a meeting of all parties plus the Athletic Director.
 - 3. Should the issue still not be resolved, all those involved will meet with a school administrator at a time scheduled by the Athletic Director.
- B. If the "24 Hour Cooling Off" period is not followed, the player or parent(s) who has violated it will be suspended from the following game.