



# **ATHLETIC HANDBOOK**

**2024-2025**

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### **St. John Paul II Catholic School Mission Statement:**

St. John Paul II Catholic School is dedicated to preparing the hearts and minds of our students for spiritual growth, academic excellence, personal responsibility, and service to others according to the teachings of the Roman Catholic faith.

### **St. John Paul II Catholic School Athletics Mission Statement:**

The St. John Paul II (SJPII) Athletic Program dedicates itself to the pursuit of excellence in athletics within the framework of a Catholic community and in accordance with its primary role as an educator and spiritual guide. The athletics program is committed to providing opportunities for the individual student-athlete to reach his/her highest potential while developing the qualities and spirit of a Catholic Christian. Athletics is a continuance of the classroom which promotes teamwork, commitment, self accountability and responsibility.

### **Philosophy:**

We recognize that the imperishable crown offered by Jesus Christ far exceeds any of the perishable crowns or trophies offered by this world. As a Catholic school, SJPII upholds Christian values and principles. Though our athletic teams strive to win in the sense of having the best score, we recognize the real value of Catholic school athletics is realized only if it fosters the development of the whole human person— both in spirit and in body—by cultivating Christian character, strengthening personal integrity and responsibility, and promoting the pursuit of excellence in all endeavors.

Participation on a team is a privilege. With this privilege come responsibilities in the areas of commitment, preparation, attitude, sportsmanship, and academics. These responsibilities exist both in and out of school, both in athletic and non-athletic settings. We recognize the need for God's support and guidance in meeting these responsibilities.

## **Conference Affiliation:**

SJPII has recently become a member of The Sandhills Christian Middle School Athletic Conference. Currently there are five schools in the conference with several more schools looking to join. The schools who are in this conference are:

Sandhills Classical Christian

St. Patrick Catholic School

Sandhills Highlander Homeschool

St. John Paul II Catholic School

Covenant Preparatory

SJPII hopes to continue to have solid competition with all these Christ centered schools and with other out of conference schools. A robust schedule of games and matches have been established for the 2024-2025 school year. It is the hope of the administration that this membership will continue to grow and help develop the skills of all athletes. SJPII and the current SCMSAC will play under the North Carolina Independent High School Athletic Association rules. SJPII teams will on occasion play other schools within a 60 minute radius. Thus, allowing SJPII athletes to play students from diverse backgrounds and skill levels.

## **Registration Information**

### **Procedure for Registration**

A student can become a full, participating member of a SJPII athletic team once the following requirements are met:

- Student and parent/guardian have completed and returned all SJPII Athletic forms
- Student and parent/guardian have read the SJPII Athletic Handbook
- Athletic fees paid prior to season starting (Uniform deposit which will be credited back to the family once the uniform is returned)

### **Athletic Forms**

SJPII students wishing to participate in a sport must fill out the following forms:

- o Athletic Contract – per sport

- Physical (Good for one calendar year after physical date) – per year
- Athletic Handbook Signature Page which has been updated with a hyperlink on concussion protocols. This form must be signed for every year.

These forms are accessible on the school website and Renweb. Hard copies may also be obtained from the main office of the school.

## **Fees**

All sports offered at SJPII are covered by the students' current tuition. A deposit for a SJPII sport specific uniform of \$100 will be assessed to your FACTs account which will be returned upon return of a serviceable uniform (normal wear and tear is expected). Loss, damage beyond repair/not usable, or failure to turn in uniforms at the end of a season will incur the loss of the \$100 deposit.

Gate Fees are charged to help defray the cost of referees, field lining paint and tournament fees for end of season games. Concessions pay for the end of year sports banquet awards.

## **General Information**

### **Levels of Competition**

Development of the skills fundamental to each sport receives primary emphasis on each athletic team offered at SJPII. Each team experience, however, may be slightly different depending on the level at which the team is competing.

	<b>Conference Team</b>	<b>Club (school affiliated)</b>
<b>Commitment</b>	<p>High - Students and families must commit to 4-5 events a week— practice, games, scrimmages, etc.</p> <p>Attendance at Saturday practices may be requested.</p>	<p>Low- Students and families must commit to 2-3 events a week—practice, games, scrimmages, etc.</p>
<b>Tryouts</b>	<p>Yes (Depending on number of participants/uniforms available and team size). Members who make the team should not expect to play. Coaches will make every effort to play members according to their individual skills and commitment.</p>	<p>No-completely recreational</p>
<b>Competition</b>	<p>Officiated games against other SCMSAC or occasional non-conference games/meets.</p> <p>Season ends with a conference tournament.</p>	<p>Non - officiated games against other local schools are possible. Scrimmages</p>
<b>Playing Time</b>	<p><b>At the discretion of coach(es).</b> However, coaches will make every effort to play every team member in games based on skill, development, and commitment.</p> <p><b>No set minimum time,</b> regardless of grade level..</p>	<p>Coaches will make every effort to play every team member in each game.</p>

<b>Skills Emphasized</b>	Advancing game strategies  Leadership skills on and off the field/court  Individual fundamentals developed, practiced, reinforced and extended  Sportsmanship and virtue on and off the field/court	Importance of team cohesion  Individual fundamentals introduced and reinforced  Formal game strategies introduced
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### **Athletic Teams at SJPII**

SJPII offers the following sports as recognized by the SCMSAC students in grades 6 - 8 (unless otherwise noted):

#### **Fall**

Girls Volleyball  
 Boys Soccer  
 \*Co-Ed Cross-Country

#### **Winter**

Girls Basketball  
 Boys Basketball

#### **Spring**

Girls Soccer  
 \*Golf (Co-Ed)  
 Boys Baseball

\* Denotes a club team. Club teams provide students opportunities to participate in a sport not sponsored by an athletic conference. Skill development is emphasized with opportunities for officiated competition with other area programs. Commitment level and playing time varies according to the grade level of participants.

## **Transportation Policy**

In accordance with the policies of the Diocese of Raleigh, SJPII does not provide any transportation to or from athletic events. All transportation is privately arranged by parents/guardians. SJPII and the Diocese of Raleigh assume no liability for accidents that may occur enroute to any sporting practice or activity.

## **Coaching Expectations and Requirements**

Coaches are first and foremost educators, and must work in coordination with the parents who are the primary educators of children. At all times, coaches must be examples of Christ the Teacher who serve as role models for student-athletes to emulate. They must be messengers of the school mission and ensure that all athletic programs embody the Catholic characteristics prevalent at SJPII. They are volunteers and are bringing their time and talent to our athletes.

### **Becoming a Coach**

- To become a coach for one of SJPII's many sports teams, a person must fulfill all safe environment training and to work toward becoming Level C certified (soccer).
  - All coaching positions are to be offered to any faculty member first. If they do not want to coach then the position opens up to parent volunteers.
  - If a teacher wants to join a team after the start of a season, the coach at that time will co-coach with the faculty member.
- Coaches should make every effort to seek out programs, classes and professional development opportunities in order to understand their role in the overall educational program.
- Coaches must adhere to the SJPII Faculty handbook for dress and conduct.

### **School Goals**

- Infusing the school mission in all athletic activities.
- Promoting academic excellence as an essential component in the development of student- athletes.
- Committing to effective communication with administrators, teachers, parents, and athletes.

- Supporting the development of student-athletes as leaders and role models in the greater school community.
- Creating a culture of school unity and spirit as exemplified through sportsmanship, positive fan participation, and respect for all.

## **Team Goals**

- Creating a positive and memorable experience that will be cherished by the student-athlete for the rest of his/her life.
- Teaching the specific and unique skills of the sport to the very best of his/her abilities by using all means, methods, and resources available.
- Teaching the skills of healthy competition that will prepare athletes and the team to succeed.

## **Personal Goals**

- Modeling character, sportsmanship, and self-discipline.
- Appreciating the moments of grace throughout a season, at times of winning and losing.
- Becoming a lifelong learner of their sport.
- Maintaining perspective in and throughout all athletic endeavors, realizing teachable moments exist in all experiences.
- Fostering positive relationships with all school community stakeholders.

## **Conduct of Coaches**

Coaches are called to be models and witnesses to their faith each day and as such, coaches are expected to uphold high standards of conduct in and out of season. This includes acknowledging officials in their roles. Coaches are expected to accept all calls in a professional and respectful manner. If there is a dispute coaches should present the issue to the Athletic Director so that it can be handled through official channels.

## **Language**



Language should be appropriate and constructive at all times. Coaches are expected to not only monitor their own language, but they should also set and enforce standards of appropriate language for their athletes. This includes, but is not limited to swearing, harassment, exclusionary language, sexual innuendo, personal attacks, and unsportsmanlike gestures.

### **Treatment of Opponents**

Although opponents are not a part of our school community, they are members of the larger body of Christ and should be treated as such. Coaches should model such respect for their athletes and should instruct players on how to welcome their opponents and all visitors in a way that conveys a sense of Christianity, hospitality and community.

### **Prayer**

Athletic experiences play an important role in the spiritual formation of students at SJPII. Prayer should become an intentional component to a team's culture, not just a rushed event before or after a game or practice. Rather than emphasizing winning, prayers should focus on embodying the spirit of Christianity and bringing glory to God. Coaches are encouraged to build and create spiritual traditions into their approach to coaching at SJPII.

### **Holding Tryouts**

In a Catholic school, it is essential to demonstrate respect for all members of the school community. SJPII does not hold formal tryouts and does not "cut" anyone unless a player may be harmed or harm another player due to dangerous play. There is not an expectation that all students will be afforded the opportunity to be members of a team, but when cuts are necessary, students should be treated fairly and with compassion. Coaches should provide individualized feedback to players rather than simply posting a list of team members. When individuals fail to make a team, alternative team roles should be considered, if possible. It is expected that each athlete has a general knowledge of the sport prior to coming out to the first practice. Coaches are expected to be an extension of the classroom and will help in the development of each player. SJPII encourages student athletic participation. Prospective players are expected to be committed to making all schedule practices and to advocate for themselves. Communication from the Athletic Director should be expected NLT two weeks before the first Practice. Students in grades 6 through 8 (grade 5 only to have enough players to make the team) may try out for any SJPII sports teams. Grade 5 interested athletes may attend practices to help in skill development, but are not guaranteed to play.

## **Coaching Duties**

In addition to serving as witnesses and models of faith, SJPII coaches are expected to fulfill the following duties:

- Plan out practices and games
- Supervise athletes at all times until they are picked up
- Condition athletes properly
- Assess athletes' readiness for practice & competition
- Instruct properly on what to do and what not to do
- Maintain safe playing conditions
- Ensure cleanliness of facilities
- Provide proper equipment and accountability of equipment
- Communicate practice/game schedule to athletes and parents
- Select and supervise assistant coaches.

## **Communication with Athletes and Parents**

SJPII coaches should establish clear procedures and guidelines for communication with athletes and parents that align with the philosophy and mission of SJPII. E-mail should be used only to communicate basic information, such as time and location of games and practices. Discussions of concerns should always be done in person. If a face-to-face meeting is not possible, a phone call is acceptable. Before meetings, establish clear agendas and communicate that certain topics will not be discussed. Coaches do not have to discuss playing time, coaching strategies and specific plays, or information pertaining to other athletes.

## **Awards and Recognition**

The SJPII Athletics Program hosts an annual All Sports Appreciation Night at the conclusion of the spring season. Coaches are expected to attend the event to publicly introduce their players and summarize their season. Recognition of athletes, however, should be utilized throughout the season as a means of personal athlete formation and team-building. Particular recognition of athletes should embody the goals and philosophies of the athletic department and program, not only physical talent. Some areas of recognition may include one's academics, sportsmanship, and Catholic nature/spirituality.

# Student Expectations and Requirements

Students and parents should recognize that participation in the athletic program is not a right of all students, but rather a privilege to those selected individuals who possess the ability, attitude, disposition, cooperative spirit, and desire to represent the SJPII community in a favorable way. By joining the school's athletic program, a student becomes a representative of his/her team and of SJPII.

## Eligibility and Probation

We expect student-athletes to maintain academic and behavioral standards in keeping with the SJPII Student-Parent Handbook and the teachings of the Catholic Church. These regulations and procedures apply while on school premises, during practices and competitions, and in the public arena. Academic reports will be pulled weekly during the season by the coach and/or athletic director. Cheating, plagiarism, lying and stealing will not be tolerated and are prohibited. Any of these actions by a student may result in removal from game play, practice or from the team. It may also disqualify the student athlete from receiving any athletic accolades.

- A student will be considered ELIGIBLE to participate in interscholastic athletics at SJPII if their most recent academic report reflects:
  - A grade of "C" (70) or above in ALL subjects
  - A Satisfactory rating or better in conduct for all subjects
    - A student-athlete will be considered ON PROBATION should his/her most recent academic report, Progress Report or Report Card, reflects any one or a combination of the following academic grades or conduct:
      - One grade of "D" or "F"(below 70) in any subject
      - Below Satisfactory conduct in any subject
- A student-athlete will be considered ON PROBATION when, at any time during the school year, the student earns a "D"(69) or less in any subject and, in the opinion of that teacher, is academically at risk of failing. In these cases, the teacher will provide the Athletic Director with background information on the student's classroom performance. Additionally, the teacher will also provide the affected student and his/her parents information regarding that the student needs to do to improve over the probation period.

- Finally, a student-athlete will be considered ON PROBATION should his/her behavior require:

- Removal from a classroom
- After-school detention
- In-School Suspension
- Out-of-school Suspension

\* Probation is one, two (2)-week, period during which a student-athlete works to improve his/her grades and/or conduct. During this two-week period, a student is still considered a full, participating member of the athletic team, but time should be spent wisely in improving one's grades and conduct. Student- athletes are encouraged to seek extra help from those teachers in courses where he/she is struggling either before school or after school. SJPII faculty and staff are always willing to assist students in their academic studies and personal growth as young adults. The AD will speak with the corresponding teacher(s) to clarify the reason for the grades, to see if probation is actually needed.

## **Evaluating Probationary Improvement**

A student-athlete remains a full, participating member of a team if his/her grades at the end of the probationary two-week period reflect a satisfactory average (70) or better in every class, and the student-athlete maintained conduct in keeping with the SJPII Student-Parent Handbook and the teachings of the Catholic Church.

## **Ineligibility**

A student-athlete will be considered INELIGIBLE for interscholastic sports at SJPII should there be no improvement after the two-week probationary period. Ineligibility means that a student- athlete may NOT participate in interscholastic athletics at SJPII for the remainder of the season. This will result in the removal of the student from the team's roster. Written notice of ineligibility will go to the parents and teachers.

All student-athletes are allowed one (1) probationary period per school year. Should a student-athlete fail to meet the academic and behavior standards outlined above more than once during a school year, he/she will be considered ineligible and will no longer be permitted to participate in interscholastic sports at SJPII for the remainder of the school year.

## **Student-Athlete Expectations**

A student-athlete's behavior is governed by the same rules, regulations, and procedures that apply to all students as set forth in the SJPII Parent-Student Handbook. Each student-athlete is expected to demonstrate and encourage in others behaviors that reflect good sportsmanship. If

behavior infractions occur, student-athletes may face both a school and an athletic consequence.

## **Attendance**

All student-athletes must be marked as present in school on the day of practice or a game in order to participate. Please see the Student-Parent Handbook for what constitutes an absence. All student-athletes must recognize the time commitment made to a team. One is expected to attend all practices and games. If one cannot attend a practice or game, please make sure the coach has been notified in advance. Consequences for a missed practice or game will be informed by the team rules as outlined by the coach/team at the beginning of the season in addition to the natural consequences that result from missing practice instruction or game experience.

## **Uniforms/Dress Code**

Student-Athletes are highly visible representatives of the school and, as such, are responsible for using good judgment in their overall appearance. All teams, regardless of level, have a responsibility to ensure that their game attire speaks volumes of their class and excellence. No player should make modifications to his or her uniform. Athletes are to wear a school-issued uniform and to treat their uniform with respect. Teams that treat their uniforms with respect, exude class.

Uniforms must be returned to the athletic director within seven (7) days of the last game. Progress reports and/or report cards may be withheld until the uniform is returned. If a uniform is not returned, parents are responsible for the cost of replacing the uniform.

## **Sportsmanship**

All student-athletes are expected to represent SJPII in an exemplary manner. This behavior is expected both on and off the court or field. Student-athletes are expected to display the best of Christian courtesy and manners to all officials, coaches, opposing coaches, players, and spectators. Foul language does NOT have a place in a Christ centered school or on athletic teams. At all times good sportsmanship is the rule, not the exception. The penalty for unsportsmanlike behavior during a practice or game will be left to the discretion of the coaches for each sport along with input from the athletic director. This can range from sitting out at practice to a one-game suspension. In extreme cases when an athlete has been ejected from a game, multi-game suspensions and dismissal from the team may be appropriate. The athletic director and principal will make the final decision following a meeting with the athlete, coach, and parent.

## **Transfer Students/Injured Students**

Transfer students or students injured at the beginning of a season will be awarded a tryout for a team if there is one more than half of the games left in that sport's season. Transfer and injured

students are guaranteed the same tryout duration as the other athletes, though they are not guaranteed placement.

## **Expectations of Parents and Stakeholders**

SJPII coaches and administrators respect the primacy of the parents as the first teachers of their student-athletes and will partner with parents in the formation of student-athletes. Parents and other members of the community play a vital role in the holistic education of children including students' participation in school-sponsored athletics. Together, all stakeholders should actively work to ensure that the Catholic mission and identity of SJPII permeates the athletics program.

We also understand that the safety of your student athlete is paramount. If your child plays sports outside of school sponsored sports please ensure coaches, teachers and the administration are informed if your student has had a concussion. Please ensure your child is cleared by a medical professional before he/she returns to school/sports. The following forms must be filled out and returned to the school before your child is allowed to participate in physical activities.

[https://www.cdc.gov/headsup/pdfs/providers/ACE\\_care\\_plan\\_school\\_version\\_a.pdf](https://www.cdc.gov/headsup/pdfs/providers/ACE_care_plan_school_version_a.pdf)

## **Top Five Ways to Support your Student-Athlete**

### **1. Be present**

- Show up to games, cheer, and support our teams!

### **2. Be positive**

- Children learn from modeling. When talking about the game, season, performances and decision-making, please share the gift of a positive outlook on life! Make sure that your child knows that win or lose, he/she is loved and supported.

### **3. Encourage independence**

- Encourage student-athletes to be responsible for the care of their athletic gear and to be prepared for practices and games. In addition, student-athletes should speak directly with their coach about any questions and/or concerns.

### **4. Observe the "24 Hour Cushion"**

- As do all good educators, SJPII coaches will naturally and deliberately reflect on game situations and decisions.
- Please allow coaches the time they need to process their decisions before approaching them with any questions.
- As stated above, coaches need not discuss playing time, coaching strategies and specific plays, or information pertaining to other athletes.

### **5. Model SJPII's behavior expectations for visiting spectators and take pride in our athletic program by:**

- Cheering for our team rather than against our opponents.
- Respect the integrity and authority of game officials.
- Allow coaches to coach without criticism from the spectators.
- Help clean up at the end of athletic events, if needed.

### **Transportation**

Transportation to/from practices and games is the sole responsibility of the parents. Please ensure that your student-athlete is picked up promptly at the end of each practice/game.

### **Removal from Team – Parent Decision**

The principal, athletic director, and coaches will respect and support the decision of a parent to remove his or her child from a team for any reason. However, once the child is removed, he or she may not return to that team for the remainder of the sport season.

### **Revisions/Modifications to Policy**

The Principal and AD may make changes to any policies outlined in this handbook as needed, and has the final decision with regards to any policy. Changes will be made public in the weekly Wednesday letter.

### **Right to Amend**

The administration of St. John Paul II Catholic School reserves the right to amend this handbook as needed. Notice of amendments will be placed in teacher mail.

## STUDENT ATHLETE CODE OF CONDUCT

The purpose of the following Student Athlete Code of Conduct is to help define appropriate actions and behaviors that support the mission of the athletic program. All participating student athletes and their parents should read, understand, and sign this form prior to participation. Any student athlete who does not follow the guidelines below may be suspended or expelled from the athletic program.

As a student-athlete, I therefore agree to the following:

1. I will conduct myself at all times with honor, respect and dignity. This includes at school, after school, at practice, in games, and on trips to other schools and facilities.
2. I will play the game to glorify and praise God.
3. I will be humble in winning and graceful in losing.
4. I will display good sportsmanship and respect towards all opponents.
5. I will work for the good of the team during practices and in games.
6. I will accept the decisions of the officials gracefully.
7. I will recognize, applaud, and encourage the efforts of my teammates and opponents.
8. I will show respect for my coaches, volunteers and faculty.
9. I will show respect towards fans and personnel from other schools.
10. I will maintain a 70% or above in all my classes, I will not cheat nor condone those who cheat and I will strive to be a scholar-athlete.

Please sign and date below confirming that you have read and understand the expectations presented in this document and the SJPII Athletic Handbook.

Student/Athlete: \_\_\_\_\_

Parent: \_\_\_\_\_ Date \_\_\_\_\_



# SJPII Athletics Contract/Payment Agreement

I, \_\_\_\_\_, agree that I will participate as part of the SJPII \_\_\_\_\_ team. I will make a commitment to my peers and to the coaches to attend scheduled practices and games/meets. If I am unable to attend a practice or game/meet, I will inform the coach or athletic director at least 24 hrs prior. I will maintain my grades at satisfactory levels in all of my classes as stated in the athletic handbook. I also understand and accept the following:

- **I will conduct myself in a responsible manner during school and practices with good listening skills and my best effort. If my behavior continues to be a problem in school or during practices I may be dismissed from the SJPII team.**
- **I will make sure to check RENWEB often and make sure I am at a 70% or higher in EVERY class, not missing any assignments, communicating with my teachers about my grades and seeking extra help if I need it.**

STUDENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

I agree that I allow my child to participate as part of the SJPII \_\_\_\_\_ team. I will make a commitment to have my child attend all practices and games/meet. I will provide or arrange transportation for my child to all away games/meets or off campus practices. I have read the concussion fact sheet located at:

<https://www.cdc.gov/headsup/pdfs/policy/HeadsUpOnConcussionInSportsPolicies-a.pdf>

## **FACTS Accounts will be charged a \$100.00 uniform deposit for each sport.**

This fee is a specific sport uniform deposit that helps ensure uniforms are returned within 7 days of the season's completion. We ask that uniforms are laundered and are placed in a gallon sized zip bag which is clearly marked with the name of the athlete and his/her jersey number, if applicable. Once the uniform is returned the \$100 deposit will be credited back to your FACTS account. Each participant who receives a uniform is expected to return the uniform. If the uniform is lost/not returned to Ms. Flores, you will lose your deposit for the soccer/volleyball/basketball, XC and/or baseball uniform(s).

PARENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

Please indicate which sport your child expects to participate in the 2024-2025 academic year

Soccer \_\_\_\_\_ Volleyball \_\_\_\_\_ XC \_\_\_\_\_ Basketball \_\_\_\_\_

Baseball \_\_\_\_\_ Golf \_\_\_\_\_