

**ST. THOMAS MORE SCHOOL ATHLETIC HANDBOOK  
2018 - 2019**

**ORGANIZATION AND PHILOSOPHY**

The purpose of the athletic program at St. Thomas More School is to strengthen the spiritual and academic curriculum of the school. The St. Thomas More Athletic program enhances the physical development of students and promotes a sense of school spirit, pride and unity.

The program is extensive and well balanced for both boys and girls. A variety of sports are offered and participation is encouraged for all students.

Athletic calendars are shown below for both boys and girls, illustrating the different sports that are offered during each season of the school year.

**BOYS**

	FALL	WINTER	SPRING
GRADES 5-8	Football	Basketball	Volleyball/Track
GRADE 4	Flag Football	Basketball	Volleyball/Track
GRADE 3	Flag Football		
GRADES 1-2	Flag Football		

**GIRLS**

	FALL	WINTER	SPRING
GRADES 5-8	Volleyball	Basketball	Track
GRADE 4	Volleyball	Basketball	Track
GRADE 3	Volleyball		

The seasons are broken into a variety of sports because we strongly believed that specialization or concentration on any one sport at grade school age is detrimental and inhibiting to the children.

In approaching the question of how seriously we want to approach grade school athletics at St. Thomas More, we need to consider two questions. Do our teams play to win at all costs, or do we play solely to instruct the children in the basics of the sports, while totally disregarding the score of the game? The answer lies somewhere between these philosophical extremes. Generally speaking, the age of the players on the team, among other factors, determines how seriously the game is played. For younger children, those in grades K-4, the sports are almost totally instructive in nature and the score of the game should be of small consideration. At this level, if the player has finished the season with an improved basic knowledge of the sport and has enjoyed playing, it was a successful season, regardless of the win/loss record of the team. Players should be improving their skills in the sport, along with their level of sportsmanship in playing as each season passes.

As students move into additional sports of track, volleyball, basketball and/or tackle football in grades 4 and 5, instruction, enjoyment and good sportsmanship play a much larger role in the approach than does winning.

In grades 6, 7 and 8, the adolescent shows a greater enjoyment in the competition of the game, though teaching the skills of the various sports, and certainly good sportsmanship, continue to be important. The Parochial League allows for “A” and “B” teams at the 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade levels in volleyball and basketball. “A” and “B” teams are selected in accordance with Parochial League Rules and under the supervision, or at the direction, of the Athletic Director and the Coordinator for the given sport. No one is “cut” from teams because of lack of ability. Everyone makes a team and has the chance to play any sport in which he/she wishes to participate. Practices are limited to three times weekly for junior high and twice weekly for all other grades. We want our students to learn how to be good sports in victory or defeat, realizing that the scoreboard only tells part of the story. We must not forget that the purpose of the athletic program is only one part of the total school experience. We want our sports program to be one of the many positive aspects of St. Thomas More School life and a model to other schools we compete with and visit.

It is the policy of the St. Thomas More School and Athletic Board that, in case of a conflict, priority is given to school activities over sport activities.

### **ADMINISTRATION**

The athletic program at St. Thomas More is administered under the principal in consultation with the School Board through the Athletic Committee and Athletic Board. The Athletic Committee consists of the following members:

- The Athletic Director
- The Assistant Athletic Director
- The Coordinators from various sports: (football, basketball, track, volleyball)

An athletic director is hired by the principal and with the coordination of the Athletic Board. The Athletic director is responsible for calling and presiding over meetings of the Athletic Committee. These meetings are to be held at the beginning of each sport season. The purpose of the meetings is to determine the needs of the coordinators and to be of assistance to them in beginning the sports seasons.

The Athletic Committee is formed to assist the athletic director in the administration and operation of the athletic program for the children at St. Thomas More School.

Members of the Committee for the 2018-19 academic year are as follows:

Athletic Director- Matt Wagner  
Assistant Athletic Director - Mike Poe  
Gym Coordinator – TBD  
Tackle Football Coordinator- Kevin Stone  
Flag Football Coordinator – TBD  
Girls’ Volleyball Coordinator – Juli Cochran  
Boys’ Volleyball Coordinator – TBA  
Boys’ Basketball Coordinator – Shelby Brown  
Girls’ Basketball Coordinator – Jill Allin  
Track & Field Coordinator – Rachel Gray

The above persons were chosen based upon their dedication to the athletic program of St. Thomas More. Each will work for the development and improvement of their sport. Each has the authority to administer their duties in full confidence that they remain within the precepts set down by the Diocese and of St. Thomas More School. Use of school grounds for practices shall be determined by the coordinator of each sport with the final approval by the Athletic Director.

Duties of the Athletic Director and his/her assistant include but are not limited to:

- \* Attending all Parochial League and CYO League sports meetings
- \* Preparing for and assisting with the sports sign-ups
- \* Coordinating and distributing of schedules
- \* Procuring and inventorying equipment
- \* Monitoring of team selections
- \* Scheduling and monitoring of sports-related gym activities
- \* Managing the concession stand.

In addition, the Athletic Director is responsible for approval of all sport program related expenditures except for capital improvements greater than \$2,000, which must be approved by the Finance Ministry Team. The Athletic Director is also to maintain clear communication between the coordinators, coaches, students, parents and school staff.

Duties of individual sport coordinators include but are not limited to:

- \* Selecting team coaches (then approved by the Athletic Director and the Athletic Board)
- \* Facilitating team selection workouts,
- \* Distributing and collecting equipment/uniforms,
- \* Preparing and submitting rosters to the Athletic Director, and
- \* Maintaining clear communication between coaches, students, parents and school staff.

Additional help is employed by the Athletic Director to run the gym scoreboard and to referee flag football games.

Coordinators are selected because of their manifest enthusiasm for, and knowledge of, the sport they represent and for their past support and dedication to the school and its mission. Coordinators normally assist in selecting their successors, though anyone may volunteer for these positions. The coordinators will cooperate with the principal and the Athletic Director in administering and managing their sport in full compliance with Diocesan regulations, the philosophy of the school and of the athletic program. The coordinators are responsible for identifying any potential conflicts with school activities through the use of the STM school calendar. The term for each sport coordinator is 2 years, which is renewable upon mutual agreement between the Athletic Director and the individual coordinator.

There is also an Athletic Board, which is described below. If one wishes to address an issue with the board at a meeting, that individual must request time from the Athletic Director, or any Board member, for the issue to be placed on the meeting agenda.

## **ATHLETIC BOARD**

### **PURPOSE OF BOARD**

The Athletic Board is principally responsible for the following:

- a) To review and assist the development of policies which deal with the philosophies of the school's athletic program.
- b) To assist the Athletic Director in the fulfillment of his/her responsibilities.

### **MEMBERS**

There are seven (7) members of the Athletic Board including two (2) ex-officio members, one being the Athletic Director and the other being either the School Principal or the School Principal's designated representative. The other five (5) members shall be selected from the St. Thomas More Parishioners.

The ex-officio members of the Athletic Board are Matt Wagner, the Athletic Director, and school representative, Neely Giangreco. The five members selected from the St. Thomas More parishioners are Jeremy Bauer, Gary Bennett, Dan Lenihan, Thomas McLaury and Mary Sullivan.

It is the policy of the St. Thomas More Athletic Board that no newly elected member can be a sport coordinator or a spouse of a sport coordinator.

### **TERMS**

**A) EX-OFFICIO MEMBERS:** The term of the Athletic Director shall be for the same term as he/she holds the position of Athletic Director. The term of the Principal or the Principal's designated representative is a permanent term.

**B) REGULAR MEMBERS:** The other five board members shall serve three (3) years. The terms shall be on a staggered basis with May 31 being the expiration date of the term.

Solicitation of new members shall be made in April of each required year, by publishing notice in the school newsletter and parish bulletin. New member candidates shall complete an application provided by the Pastor. The Board shall review the applicants and recommend to the Pastor those which it determines, most closely, represent the purpose and philosophy of the STM athletic program. Upon final approval from the Pastor, the new Board members shall be notified of their selection.

**C) LIMIT OF TERMS:** Members may be appointed to serve no more than one consecutive full term.

### **FINANCES**

The Athletic program is required to be financially self-supporting. The general operating fund of the school or the parish is not expected to subsidize the program.

Income is provided from participation fees for each sport and from the Booster Club or by the families of the participating students. These fees are to be set at a level sufficient to cover the costs of the sport.

The athletic fund is not designed to make a profit for itself, the school, or the parish. It is the vehicle used to pay expenses incurred by the athletic program and to maintain minimum suitable cash balance. Fees are considered to be adequate to meet the operating costs of the program.

Should any family who is a member of St. Thomas More parish community be unable to pay the required fees wish to participate in the sports program, the family may request a waiver of the fees. This request is made to the Assistant Director, the Principal, or any member of the Athletic Board. No child is to be denied participation in the program due to genuine financial hardship.

### **OTHER FUND RAISING ACTIVITIES**

The Athletic Board, or a committee or group designated by it, may conduct an annual fund-raiser to raise funds to support the sports programs at the school. Any fund-raising activities should be approved by the Athletic Board and the Pastor before implementation.

### **BOOSTER CLUB**

The STM Booster Club is a volunteer organization created the fall of 1995 to help support the athletic program at St. Thomas More. The organization was created to:

1. Increase parish/community involvement.
2. Enable the Athletic Department to reward the students for participation in sports.

Booster Club Policy Changes Effective June 1, 2009 – All STM families are members of the Booster Club and receive free admission to all St. Thomas More home games for the entire immediate family. This does not include any pre-season or post-season tournament games held

at our gym. The tournament sponsor or Parochial League receives the fees for these games. The Booster Club receives money through the school auction-dinner that is held every year and to help defray costs of capital improvements for the athletic facilities at STM, as well as assist the Home and School Association, Cultural Enrichment Committee, and special needs programs.

The Booster Club has three (3) officers and nine (9) other voting board members, serving, one term of a minimum 3-year term and a maximum of 5-year term on the board. The Booster Club Board works in conjunction with the Athletic Board at STM. Mark Cooper will be the President of the Booster Club during the 2018-2019 school year.

### **LEAGUE AFFILIATIONS**

The Kansas City Parochial League is an association of Catholic schools organized by the Diocese of Kansas City-St. Joseph to provide its member schools an opportunity to compete on the athletic fields and in the school gymnasiums in an atmosphere of Christian sportsmanship, competition and fellowship. As a school of the Diocese of Kansas City-St. Joseph, we participate in this league whenever possible.

The Kansas City Parochial League offers programs in volleyball, basketball and track and works in conjunction with the KS CYO as the administrative bodies for the tackle football program in which St. Thomas More competes.

As participants in these leagues, all St. Thomas More programs abide by the governing rules established in each of the leagues. A complete set of the rules can be found at: [www.plkc.org](http://www.plkc.org).

### **PARENT RESPONSIBILITY**

Parents are the heart and soul of the athletic program at St. Thomas More and they provide the manpower and support needed for a successful program. Parents of participating students are often asked to assist in various ways including, but not limited to, coaching, scoring and judging.

SIGN-UPS for each sport have a stated and published deadline; however registrations made after the deadline may be assessed a late fee. All sign-ups must be completed prior to the start of the season. The dates for sign-ups are published in the school newsletter and parish bulletin.

It is important that you see to it that your participating children regularly attend practice sessions set by the team coach. Attendance at practice may impact playing time for the child for some sports.

This includes games and/or practices missed to play for another non-STM team. Further, STM strongly encourages players who want to be on an "A" team to make the STM team the priority over any conflicts with other teams.

Parents can be of great help in the care of student uniforms. These uniforms are provided for the child to wear in games only, not to practices or for normal play purposes. Please observe laundry instructions attached to the uniforms. It is vital that the uniforms be returned promptly at the

season's end. All uniforms are to be properly cleaned and returned to the child's coach after the final game of the season. Uniforms may not be used for games/leagues outside of the regular Parochial League schedule. Uniforms, which are not turned in, must be paid for by the parent at the replacement cost of the uniform.

The parents are responsible to see that if their child does not attend school on any day, then that child is not allowed to participate in practices or games on that same day. Special circumstances shall be presented to the School Principal or the School Principal's representative for any waiver of this rule.

It is important to remember that the child's coach is in charge of the team during all practices and games. Parents are not to interfere with the coach at these times. During games, especially, parents are to refrain from entering the team area. The coach is not available to answer questions or to take suggestions at this time. Should a parent wish to visit with a coach, it is necessary to make an appointment at a time outside the game.

Parents are expected to be good fans at the games. Parents are encouraged to cheer the St. Thomas More teams in an enthusiastic manner and in a spirit of positive and Christian sportsmanship modeling the vision of STM: welcoming, inclusive and loving. Our teams and coaches should know we are 100% supportive of their work. At least one parent of a student participating in a STM sport is required to attend "Parent Like a Champion".

### **PROGRAM EVALUATION**

It is the responsibility of all involved in our sports program to act in a manner that is consistent with the guidelines and philosophies outlined in this handbook. In order to maintain our high level of excellence and to continue improving our program at STM, parents, student-athletes, and coaches are encouraged to present their comments and concerns to the appropriate personnel.

A Parents Evaluation form is included at the back of this handbook for use at any time to evaluate and provide comments on a particular coach or sport. This form provides a forum for parents to provide informative and constructive feedback regarding any aspect of the STM sports program. These evaluations are reviewed by the Athletic Board.

At the conclusion of a sport season, the Athletic Board will provide additional evaluation forms (online) for all parents.

In the event of a problem or concerns, parents and student-athletes should first discuss the situation with their coach. If necessary, a second step would be to discuss the situation with the coordinator for the particular sport. If the concerns or problems are not, or cannot be handled by the coach or coordinator, then the parent should further address them with the Athletic Director.

If a coach encounters or is presented with a problem, he/she should first try to resolve the issue independently. If this cannot be accomplished, then the coach should discuss the situation with their sport coordinator. If the problem cannot be resolved at that level, then it shall be brought to the attention of the Athletic Director for further review and action.

Concerns or problems that are brought to the Athletic Director shall be presented in written form by the originator. The information provided shall clearly state the situation, include first hand facts (i.e. events or behaviors that were personally witnessed) and describe how the concern or problem violates STM policies and philosophies.

Situations that cannot be resolved by the Athletic Director will be brought to the Athletic Board for a final review and decision. Additionally, anyone may request to be included on the agenda for any Athletic Board meeting to discuss items related to the athletic program at STM.

Positive comments regarding coaches, coordinators and the athletic program are also encouraged and appreciated.

### **TEAM SELECTIONS**

The Parochial League allows for "A" and "B" teams at the 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade levels in volleyball and basketball. "A" and "B" teams are selected in accordance with Parochial League Rules and under the supervision or at the direction of the Athletic Director, the coordinator for the given sport and at least one Athletic Board member.

The try-outs for "A" and "B" selection will be conducted by evaluators chosen by the Coordinators, with the assistance of the Board. While it is the intent of STM to obtain purely independent evaluators without any family connection, the sole fact that an evaluator may be related to one of the players will not automatically disqualify the person from being an evaluator.

Following the recommendations and guidelines set by the League, there will be two tryouts. If the player would like to be considered for the "A" team, the player is highly encouraged to attend both tryouts. The Player must attend at least one of the tryouts to be considered for the "A" team. A player trying out for the "A" team should make the STM team a priority over any non- STM activity. At any time, during the sign-up process, a player can request to be on the "B" team.

Under special circumstances, if a player is unable to attend either of the scheduled tryouts and would still like to be evaluated for the "A" team, the player:

- 1) Must have been signed up prior to try-outs;
- 2) Must seek Board approval for subsequent tryout;
- 3) If approved, the player will be allowed to participate in a tryout in a manner to be determined by the coordinator;
- 4) The player will not be allowed to attend practice with either team until the evaluation takes place;
- 5) The evaluation must occur before the team begins the regular season schedule, and is solely for the purpose of evaluating the player;
- 6) In no event will a player be moved from the "A" team to the "B" team to accommodate a player who makes the "A" team

In the lower grades, the Athletic Director and the coordinator for the given sport also follow Parochial League rules and try to provide for balanced teams. Different procedures have been used to obtain balanced teams. While any team, once comprised, can have more than two coaches, only two coaches are allowed for purposes of having the children of those coaches make-up part of the team roster at the time of team selection.

Obtaining balanced teams in compliance with the Parochial League Rules is the goal in team selection. Achieving exact equality in team make-up is obviously not possible. Those involved in the team selection process are expected to exercise good faith in selecting teams and parents and students are expected to understand that exact balance of students with different skill levels is not possible and that subsequent win/loss records do not necessarily indicate a flawed selection process. (See the Parochial League Rules of Competition)

### **COACHES**

At various time parents may be asked to help coach a team at St. Thomas More. In fact, the greater majority of our coaches come from the ranks of parents since each team generally needs more than one coach. Expert knowledge of the sport is not a requirement. If a parent does not feel qualified to be the head coach, perhaps she/he could assist another parent who may have more experience and expertise.

Any parent or volunteer that desires to coach a team will be required to fill out an application; so that a decision can be made by the sport coordinator, Athletic Director and Athletic Board as to who is most appropriate to coach the team. An application will be required for each sport that a parent/volunteer is interested in coaching. This application is available at the back of this handbook as well as on the school website.

Coaches are chosen each year based on what is in the best interest of the players and following the PL procedures. Determination is made based on volunteer coach availability and who in that group will best meet the goals and philosophies of the STM sports program. Using the available and completed applications as a guide, coaching selections will be made by the individual sport coordinator and then approved by the Athletic Director and Athletic Board. A parent that will be coaching an A or B team cannot be part of the final team selections. Further, it is the preference of STM to have a coach who does not have a child on the same team he/she is coaching.

Coaches are expected to abide by the rules set down by the Kansas City Parochial League, St. Thomas More School and by the STM sports program Code of Ethics promulgated by the Athletic Board, which is included in this handbook.

At St. Thomas More, winning is not top priority. No coach has been or ever will be denied the opportunity to coach again because she/he did not win enough games in a previous season. Coaches are viewed as teachers of the sport involved and should strive to set a good example for the players in language, sportsmanship and respect for the philosophy and mission of the STM sports program. An individual coach who does not abide by the rules set down by the school administration and/or ethical standards of the athletic program will not be allowed to coach

again.

When a written complaint is logged against a coach and after all efforts have been exhausted to come to a resolution between the parties, the Athletic Director will bring the complaint and all supporting documentation to the Athletic Board. Within a 3-day period, the Athletic Board will discuss and review the conditions of the complaint. A response will be made directly to the originator of the complaint after the Board has met and evaluated the situation.

The St. Thomas More Athletic Board endorses and our sports program will fully abide by the “Absence of Threat” policy as stated in the STM School Handbook. Coaches should refer to that policy and consider the issues addressed therein when responsible for the student-athletes of our school.

The Diocese of Kansas City – St. Joseph requires that coaches complete a criminal background check every three (3) years. The Parish Safe Environment Coordinator and Athletic Director are responsible to ensure that all coaches complete this form.

The KC Parochial League requires that coaches attend mandatory meetings. These meetings are offered at St. Thomas More and other locations to assist in meeting this requirement. We participate in and support diocesan programs to promote good sportsmanship such as “Play Like a Champion,” Parent Like a Champion,” and “Enjoying the Game.”

### **ACADEMIC ELIGIBILITY**

Please refer to the STM School Handbook for eligibility requirements. Academics take precedent over any sport activity.

### **SPORTS DESCRIPTIONS**

[These descriptions are subject to change by Diocesan Rules or other governing body rules.]

#### **VOLLEYBALL**

Volleyball is the fall sport for the girls in grades 3 through 8. Volleyball is a spring sport for boys in grades 3 through 8. The teams play in the Kansas City Parochial League. The program is large and well established. Games are played in the gymnasiums of participating schools.

Playing rules will be taken from the current year volleyball rulebook of the National Federation of State High School Association.

Each team member will participate in a minimum of one continuous complete game of each match as long as they meet the team rules and participate in practices. This is a league rule that is supported by the Athletic Board and to which each coach must abide. Each player is responsible for informing the coach if she/he will miss a scheduled practice. Failure to attend practice and/or abide by the disciplinary procedures of the school or of the team will impact the player's participation in the games. Participation rules apply to pre-season, post-season and all tournament matches.

Before team rosters are made-up, a general clinic may be held to place the athletes on teams with varying abilities. The Parochial League allows for "A" and "B" team divisions at the 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade level for girls and boys.

Sportsmanlike behavior will be expected from all coaches, participants and fans. Teams can be penalized for their behavior as well as their fans' behavior.

**In order to receive equipment for volleyball, a deposit check per player must be received. This deposit will be held (not cashed) by the Athletic Department until the equipment is returned in full at the end of the season. If the equipment is not returned within three (3) weeks of the designated turn in date, the deposit will be forfeited.**

### **FOOTBALL: TACKLE AND FLAG**

Football is the fall sport for boys in grades 1 through 8. Boys in grades 1-2 play flag football in an Intramural League at St. Thomas More. Flag football games are played on the school grounds at St. Thomas More. Flag football is also available for Boys in grades 3-4.

Boys in grades 5-8 play in the Parochial League Football League. The league has multiple divisions available for each grade. Parochial League schools are allowed to field single grade teams, if numbers allow.

#### **Tackle Football**

In order to facilitate team selection and placement within the League, sign-ups for tackle football are held near the end of the school year in late May. Practices generally begin in mid to late August.

Football is known as a contact sport and requires protective pads and equipment. The teams will be provided with the appropriate equipment needed for the protection of the players. Physical conditioning prior to the start of the season is stressed.

Due to the rigid technical rules of football, each play requires every player on the team to perform to his best ability. This enhances a strong sense of personal discipline and an even greater sense of cooperation among team members. The players learn this, and as a result, an extremely close feeling of teamwork and team pride marks the successful football team. It is these qualities of teamwork, team pride and physical conditioning that the football program at St. Thomas More endeavors to achieve.

Each player is responsible for informing the coach if he must miss a scheduled practice. Failure to practice or abide by the disciplinary procedures of the school or the game will impact on the player's participation in games.

The minimum required playing time for each participant on the team is (18) plays. A play is considered any offensive, defensive or kicking play. This is a league rule that is supported by the Athletic Board and to which each coach must abide. **The entire set of rules is available on**

**the Parochial League website.**

**Tackle Football Practice Guidelines:**

**All Grades:** No practice shall last more than 2 hours. If teams choose to meet and carpool to games, that meeting time shall occur no more than 1 hour and 30 minutes prior to game time. Any time more than that shall be deemed as part of that team's total practice for the week.

**5<sup>th</sup> and 6<sup>th</sup> Grade:**

\* Prior to the start of the season (games being played) total practice time shall not exceed 6 hours per week, with a maximum of 4 week nights (Mon-Fri) involved.

\* After the start of the season, practice time shall not exceed 6 hours per week with a maximum of 3-week nights (Mon-Fri) involved.

**7<sup>th</sup> and 8<sup>th</sup> Grade:**

\* Prior to the start of the season (games being played) total practice time shall not exceed 6 hours per week, with a maximum of 4 week nights (Mon-Fri) involved.

\* After the start of the season, practice time shall not exceed 6 hours per week with a maximum of 3-week nights (Mon-Fri) involved.

**In order to receive equipment for tackle football, a deposit check of \$100.00 per player must be received. This deposit will be held (not cashed) by the Athletic Department until the equipment is returned in full at the end of the season. If the equipment is not returned within three (3) weeks of the designated turn in date, the deposit will be forfeited.**

**Flag Football**

Sign-ups for flag football are held within the first few weeks after school starts.

Flag football is a more "low-key" program than the tackle football played in the older grades. No helmets or pads are required in these games. There is no tackling involved in the game; instead, a "tackle" is made by pulling a flag from the belt of the runner with the ball. Two referees are hired by the coordinator or Athletic Director for these games.

This sport ranks at the lowest end of the competitive scale. In this age group, coaches should not be concerned with winning games, but solely upon teaching the rudiments of the game to the players. Flag football is nearly totally instructive in nature and will remain that way.

All participants should receive relatively equal amounts of playing time in each game.

**In order to receive equipment for flag football, a deposit check per player must be received. This deposit will be held (not cashed) by the Athletic Department until the equipment is returned in full at the end of the season. If the equipment is not returned within three (3) weeks of the designated turn in date, the deposit will be forfeited.**

## BASKETBALL

Basketball is the winter sport for boys and girls in grades 4 through 8 at St. Thomas More. (The Red Bridge YMCA has programs for younger boys and girls.) Sign-ups are held in mid to late October with practices beginning in early to mid-November at the end of the fall sports seasons. The basketball season usually ends in early to mid-March.

Our teams play in the Kansas City Parochial League, which is comprised of 20 parochial schools in the metro area. We typically have 2 or 3 teams per grade for both boys and girls.

Before team rosters are made-up, a general clinic may be held to place the athletes on teams with varying abilities. The Parochial League allows for "A" and "B" team divisions at the 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade level for girls and boys.

Each team member will participate in a minimum of one continuous quarter of uninterrupted play for each game if they meet the team rules and participate in practices. This is a league rule that is supported by the Athletic Board and to which each coach must abide. Each player is responsible for informing the coach if she/he must miss a scheduled practice. Failure to practice or to abide by the disciplinary procedures of the school or of the game will impact on the players' additional participation in games.

Participation rules apply to pre-season, post-season and all tournament games.

**In order to receive equipment for basketball, a deposit check per player must be received. This deposit will be held (not cashed) by the Athletic Department until the equipment is returned in full at the end of the season. If the equipment is not returned within three (3) weeks of the designated turn in date, the deposit will be forfeited.**

## TRACK

Track is a spring sport for boys & girls in grades 4 through 8 and sign-ups are usually held in March. It's the only sport at St. Thomas More that is co-ed and all boys & girls 5th through 8th grade participate together as one team. The track team participates in the Kansas City Parochial league. At the meets, there are 4 Divisions for each event.

### **Division:**

- A. Class A - 7th and 8th grade boys.
- B. Class B - 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> grade boys.
- C. Class C - 7th and 8th grade girls
- D. Class D - 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> grade girls.

There are co-ed relays for all grades.

**Participation:**

- A. No more than four (4) events per athlete if at least one is a relay for classes A & C.
- B. No more than three (3) events per boy or girl with relays counting as one for Classes B & D.
- C. Relays count as one event.
- D. No one will be allowed to run more than one (1) distance event per meet.
- E. Distance event is any event from 440yds or more for Classes B & D and 880yds for Classes A & C.
- F. An athlete competing in a distance event may run a relay or other event as long as it is less than 440yds in Classes B & D and less than 880yds in Classes A & C.

Track practice will begin 2 to 3 weeks before the 1st meet starting generally around the middle of April and end at the City Championship which is usually the 2nd week of May.

**In order to receive equipment for track, a deposit check per participant must be received. This deposit will be held (not cashed) by the Athletic Department until the equipment is returned in full at the end of the season. If the equipment is not returned within three (3) weeks of the designated turn in date, the deposit will be forfeited.**

### **INSURANCE**

Every child at St. Thomas More in grades 1 through 8, who is participating in a given sport through the Kansas City/St. Joseph Diocese, holds catastrophic insurance paid for by our athletic department. The details of this insurance coverage can be determined by reviewing the policy of insurance.

### **STM SPORTS PROGRAM CODE OF ETHICS**

To: Coaches, Student-Athletes, Parents, Family and Friends,

Thank you for choosing to participate in our sports program. We look forward to working together to make this season a positive experience for all involved; student-athletes, coaches, families, game officials, hosting schools and visiting schools, etc. In addition to our mission and policies outlined in this handbook, our expectations and rules follow.

**Commitment to team and coaches (Coaches and Student-Athletes).** Your commitment is necessary for skill development, team cohesiveness, and team success.

Student-Athletes shall:

Attend and be on time for every practice and game. Illness and academics are acceptable reasons for missing practice. Absences must be called in to your coach. Tardiness and absences from practices will adversely affect game playing time.

Be prepared for, and work hard at, practice and games.

Coaches shall:

- Be prepared for, be on time, and teach the children at both practice and games.
- Fulfill the mission and policies set forth in this handbook.

**Sportsmanship/Respect for People and Property (Coaches, Student-Athletes, and Parents).**

We represent St. Thomas More School and Parish. Therefore, we expect to leave only positive impressions on those we meet.

Coaches, student-athletes, parents, families and fans shall:

Show respect for coaches, athletes, opposing team, game officials and spectators. Speak positively and encourage others to do the same.

Show respect for property, such as the gymnasium or playing field. Place used or empty food and drink containers in trash receptacles. Team members should sit together in bleachers while waiting for games.

Understand that negative or derogatory behavior or unsportsmanlike conduct may cause our STM team some form of violation. A serious offense may cause our team forfeiture.

**Have Fun (Coaches, Student-Athletes and Parents).** Help make this experience fun. Volleyball, basketball, football are lifelong skills that can be used recreationally, and for some, played at a higher level (high school, college, adult competitive programs, etc.). Remember the games are for the children.

By signing the cover sheet attached to this handbook in the fall of each school year, you and your family agree to follow this code of ethics as well as all guidelines and philosophies outlined in this handbook.

## **Enjoy the Game**

## **Play Like a Champion**

### **SUMMARY**

This handbook has presented a picture of the athletic program of St. Thomas More. Through it we have attempted to explain the philosophical approach the school takes toward sports, the financial support of the programs, and the functions of the director of athletics and the athletic committee. We have explained what sports are offered, why each sport is important, the importance of athletics to the total experience of the student and how our programs are administered.

We have made no attempt to answer each possible question you may have concerning athletics for young children. Should you have further questions, kindly contact the principal of the school, the athletic director or a member of the Athletic Board.

St. Thomas More offers as complete and varied an athletic program of introductory athletics as we can provide. The success of the program depends on each of us to make it work!

**ST. THOMAS MORE ATHLETICS  
PARENTS EVALUATION FORM**

Your input is important to us. These evaluations are an important tool in making improvements to the sports programs.

Grade \_\_\_\_\_ Sport \_\_\_\_\_ Coach \_\_\_\_\_

1. Based on your child's experience this season, would you enroll your child to participate in this program next year?

Yes  No  Maybe                      Comments:

2. Were you pleased with the organization of the program? ( i.e. Practice times, game times, schedules, etc. )

Yes  No  Somewhat                      Comments:

3. Did your volunteer coach meet your expectations?

Yes  No  Somewhat                      Comments:

4. Would you be willing to volunteer to coach in this program next year?

Yes  No  Maybe    Name and phone number if yes:

5. Did the officiating of the program meet your expectations?

Yes  No  Somewhat                      Comments:

6. Did the program meet your expectations?

Yes  No  Somewhat                      Comments:

7. Did you find the fees acceptable?

Yes  No    Comments:

8. Were the practice/game courts and facilities adequate for this program?

Yes  No    Comments:

What suggestions can you make that you feel would improve this program?

Additional comments:

Signature (optional) \_\_\_\_\_

(Responses are weighted the same whether you sign your name or not but we cannot personally respond to any unsigned evaluation)

**APPLICATION TO COACH IN THE STM SPORTS PROGRAM**

Sport applying for: \_\_\_\_\_ Grade: \_\_\_\_\_

1. Name: \_\_\_\_\_
2. Child(ren) Name: \_\_\_\_\_
3. Has your son/daughter played this sport before? Yes \_\_\_\_\_ No \_\_\_\_\_  
If so, what years? \_\_\_\_\_  
If so, in what league? \_\_\_\_\_
4. Have you coached your child previously in this sport?  
Were you the head coach or assistant coach?  
If so, what league and what year(s)? \_\_\_\_\_
5. Have you previously coached other boys/girls from St. Thomas More in this sport?  
Yes \_\_\_\_\_ No \_\_\_\_\_  
If so, please describe.
6. During this particular season are you coaching any other teams other than the one that  
you are applying for? Yes \_\_\_\_\_ No \_\_\_\_\_  
If so, which teams? \_\_\_\_\_
7. What do you want the kids to take from the STM program and as a coach how do you see  
your role?
8. Have you ever been suspended, reprimanded or disciplined by a league or a governing  
board of a league regarding your actions while coaching any sport?  
Yes \_\_\_\_\_ No \_\_\_\_\_  
If so, please describe in full detail.
9. Briefly describe your previous experience in coaching this sport.
10. Briefly describe your knowledge of the sport you are applying to coach.