

Holy Rosary Catholic School Athletic Program Handbook

Run with the Rams

Table of Contents

1. Welcome Letter
 2. Mission & Philosophy
 3. Sports Offered
 4. Registration
 5. Eligibility Requirements
 6. Code of Conduct for Athletes, Parents, and Fans
 7. Expectations within Holy Rosary Athletics
 8. Playing Time Guidelines
 9. Parent and Coach Communication Guidelines
 10. Discipline Policy
 11. Volunteer & Fundraising Info
 12. Uniforms & Practice Attire
 13. Concussion & Injury Protocol
 14. Acknowledgment Form
-

1. Welcome Letter

Welcome to Holy Rosary Athletics! We are proud to offer a program that promotes teamwork, sportsmanship, school spirit, and personal growth for all of our students. Whether your child is learning the basics in the younger grades or competing at a higher level in middle school, our athletic program strives to build character, discipline, and confidence in a Christ-centered environment.

Go Rams!

2. Mission & Philosophy

The mission of the Holy Rosary School Athletic Department is to provide an athletic program that extends the learning experience beyond the classroom. The Athletic Department is committed to developing student-athletes physically, socially, and mentally. It encourages leadership, responsibility, teamwork, and sportsmanship; and provides opportunities for students to develop their potential as athletes in sports appropriate to their age level.

Beliefs

1. Students are the highest priority.
2. Positive parent support and involvement enhance the growth of the athletic program.

Goals

1. To provide life lessons.
2. To instill the desire to excel through preparation and hard work.
3. To promote pride in the school and parish.

Coaching Philosophy

1. Wins and losses do not determine the value of a Coach.
 2. Coaching methods are geared towards a player's needs, ability level, and learning style.
 3. Coaching involves building teamwork and identifying a role for each player on the team.
 4. Communication and mutual respect among coaches, parents, and athletes provide the foundation of a successful athletic program.
 5. The Right Attitude Means Success = RAMS
-

3. Sports Offered (may vary by year)

- Soccer (1st-8th)
- Cross Country (3rd-8th)
- Football (5th-8th)
- Volleyball (5th-8th)
- Golf (6th-8th)
- Basketball (K-8th)
- Swim (6th-8th)
- Cheerleading (7th/8th)
- Flag Football (1st-4th)
- Track and Field (3rd-8th)
- Tennis (6th-8th)
- Baseball (1st-8th)
- Softball (1st-8th)
- Tball (K)

Note: Sport availability depends on participation and coaching availability.

4. Registration

- All Student-athletes who wish to participate must be registered through Sports Engine or a similar platform being used.
 - Registration is not completed or final until all required information has been submitted, signatures have been provided, and payments have been received.
 - Deadlines will be provided when registration is open. Deadlines are firm; late registration will not be accepted. Meeting deadlines ensures the Athletic Director has enough time to enroll teams, order uniforms, and meet requirements to provide a positive season.
-

5. Eligibility Requirements

- The student-athlete shall have earned a minimum GPA of 2.0 on the most recent report card with no more than one failing grade. (Students who fail to do so are ineligible from both practice and games until the next progress report is issued. Students can regain eligibility at the mid-quarter progress report if their grades have improved to the above standard)
 - Athletes must show positive behavior in and out of the classroom.
 - School attendance (minimum half-day) is required to participate in practices or games that day.
 - All 5th - 8th Athletes must provide a sports physical dated after April 15th of the current year.
-

6. Code of Conduct for Athletes, Parents, and Fans

At Holy Rosary, all coaches, athletes, and fans are expected to show good sportsmanship at every game, match, and event. Our actions reflect not only on ourselves, but on our school, our teams, and our faith. Everyone involved in Holy Rosary Athletics plays an important role in building a positive, respectful, and encouraging environment. Together, we work to build pride in our programs. This happens when everyone, coaches, athletes, and parents, works as a team, showing respect and holding each other to high standards.

We ask that all members of the Holy Rosary community follow these expectations:

1. Be Respectful to Everyone

Always treat players, coaches, officials, staff, and fans (both ours and theirs) with kindness and respect. Cheer during introductions, show concern for injured players, and welcome visiting teams and families with grace and hospitality.

2. Respect the Rules and the Officials

Learn the rules of the sport and trust the officials' decisions. Don't argue, complain, or make negative comments, even when it's hard. How we respond shows our character.

3. Win with Class, Lose with Grace

Winning is great, but how we play and how we act is more important. Wear the Ram uniform with pride. Be humble in victory and respectful in defeat.

4. Show Self-Control

Let your words and actions be positive. Cheer for our team, not against the other one. Avoid bragging or showing off. Keep the focus on the team and the game.

5. Lead with Good Sportsmanship

Encourage those around you to act respectfully. Help make our games a place of fun, learning, and teamwork. There is no place for trash-talking, taunting, or bad language at Holy Rosary events.

Whether you wear the Ram uniform, or sit in the stands cheering, you represent more than just a team. You represent your school, your faith, your family, and all the athletes who came before you.

Being part of Holy Rosary Athletics is a privilege, not a right. Athletes who violate these expectations may face consequences from their coaches or the Athletic Director.

7. Expectations within Holy Rosary Athletics

For Coaches:

- Model Christian values and behaviors consistent with the mission of Holy Rosary Catholic School.
- Serve as positive mentors to student-athletes both on and off the field or court.
- Use clear, respectful, and effective communication with students, parents, and school leadership.
- Support and uphold the educational and spiritual mission of Holy Rosary and its athletic department.
- Focus on both individual growth and team success.
- Strive for excellence in knowledge of your sport and in teaching it to our athletes.

For Student-Athletes:

- Represent the values of Holy Rosary with integrity, respect, and sportsmanship at all times.
- Prioritize the team's success above individual achievements.
- Demonstrate commitment by following all team rules, managing time responsibly, and honoring your teammates and coaches.
- Always give your best effort, whether at practice, games, or in school.
- Show respect to opponents, officials, coaches, and fans at all times.
- Understand that as a Holy Rosary Ram, you are an ambassador for your school and your faith.
- Take responsibility for communicating with your coaches about your role, playing time, and personal goals.

For Parents and Fans:

- Model the Christian values and positive behavior expected in our community.
- Support your child's experience in athletics without overshadowing his or hers personal journey.
- Cheer respectfully and positively for Holy Rosary teams. Refrain from negative comments toward officials, opponents, or coaching decisions.
- Encourage your student-athlete to find personal growth and life lessons in both victories and defeats.
- Allow your student-athlete to speak directly with coaches when questions or concerns arise; trust the process of respectful communication.
- Adhere to the school's communication guidelines between parents, coaches, and staff.

For Faculty and Administration:

- Encourage our student-athletes to apply lessons learned through sports to the classroom, church, and beyond.
 - Demonstrate pride and support of the athletic program while leading by example.
-

8. Playing Time Guidelines

- **1st–4th:** Equal playing time is emphasized during the season.
 - **5th–8th Grade:** Playing time may vary based on skill, effort, attitude, and team need. Coaches will strive to give all players meaningful opportunities to participate.
-

9. Parent and Coach Communication Guidelines

At Holy Rosary, we believe that student-athletes benefit the most when parents and coaches work together with mutual respect and clear communication. Parents are their child's first and most important role models. The way parents talk about sports, coaches, teammates, and school can strongly influence their child's attitude and experiences.

A positive and cooperative relationship between coaches and parents is encouraged. Both coaches and parents should focus on helping our athletes grow in skill, character, and confidence.

What Parents Can Expect from a Coach:

1. The coach's philosophy and goals for the team.
2. Practice and game schedules. (shared through Sports Engine)
3. Team expectations, including effort, behavior, and attendance.
4. Any team requirements, like uniforms or gear.
5. Clear team rules.
6. Opportunities for parent support. (volunteering, snacks, driving, etc.)

What Coaches Can Expect from Parents:

1. Early notice of schedule conflicts. (family trips, school events, etc.)
2. Updates on physical or mental health concerns.
3. Communication about academic needs that may impact participation.
4. Check messages and updates regularly.

Our goal is to provide a positive, faith-filled, and rewarding athletic experience for every Holy Rosary Ram. Open, respectful communication between coaches and parents is key to making that happen.

We understand that questions or concerns sometimes arise regarding playing time, positions, or team decisions. Please trust that our coaches make choices based on what they see every day in practice and what is best for the team as a whole.

If you do need to discuss something or have a concern, we ask that you follow the process outlined below:

If You Have a Concern:

1. Wait until the next day.

Never approach a coach right before, during, or after a game or practice. Emotions are high during these moments, and it is not the right time for a productive conversation. Instead, follow the 24-hour rule. Wait until the next day to reach out.

2. Set up a meeting.

Send the coach an email to arrange a time to talk in person or over the phone.

3. Follow the proper chain of communication:

If the issue isn't resolved, please follow these steps in order:

1. Student-athlete talks with the coach
2. Student-athlete, coach, and parent meet together
3. Group meets with the Athletic Director
4. Group meets with the school principal

10. Discipline Policy

- Minor infractions: Verbal warning → Parent notification → Suspension
- Major infractions: May result in immediate removal from the team

All discipline decisions are at the discretion of the Athletic Director and school administration.

11. Volunteer & Fundraising

- Parents may be required to volunteer during games or events.
 - Fundraising participation may be required to help cover league fees, equipment, and uniforms.
 - Coaches and coordinators will communicate needs ahead of time.
-

12. Uniforms & Practice Attire

We believe that how our student-athletes present themselves, both in uniform and in practice gear, reflects pride in their team, school, and faith. All athletes are expected to dress modestly, respectfully, and appropriately at all times during practices, games, and team events.

Game Uniforms:

- Game uniforms will be distributed by the coach or Athletic Director.
- Athletes are responsible for keeping uniforms clean and in good condition.
- Uniforms should only be worn for official games unless otherwise directed by the coach.
- Uniforms must be turned back into the athletic department when the season ends.
- Lost or damaged uniforms may result in a replacement fee.

Practice Attire:

- Shirts/tops must be worn at all times by all athletes - boys and girls.
- No crop tops, sports bras worn alone, or bare midriffs are allowed.
- Practice clothes should be modest, school-appropriate, and functional for physical activity.
- Shorts should provide full coverage and allow for movement without being overly revealing.
- Closed-toe athletic shoes must be worn for all practices.

Coaches have the right to ask an athlete to change or cover up if they are not in compliance with the dress code. Repeated violations may result in a conversation with the Athletic Director and possible disciplinary action.

13. Concussion & Injury Protocol

- Any head injury will result in immediate removal and evaluation.
 - Athletes must be cleared by a physician before returning to play. A written note is required.
 - Parents must notify coaches of any injury concerns.
-

14. Acknowledgment Form

Parents and student-athletes must sign the acknowledgement form before participating in any other sport.

Student-athletes Signature

Date

Parent Signature

Date