

2021-2022
Saint James / Seton School
Athletic Association
Handbook

Saint James / Seton Athletics

ATHLETIC ASSOCIATION

The Athletic Association is a self-funded parent organization that sponsors the following athletic programs for Saint James / Seton: volleyball, cross country, football, basketball, and track. There are registration fees required for all sports, and uniforms are provided with a refundable deposit fee. The top team is competitive and competes in the Parochial Athletic League (PAL). Other recreational teams compete in the PAL league with teams of similar abilities.

In order to participate in SJSAA-sponsored programs, the athlete must be enrolled in Saint James Seton School, enrolled in homeschooling through St. James or St. Elizabeth Ann parishes, or a member of St. James or St. Elizabeth Ann Seton parishes participating in the Parish Religious Education (PRE).

Parents are expected to volunteer to take admission and sell concessions for the indoor sports. They provide a refundable volunteer deposit or they can pay the equivalent in a Volunteer Opt-out fee. Parents are expected to maintain a positive Christian attitude and support their child's team.

All coaches are dedicated volunteers who believe in teaching fundamentals of the sport along with sportsmanship and Christian values. "A-Team" selections are made on the basis of ability. Coaches are made up of non-parent and parent volunteers. All coaches are required to complete the Archdiocesan "Safe Environment" training.

Questions concerning selection, coaches, or scheduling should be referred to the Athletic Director.

COMPETITIVE SPORTS

Volleyball is open to all 4th, 5th, 6th, 7th, and 8th grade girls. Tryouts typically are held in May. The season lasts through October, with a league tournament at the end of the season. "Open Gym" may be held during the summer to give students interested in volleyball an opportunity to brush up on skills.

Cross Country is open to 6th, 7th, and 8th grade boys and girls. There are no tryouts. The season runs from August through October.

Football is open to 7th and 8th grade boys. Practices generally start in early August. There is normally a varsity and a junior varsity team. Games are generally on Saturdays or Sundays, and the season can last into late-October with league playoffs. The championship game is usually played at Omaha Skutt Catholic High School.

Basketball is open to all 3rd, 4th, 5th, 6th, 7th, and 8th grade boys and girls. Tryouts may be at any time in the fall (Sept. / Oct.), to accommodate teams playing in early leagues (at the discretion of the coach). The teams compete in the PAL League, which runs from November through February, but may be extended for tournament play.

Track is open to all 6th, 7th, and 8th grade boys and girls. There are no tryouts. . The season starts in April and culminates with a final meet at Omaha Skutt Catholic High School.

SOCCER

The Saint James Elizabeth Ann Youth Soccer Club (SJEAYSC) sponsors an outstanding **recreational soccer** program and is run separately from the Athletic Association. Students may play in both the fall and spring and are not required to be enrolled at St. James Seton, in PRE, or homeschooling through St. James or St. Elizabeth Ann. Teams are coed under six (micro soccer), but are separated into boys and girls teams in the under eight, under 10, under 12, and under 14 divisions. Parents organize, coach, assist and maintain the field. A registration fee is required for each season the child plays. Children typically have weekly practices and must have a club uniform. In early June, SJEAYSC competes in the University of Okoboji Invitational Soccer Tournament in Okoboji, Iowa. This is a family oriented tournament and many families rent cabins at Fillenwarth Beach. The weekend includes a picnic, opening ceremonies, pancake breakfast, a special Mass for soccer families, and lots of fun. Boji Soccer Classic, the nonprofit entity that runs the soccer tournament, consists exclusively of volunteers from Saint James Seton and Saint Elizabeth Ann parishes.

Saint James / Seton Athletic Association Annual Timeline

August:

- Athletic Association Board Meeting
- Organizational Meeting
- Discuss Committees, Timeline
- Football Coaches Meeting
- Review Athletic Association Policies
- Publish football schedule via web site
- Volleyball Parent Meeting
- Cross Country Parent Meeting

September:

- Athletic Association Board Meeting
- “Safe Environment Training” sessions
- Basketball registration
- Basketball evaluations
- Basketball Parent Meeting

October:

- Athletic Association Board Meeting
- Basketball Coaches Meeting
- Football playoffs

November:

- Athletic Association Board Meeting
- Publish Basketball schedule via website
- Spring Fling Committee Meeting

December:

- Athletic Association Board Meeting
- Spring Fling Committee Meeting
- Basketball games begin

January:

- Athletic Association Board Meeting
- Spring Fling Committee Meeting
- Spring Fling Publicity
- Solicit prizes and donations for Spring Fling
- Nominating Committee for Athletic Association elections

February:

- Spring Fling Event
- Track Coaches meeting
- Track Signup & Registration

March:

- Athletic Association Board Meeting
- Track Parent Meeting
- Track Practice Begins
- Apply for OPS building Gym permits

April:

- Athletic Association Board Meeting
- Recruit/publicize Athletic Association Board Election
- Football registration
- Volleyball registration

May:

- Athletic Association Board Meeting
- Athletic Association Board Elections
- Financial Report
- Volleyball Parent Meeting
- Volleyball evaluations
- Football Parent Meeting
- Cross Country registration

June:

- (No Athletic Association Board Meeting)

July:

- Review / Revise Bylaws, Timeline and Calendar for upcoming year
- Arrange Volleyball open gym
- Volleyball Coaches Meeting

Saint James / Seton Athletic Association 2021–2022 Meeting Schedule

June 2021	No Board meeting
July 2021	No Board meeting
August 18, 2021 (Wednesday)	Athletic Association Board Meeting
September 15, 2021 (Wednesday)	Athletic Association Board Meeting
October 20, 2021 (Wednesday)	Athletic Association Board Meeting
November 17, 2021 (Wednesday)	Athletic Association Board Meeting
December 15, 2021 (Wednesday)	Athletic Association Board Meeting
January 5, 2022 (Wednesday)	Spring Fling Meeting
January 12, 2022 (Wednesday)	Spring Fling Meeting
January 19, 2022 (Wednesday)	Athletic Association Board Meeting
January 26, 2022 (Wednesday)	Spring Fling Meeting
February 2, 2022 (Wednesday)	Spring Fling Meeting
February 4, 2022 (Friday)	Spring Fling Event Setup
February 5, 2022 (Saturday)	Spring Fling Event
March 16, 2022 (Wednesday)	Athletic Association Board Meeting
April 20, 2022 (Wednesday)	Athletic Association Board Meeting
May 18, 2022 (Wednesday)	Athletic Association Board Meeting

Saint James / Seton Athletic Association Policy

Mission Statement

Our athletic program is a direct outgrowth of our Christian education philosophy; that is, a balanced approach to athletics to develop oneself mentally, socially, and physically, with Christ as the center of attention on and off the athletic field.

Athletics should be conducted so that emphasis is placed on their value as an educational tool. The success of our program should not be based on the number of games won and lost but rather the attitude, commitment, and dedication shown by the contestants and spectators, and the way in which the program blends into the framework of the Saint James / Seton educational system.

In order to participate in SJSAA-sponsored programs, the athlete must be enrolled in Saint James Seton School, enrolled in homeschooling through St. James or St. Elizabeth Ann parishes, or a member of St. James or St. Elizabeth Ann Seton parishes participating in the Parish Religious Education (PRE).

Program Goals

Students will be encouraged to...

- Develop self-discipline to achieve the greatest physical and mental efficiency
- Develop good sportsmanship and make this a major aim in competition
- Teach the acceptance of reasonable discipline necessary for the good of the team
- Promote loyalty, dedication, and commitment to their team
- Promote wholesome attitudes and outlets for emotions
- Foster and develop friendships
- Provide experience in leadership and responsibility
- Keep alive the spirit of youth and preserve the joyous zest for living.

Student Athlete

The student athlete must certainly be given prime consideration, as it is the student for whom the program is planned. In athletics, the student must be able to counterbalance privileges with responsibilities. When the student is given the privilege of playing on a school team, he/she must assume some responsibilities in connection with it.

These responsibilities include:

- Maintain a satisfactory academic and conduct record. (see athletic and conduct policy)
- Follow proper training rules and code of conduct set forth by the Athletic Association. (see playercode of conduct document)
- If a student-athlete participates in activities outside of SJS Athletics, they are required to inform their coach at the beginning of the season of these outside activities. Additionally, the student-athlete is required to let the coach know at least 24 hours ahead of each practice or game when they will not be in attendance (illness and emergencies excluded). On days that student-athlete is absent from school due to illness, they will not participate in practices, games or events.
- Be humble in victory and able to praise those who give a total effort, regardless of the score.
- Exhibit fair play and courtesy to opponents and officials.
- Play according to the rules of the game and expect their opponents to do likewise.
- Take proper care of athletic equipment and uniforms provided by the Athletic Association.

Playing Time

Our goal is to have all athletes play in every game. However, the amount of playing time is left up to the discretion of the coach. It is understood that the youth of Saint James / Seton who have signed up to participate present themselves at all levels of skill in the game. Therefore, coaches must take an active role in teaching all players at practice sessions. One fifth, sixth, seventh and eighth grade team will be placed in a competitive bracket if there are more than one team per grade for Basketball (per gender) and Volleyball. In track meets, participation will be at the discretion of the Coach. It is recommended that every athlete enrolled in the track program have a role with the team.

Competitive Teams (i.e. PAL Divisions: Varsity, Jr. Varsity, AAA, AA, A): In game situations, it is the goal of the Saint James / Seton Athletic Program that all players play at least four to five minutes in every game for Basketball and Football, and at least one full set in a three-set match for Volleyball.

Recreational Teams (i.e. PAL Division: B): All other recreational teams will follow the recreational playing time guidelines, with the exception of PAL-sponsored tournaments. Coaches will do their best to grant equitable playing time for student athletes.

Sports Offered

Volleyball

Date: Late August to the end of October
Open to: 1) 4th, 5th, 6th, 7th, 8th grade girls in the 5 day school SJS program
2) Home School students in the Saint James / Saint Elizabeth Ann parishes.
3) PRE students at St. James Seton.

Note: No cuts. The number of teams will be dependent upon the number of participants.

Basketball

Date: Late October to the end of February
Open to: 1) 3rd, 4th, 5th, 6th, 7th, and 8th grade boys and girls in the 5 day school SJS program.
2) Home School students in the Saint James / Saint Elizabeth Ann parishes.
3) PRE students at St. James Seton.

Note: No cuts. The number of teams will be dependent upon the number of participants.

Football

Date: August to the end of October
Open to: 1) 7th and 8th grade boys in the 5 day school SJS program.
2) 7th and 8th grade Home-school and P.R.E. boys in the Saint James / Saint Elizabeth Ann parishes, exception that their public school does not offer football.
3) PRE students at St. James Seton.
4) 7th and 8th grade boys from any other Catholic School that does not offer football in their sports program.
5) 6th graders would be permitted to play if the numbers are warranted.

Notes: There will be no more than 44 players on the football team, unless they are all listed next to 1, or 2 above. If there are more than 44 players signed up at the time of the early registration deadline, students from other Catholic schools may be turned away.

Track

Date: March to early May.
Open to: 1) 6th, 7th, and 8th grade boys and girls in the 5-day school SJS program.
2) Home School students in the Saint James / Saint Elizabeth Ann parishes.
3) PRE students at St. James Seton.

Note: No cuts.

Cross Country

Date: August to October.

Open to:

- 1) 6th, 7th, and 8th grade boys and girls in the 5-day school SJS program.
- 2) Homeschool students in the Saint James / Saint Elizabeth Ann parishes
- 3) PRE students at St. James Seton.

Note: No cuts.

Saint James / Seton Athletic Academic & Conduct Policy

Conduct: Students participating in athletics (including intramurals) must maintain a satisfactory academic and conduct record. All SJS athletes represent their school/team on and off the field. Conduct must remain satisfactory. If a student is involved in any type of misconduct, probation or suspension may occur depending on the severity of the situation. This will be decided by the Principal and the Athletic Director. If a conflict arises between students, parents, and/or coaches, our coaches will maintain a “24-hour Rule” policy in which the conflict will not be discussed between the involved parties until at least 24 hours has passed to allow for emotions to subside and reasonable dialogue to follow. Following that period, the athlete should discuss the issue with his/her coach. After that discussion, a conference may be held between the athlete, his/her parents, and the coach. In extreme cases, the Athletic Director may be notified for intervention and further discussion.

Academics: In order for a student to remain eligible to participate on a SJS athletic team, the student's academic work must remain satisfactory. Based on mid-quarter and report card results, failing one class is considered unsatisfactory and will result in a two-week probation. This will be decided by the Principal and the Athletic Director. Once on probation, the student may participate in practice, but will not take part in any games. At the end of the two-week period, the student's status will be re-evaluated. At that time, the probation will be ended or extended. If extended past the initial two weeks, the student will be suspended from athletics and forfeit practices as well. Athletes who attend PRE must attend weekly classes and may miss no more than one class per month to remain eligible to participate. Unsatisfactory attendance will result in a two-week probation. This will be decided by the PRE Director and the Athletic Director. Once on probation, the student may participate in practice, but will not take part in any games. At the end of the two-week period, the student's status will be re-evaluated. At that time, the probation will be ended or extended. If extended past the initial two weeks, the student will be suspended from athletics and forfeit practices as well.

Suspension from Athletics: Once a student has been suspended from athletics, he/she will be re-evaluated every two weeks until becoming eligible again. (Christmas break will not count during a two-week probation or suspension). The Principal, or PRE Director in the case of PRE students, will notify the Athletic Director of any student athletes that may be affected by this. If a student on probation/suspension has shown outstanding effort and has made great strides, but is still failing a class, his/her probation may be lifted. This decision will come from the PRE Director, Teachers and the Principal only. All discussions regarding student eligibility status will involve only the Principal or PRE Director, Athletic Director, and Teachers (if necessary). The result of the discussions will be communicated to the Coach, and will remain confidential between all involved parties.

Commitment: Saint James / Seton Athletics is a commitment and teams rely on their participants to make every effort to be at practices and games. If a student-athlete participates in activities outside of SJS Athletics, they are required to inform their coach at the beginning of the season of these outside activities. Additionally, the student-athlete is required to let the coach know at least 24 hours ahead of each practice or game when they will not be in attendance (illness and emergencies excluded). On days that student-athlete is absent from school due to illness, they will not participate in practices, games or events. **MISSING PRACTICES AND/OR GAMES DUE TO OUTSIDE ACTIVITIES MAY RESULT IN REDUCED PLAYING TIME AT THE COACH'S DISCRETION.** Any decision to reduce playing time as a result of attendance is at the sole discretion of the coach and cannot be appealed to the Athletic Director, school administration or parish priests. Failure to inform the coach ahead of time could result in additional discipline, including suspension from part or all of a game. Repeated failures to inform the coach ahead of time of an absence may result in a conference with the coach, parent(s) and Athletic Director.

Student/Parent Notification: At the beginning of each season, coaches will inform student athletes of the above policy and its implementation. Also, a contract stating understanding of said policy will be signed by the parents and students before entrance into the activity.

PARENTS AND SPECTATORS CODE OF CONDUCT

Saint James Seton Catholic School Athletic Event Expectations

1. Be a role model by positively supporting teams. Remember that the players are young people and receive benefits from the mental messages that can be applied to life.
2. Treat each coach, player, opponent, opposing fan, official, and administrator with respect and dignity and refrain from making derogatory comments, using profanity, intimidation tactics, and/or inappropriate language.
3. Respect decisions made by contest officials.
4. Do not coach any player from the sidelines or stands during practice or games, as this is distracting to the individual and the team and may directly conflict with the coach's strategy.
5. Do not confront a coach before, during, and/or after a game or practice. Please use the 24 hour rule before bringing concerns to the coach.
6. Parents are expected to convey these expectations to any family/friends that attend the events and are accountable for their actions.

Remember that coaches and parents set the example for the behavior of their team's fans. If you see fans of your team behaving in a negative manner, please try to appeal to their conscience at an appropriate time. Your actions reflect not only your family, but also the Saint James Seton School community.

Matthew 5:14-16: "You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven."

Any spectator who violates this Code of Conduct while attending a Saint James Seton School athletic event, home or away, may be removed from the facility by an official, their team coach, a league official, or the host gym supervisor and is subject to disciplinary action including but not limited to the following:

- Verbal or written warning
- Suspension from the next sporting event
- Suspension for multiple events
- Suspension for rest of season

I (We) have read the Code of Conduct. I (We) agree to follow these guidelines in my (our) participation in all activities. Your child's participation is contingent on signature and compliance of this code of conduct.

Parent/Guardian

Signature

Date

Parent/Guardian

Signature

Date

**Assumption of the Risk and Waiver of Liability Relating to
Coronavirus/COVID-19**

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization, COVID-19 is extremely contagious and is believed to be spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

Saint James/ Seton Athletic Association (SJSAA) has put into place preventative measures to reduce the spread of COVID-19; however, SJSAA cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending SJSAA activities could increase your risk and your child(ren)'s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending SJSAA events and such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 at SJSAA may result from the actions, omissions, or negligence of myself and others, including, but not limited to, SJSAA volunteers, program participants, and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limit to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren) attendance at SJSAA events or participation in SJSAA programming ("Claims"). On my behalf, and on behalf of my child(ren), I hereby release, covenant not to sue, discharge, and hold harmless SJSAA, Saint James Seton School, Saint James Church, Saint Elizabeth Ann Church, their volunteers, staff, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes Claims based on the actions, omissions, or negligence of SJSAA, Saint James Seton School, Saint James Church, Saint Elizabeth Ann Church, their volunteers, staff, or representatives, whether a COVID-19 infection occurs before, during, or after participation in any SJSAA program.

Print Name of Participant _____

Signature of Parent/Guardian _____

Print Name of Parent/Guardian _____

St James / Seton Athletic Coaching Guidelines

Last Name	First Name	MI	
Street Address	City	State	ZIP
Home Phone	Cell/Emergency Number		Email Address

Sport Coached: Football Volleyball Basketball Track
(Please Circle all that apply)

SJS Coaching Responsibilities

Your role as a youth coach is of great importance. As such, your actions have the potential to significantly influence the young athletes that you will soon be coaching. Therefore, it is your responsibility to conduct yourself in accordance with the following coaching guidelines:

- Attend the required “Protecting All God’s Children” (required every 3 years) and “First Aid” refresher training classes (required every year) offered by the SJS Athletic Association before your season begins. Attendance at these sessions is a mandatory prerequisite to coaching at SJS.
- Lead by example, demonstrating fair play and sportsmanship to all players and officials.
- Conduct practices so that all players have the opportunity to improve their skill level through participation.
- Be sensitive and supportive to all athletes, never verbally degrading them nor denying them necessities.
- Know, understand, and support the SJS Athletic Association policies for student athlete academic and behavioral expectations.
- Never yell at nor harass any official or opposing team member, nor allow players to do likewise.

Fifth and sixth grade leagues are considered developmental; therefore fundamentals of the sport should be the focus of your practice activities. Do your best to get all players "adequate" playing time, realizing that “adequate” cannot always be necessarily "equal" playing time for each game. This is to be followed to the best of your ability unless the player is not eligible pursuant to the SJS Academic and Conduct Guidelines or the player has unexcused missed practices. These circumstances require communication with the athlete, parent, and Athletic Director (in extreme situations). The fifth and sixth grade years are considered a learning and developmental year, therefore it is the goal of the Saint James / Seton Athletic Program that players should receive as close to equal playing time as is reasonably and "coachably" possible throughout the season. Recreational seventh and eighth grade teams will also follow these recreational guidelines, with the exception of PAL-sponsored tournaments.

One fifth, sixth, seventh and eighth grade team will be placed in a competitive bracket. However, it is understood that the youth of Saint James / Seton who have signed up to participate present themselves at all levels of skill in the game. Therefore, coaches must take an active role in teaching all players at practice sessions. In game situations, it is the goal of the Saint James / Seton Athletic Program that all players play at least four to five minutes in every game for Basketball and Football, and at least one full game in a three-game set for Volleyball. In track meets, participation will be at the discretion of the Coach. It is recommended that every athlete enrolled in the track program have a role with the team.

Athletes will not be allowed to practice or compete without all required documents having been completed and submitted.

Practices

All athletes must enter the gymnasium through the Larimore Street doors for practice. Do **NOT** allow students to prop open the outside door. If students are sent to answer the buzzer, they should be instructed that if they do not recognize the individual(s), they should not be allowed to enter into the gym. Building Security is extremely important. After the last team practice for the day, please make sure:

- All windows are shut and locked.
- Lights have been shut off
- Door is shut and cannot be opened from the outside.
- Coaches will remain at practice until all players are safely on their way home.

I have read, understand, and will abide by the SJS Coaching Guidelines above. I also have read and understand the student Academic/Conduct Policy set forth by the Saint James / Seton Athletic Association.

Coach's signature