



Holy Child Academy

ATHLETIC HANDBOOK

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HOLY CHILD ACADEMY MISSION STATEMENT

We, Holy Child Academy, share in the Mission of the Society of the Holy Child Jesus which is to help others to believe that Christ lives and acts in them and in our world and to rejoice in God's presence. Our school is committed by heritage and philosophy to the educational mission of the Church. We endeavor to develop mature persons capable of choices and decisions which enrich their own lives and contribute to the lives of others.

ATHLETIC DEPARTMENT MISSION STATEMENT

Holy Child Academy seeks to provide an athletic program that:

- develops children physically, emotionally, and socially while nurturing Christian ideals and principles;
- teaches and promotes cooperation (teamwork), leadership, responsibility, sportsmanship, fair play, and self-discipline in an environment of healthy competition;
- fosters the development of sport-specific skills at all levels while preparing players for competition;
- stresses the benefits of athletic participation in everyday life and as preparation for future challenges;
- gives all eligible students the opportunity to participate; and
- promotes school spirit and camaraderie.

ATHLETIC DEPARTMENT OBJECTIVES

- To foster the development of strong character traits, including self-esteem, respect, responsibility, commitment, sacrifice, leadership, sportsmanship, and teamwork;
- To generate school spirit and pride;
- To set and meet individual and team goals;
- To teach skills and strategies of the sport being played;
- To foster the development and maintenance of good health and physical fitness habits; and
- To promote a rewarding, enjoyable, and successful athletic experience.

ATHLETIC PROGRAM DESCRIPTION

Holy Child Academy provides the opportunity for teams to participate in the Catholic Youth Organization (CYO) League. Varsity and Junior Varsity teams represent Holy Child Academy (HCA) in CYO Region 25. Intramural opportunities are offered in volleyball.

Our athletic program consists of the following levels:

- Junior Junior Varsity (JJV): Grades 3-4: Instructional program for boys and girls, based on skill development and preparation for competition.
- Junior Varsity (JV): Grades 5-6: Continued instruction and introduction of competition through CYO League play.
- Varsity (V): Grades 7-8: Competitive program building on previous four years of play and instruction with aim of contending within CYO Region 25.

HOLY CHILD ACADEMY ATHLETIC DEPARTMENT

Program Objectives

The athletic program at Holy Child Academy promotes the development of strong character traits, including sportsmanship, teamwork, hard work, the competitive spirit and commitment. Students are encouraged to participate with their classmates to develop skills together and represent the school in a positive manner. The same core beliefs and values that apply to our academic program and other extra-curricular activities guide our training and competitive in the athletic arena.

Game and Practice Times

All team members are required to attend each practice, unless prior arrangements have been made with the head coach. It is essential that athletic participants – especially on the varsity level – do their best to avoid scheduling appointments or trips during practice time. The ability to build a team through consistent working together is a hallmark of successful programs and similar to the same level of commitment expected in other extra-curricular activities at Holy Child Academy.

Rules and Player Expectations

Players who miss scheduled practices without an excuse and without advance notice to the head coach risk being able to participate in games. Continued unexcused absences could result in suspension or removal from the team. Absences due to illness or injury are excused if there has been a clear communication with the head coach. Players who arrive late for practice without prior permission run the risk of losing playing time.

Players who are absent from school on a game day are not permitted to play in the game.

Players are responsible for maintaining their own equipment and uniforms. Most sports require the student to purchase some equipment or supplies (sneakers, cleats, practice clothes, shin/knee pads, etc.). Coaches will inform team members of these needs at the start of the season. School-owned uniforms must be returned to the athletic director on the last day of the season, or at a pre-arranged date subsequent to the end of the season. Students failing to return equipment and/or uniforms will be billed accordingly. Players and their parents should be aware of the higher cost of purchasing a single replacement uniform.

Playing Time

Varsity Teams: The goals of the varsity teams are to develop skills and compete successfully in inter-scholastic play. Coaches will determine who plays in games based on a variety of criteria. Included are commitment to team, talent, attendance at practice, willingness to work conscientiously during practice, contributions to team growth and development and the willingness to improve outside of set practices.

Code of Ethics for Parents and Other Spectators

1. Respect the playing of the game and appreciate and enjoy the efforts of the participants
2. Recognize the officials as persons of integrity and qualification and respect their decisions accordingly
3. Refrain from creating disturbances that would be detrimental to the flow of the game and/or the safety of the participants involved
4. Respect for all players, coaches and officials, regardless of team loyalty, is essential for raising the standards of good sportsmanship
5. Be a positive supporter and model by encouraging the positive aspects of the play. Refrain from sideline coaching
6. Maintain a distance from players and coaches during the games and contests. (Team benches are for the use of team members only.)
7. Refrain from providing food and drink to players during games and contests. When providing post-game refreshments, please assist with the clean-up
8. Any concern resulting from the participation of the players, coaches or officials should be addressed at a time other than immediately at the conclusion of the game or event. The athletic administration and your child's coach will always try to be receptive to your input. A "cooling off" period of 24 hours is suggested.
9. Do not direct your initial comments to the athletic director or head of school. Begin with your child's coach. If concerns persist, he or she will meet with you and the athletic director at a convenient time for all parties.

Code of Ethics for Players

1. Value one's personal integrity
2. Strive for excellence
3. Willingly abide by the spirit, as well as the letter of the rules throughout all games and practices
4. Treat all players, officials and coaches with respect and courtesy
5. Graciously accept constructive criticism
6. Exhibit dignity in manner and dress when representing Holy Child Academy both on and off the court or playing field
7. Recognize the value and contribution of each team member
8. Keep the importance of winning in perspective with regard to other objectives
9. Emphasize responsibility to the team over oneself

Code of Ethics for Coaches

1. Honor your commitment to the school by attending all practices and games on time and being ready to coach
2. Make sure all team members are accounted for before leaving the premises
3. Provide constant, timely communication regarding changes in practice and game times or any other pertinent team information
4. Be aware of the rules governing the league and its contests and impart them to the players
5. Be a positive role model as a coach. Have pride in being a good example as a coach in appearance, conduct, language and sportsmanship and teach the players the importance of these standards
6. Respect each player as an individual with unique needs, experience and characteristics and develop this trait among players
7. Demonstrate and instill in players a respect for and courtesy toward opposing players, coaches and officials
8. Distribute playing time according to skill, effort and commitment to team
9. Do not show favoritism and do not ridicule any players
10. Be conscious of the physical limitations of the players and do not allow any team member to participate while injured or ill
11. Insist a team practice the way it will play
12. Praise good performance and explain mistakes
13. Exhibit and develop in one's players the ability to accept defeat or victory gracefully without undue emotion or criticism of officials
14. Teach players to play within the spirit of the game and the letter of the rules
15. Emphasize the ideals of sportsmanship and fair play in all competitive situations
16. Encourage spectators to display conduct of respect and hospitality toward opponents and officials and to recognize good play and sportsmanship. When inappropriate crowd action occurs, the coach should assist in curtailing the crowd reactions.