



# **ATHLETIC HANDBOOK**

## **2016-2017**

1500 Kingsway Drive Madisonville, KY 42431

270-821-8271

[www.ctksmadisonville.com](http://www.ctksmadisonville.com)

Dear Parents, Students, and Coaches,

*"[I] consider sports as an instrument of education when it fosters high human and spiritual ideals; when it forms youth in an integral way in values such as loyalty, perseverance, friendship, solidarity and peace.*

*Surmounting differences of cultures and ideologies, sports offers an ideal occasion for dialogue and understanding among peoples, for building the desired civilization of love. To put into practice these values, based on the dignity of the human person, in face of possible interests that might darken the nobility of sports itself."*

- Pope John Paul II (Sept. 16, 2002)

Welcome to Christ the King Catholic School! In choosing to attend Christ the King School you have elected a Christ-centered Catholic education and academic excellence. Many wonderful opportunities await you!

As a school community, we all must consider the appropriate role of athletics here at Christ the King. A core characteristic of Catholic Christianity and Catholic schools is the concept of relationship and community and the conviction that humankind is "made for each other" (*Educating for Life*, Thomas Groome, p.60). Our prayer is stronger in community. Academic achievement is greater in a community with a similar mission and goals. Our athletic program adds another dimension to our school community. Pope John Paul II said that as manifestations of the communal body of Christ, athletics serve to unify all individuals, including coaches, student-athletes, and families in a spirit of peace.

This handbook outlines the philosophy and reflects the policies of the Christ the King School Athletic Program for the 2016-17 school year. Please read this document carefully, sign the attached agreement, and return it to school before attending the first practice date. The agreement states that you intend to abide by the policies of the Christ the King School Athletic Program during the 2016-17 school year.

Christ the King Athletics extends the work of Christ the King School by offering another environment in which high human and spiritual ideals can be fostered to help children grow towards a deeper understanding of themselves and their roles in God's great world. Thank you for doing your part to help positively affect and develop the lives of all children by building a peaceful environment within our school, our parish, and in our larger community.

Just as those who create a document such as this are a work in progress, so is this Athletic Handbook.

In peace,  
Beth Herrmann  
*Principal*

# *Christ the King School Athletics*

---

## ***Mission of Christ the King School Athletics:***

The Christ the King School 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 each individual student-athlete to reach his/her highest potential while developing the qualities and spirit of a Catholic Christian.

## ***Philosophy:***

*“Do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run so as to win. Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one.”*

*Corinthians 9:24-25*

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, Christ the King 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 human person—both in spirit and in body—by cultivating Christian character, strengthening personal integrity and responsibility, teamwork, collaboration, 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 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.

## ***Registration Information***

---

### ***Nondiscriminatory Policy***

Christ the King Athletics admits any students of any race, and national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students of the school. It does not discriminate on the basis or race, color, national or ethnic origin in the administration of its participatory policies, admissions policies, or athletic programs.

### ***Procedure for Registration***

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

1. Student and parent/guardian have completed and returned Christ the King Athletic Permission Form
2. Student and parent/guardian have read the Christ the King Athletic Handbook and signed the Athletic Contract
3. Student must have an up to date KHSAA physical on file at the school prior to any practice or game.

### ***Athletic Permission Form***

Christ the King students wishing to participate in a sport must fill out a Christ the King Catholic School Athletic Permission Form. This form is accessible at the end of this handbook and in the main office of the school. Permission forms must be completed and returned on or before the deadline set before the first practice date. Any student who decides to participate on a team after the deadline should see the Principal before attending practice. Deadlines are not intended to prevent a student from participating on a sports team, but they are necessary to make sure that team sizes do not become too large to allow for proper instruction of participants. A permission form need only be completed one time during the school year. Please indicate in the spaces provided at the top of the form, which sports the student may be interested in playing.

### ***Fees***

All sports offered at Christ the King Catholic School have different costs required for operation. Student athletes and their families are required to pay a \$50 per athlete per sport fee to cover part of the operating costs, uniforms cost, equipment costs, and tournament fees.

## General Information

---

### Levels of Competition

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

The boys and girls basketball teams at Christ the King are at a Varsity level. Archery and Cross Country offer additional levels.

LEVEL	<b>Varsity</b>	<b>Junior Varsity</b>	<b>Developmental</b>
COMMITMENT REQUIRED	<i>High</i> Students and families must commit to 5 events a week—practice, games, scrimmages, etc.  *attendance at Saturday practices and practices during holiday breaks may be requested.	<i>Moderate</i> Students and families must commit to 4-5 events a week—practice, games, scrimmages, etc.  *attendance at Saturday practices and practices during holiday breaks may be requested.	<i>Low</i>
TRYOUTS	Yes	<i>Varies</i> according to interest and capacity	<i>None</i>
COMPETITION	Officiated games against Diocese of Owensboro and other Western Kentucky schools.	Officiated games Diocese of Owensboro and other Western Kentucky schools	Intramural games provide participating athletes opportunities to practice learned skills in informal, competitive game situations. These intramural games may be within-team games or played against other developmental teams. Intramural games are often officiated by the coaches and stopped occasionally for instruction.
PLAYING TIME	At discretion of teams' coach(es).	Coaches will make every effort to play every team member in each game.	All athletes participate with emphasis on equal playing time for each athlete
SKILLS EMPHASIZED	-Advancing game strategies -Leadership skills on and off the field/court -Individual fundamentals reinforced and extended	-Importance of team cohesion -Individual fundamentals introduced and reinforced -Formal game strategies introduced	-Basic individual fundamentals -Introduction to team dynamics and rules of formal competition

## *Athletic Teams at Christ the King*

Christ the King School offers the following sports for grades 4-8 (unless otherwise noted):

SEASON	GIRLS	BOYS
Fall	<i>Cross-Country (K-8)</i> <i>Archery (4-8)</i>	<i>Cross-Country (K-8)</i> <i>Archery (4-8)</i>
Winter	<i>Basketball (4-8)</i> <i>Archery (4-8)</i>	<i>Basketball (4-8)</i> <i>Archery (4-8)</i>
Spring	<i>Archery (4-8)</i>	<i>Archery (4-8)</i>

### *Transportation Policy*

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

### *Participation and Awards Policy*

Athletes are expected to participate in all events/games/tournaments for their particular sport unless illness or unavoidable family travel occurs. Coaches will set a minimum participation level for each sport. This minimum participation will be required by each athlete in order for him/her to qualify for end of season awards. Excessive absenteeism from practice or event/game will result in dismissal from team. Excessive absenteeism is defined as more than 2 unexcused absences from events/practices.

# *Coaching Expectations and Requirements*

---

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

## ***Goal Setting***

When working with Christ the King student-athletes, a successful coach will work towards goals in the following three dimensions: team, personal, and school.

### **Team Goals**

Christ the King coaches build a team by:

1. Advancing the athletes' understanding of their role as members of the communal body of Christ.
2. Creating a positive and memorable experience that will be cherished by the student-athlete for the rest of his/her life.
3. Teaching the specific and unique skills of this sport to the very best of his/her abilities by using all means, methods, and resources available.
4. Teaching the skills of healthy competition that will prepare athletes and the team to succeed.

### **Personal Goals**

Christ the King coaches grow as individuals by:

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

## **School Goals**

Christ the King coaches contribute to the school community by:

1. Infusing the school mission in all athletic activities.
2. Promoting academic excellence as an essential component in the development of student-athletes.
3. Committing to effective communication with administrators, teachers, parents, and athletes.
4. Supporting the development of student-athletes as leaders and role models in the greater school community.
5. Creating a culture of school unity and spirit as exemplified through sportsmanship, positive fan participation, and respect for all.

## ***Requirement of Coaches***

All coaches must complete Diocese of Owensboro Safe Environment training. They must be First Aid and CPR certified. All coaches must meet KHSAA coaching requirements for middle school athletics

## ***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.

## **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 hospitality and community.

## ***Prayer***

Athletic experiences play an important role in the spiritual formation of students at Christ the King School. Genuine and lasting spiritual development is only possible through careful and conscientious preparation by those in leadership positions. Coaches, as team leaders, are



chosen not just to be mentors and role models for student-athletes, but also to be witnesses. 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. Coaches are encouraged to build and create spiritual traditions into their approach to coaching at Christ the King School.

### ***Coaching Duties***

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

- Support the policies of the school regarding play, practice, and academics
- Plan out practices and games
- Supervise athletes at all times until they are picked up from practices/games
- 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
- Communicate practice and game schedule to athletes and parents
- Select, train, and supervise assistant coaches

### ***Communication with Athletes and Parents***

Christ the King coaches should establish clear procedures and guidelines for communication with athletes and parents that align with the philosophy and mission of Christ the King Catholic School. E-mail and Remind101 (or other group message system approved by the principal) 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. Coaches shall not give their cell phone numbers to students and shall not communicate with students through social media or personal cell phone discussion.

## *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 Christ the King community in a favorable way. By joining the school's athletic program, a student becomes a representative of his/her team and of Christ the King School.

### *Eligibility and Probation*

Students are not eligible to compete in athletics at Christ the King School unless they have an up to date KHSAA physical on file at the school. These physicals are available for free from Baptist Health on set days every year. Otherwise, these physicals are the parents responsibility.

We expect student-athletes to maintain academic and behavioral standards in keeping with the Christ the King School 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. Grades will be checked each Friday by the Athletic Director. A student will be considered *ELIGIBLE* to participate in interscholastic athletics at Christ the King School if their most recent academic report reflects:

- ❖ A C or above in all core subjects (core subjects are: Math, English, Reading, Science, Social Studies and Religion in grades 6-8. Lower grades core subjects are Math, English and Reading)
- ❖ A D or above in all other subjects

A student-athlete will be considered *ON PROBATION* should his/her most recent academic report reflect any one or a combination of the following academic grades or conduct:

1. One failing grade in any subject.
2. One grade below a C in a core subject.

A student-athlete will also be considered *ON PROBATION* should his/her behavior require:

1. Removal from a classroom
2. After-school detention
3. Out-of-school suspension

*Probation* is a one-week period during which a student-athlete works to improve his/her grades and/or conduct. During this one-week period, a student is still considered a participating member of the athletic team, but *he or she cannot practice or participate in any*

*game/tournament/scrimmage or other competition.* His or her 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. Christ the King Catholic School faculty and staff are always willing to assist students in their academic studies and personal growth as young adults.

\*The only exception to the one-week probationary period is the *Incomplete*. As soon as the student-athlete makes up the work that caused the incomplete AND the work is to the satisfaction of the appropriate teacher, the student-athlete is no longer on probation.

### **Evaluating Probationary Improvement**

A student-athlete returns to a full, participating member of a team if his/her grades at the end of the probationary one-week period reflect a C average in core classes, and a passing average or better in other classes, and the student-athlete maintained conduct in keeping with the Christ the King Student-Parent Handbook and the teachings of the Catholic Church. Principal may decide to end the probationary period at the end of the one week if teacher reports satisfactory progress and improvement is made.

### **Ineligibility**

A student-athlete will be considered *INELIGIBLE* for interscholastic sports at Christ the King School should there be **no improvement**, as determined by classroom teacher and principal, after two consecutive probationary periods. *Ineligibility* means that a student-athlete cannot participate for the remainder of the season, and the student's name will be removed from the team(s) roster.

### ***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 Christ the King 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, the coach and/or athletic director should be notified *in advance*. Consequences for an unexcused missed practice or game will be loss of playing time. An unexcused missed practice will result in the player being ineligible to compete in the next tournament, game, or event. An unexcused missed

tournament, game or event will make the participant ineligible for the next game, tournament, or event. **Excessive absenteeism from practice or event/game will result in dismissal from team. Excessive absenteeism is defined as more than 2 unexcused absences from events/practices.**

In Archery and Cross Country (and any other sport with individual entrance fees), students with an unexcused missed tournament or event will be charged the entrance fee for that event.

### **Cell Phones and Electronic Devices**

Students will not use cell phones or other electronic devices during practice and game times. All devices should be turned off and put away during these times for the duration of the practice or game.

### **Dress Code/Uniforms**

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. All game shirts will be tucked in. No player should make modifications to his or her uniform. Athletes are to wear a school issued uniform and 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 **Christ the King School** 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. 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***

---

*“It is incumbent upon parents to cooperate closely with the school teachers to whom they entrust their children to be educated; in fulfilling their duty teachers are to collaborate closely with parents who are willingly heard and for whom associations or meetings are to be inaugurated and held in great esteem.”*  
(Code of Canon Law, 796)

Christ the King School 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 Christ the King School permeates the athletics program.

### ***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, Christ the King 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 Christ the King’s behavior expectations for visiting spectators** – Take pride in our athletic program and model for visitors how we...
  - i. cheer for our team rather than against our opponents.
  - ii. respect the integrity and authority of game officials.
  - iii. allow coaches to coach without criticism from the spectators.
  - iv. help clean up at the end of athletic events.

### ***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 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 letter.

***The Principal has the authority to remove a student or cancel a season if student-athletes or parents are not adhering to Christ the King School standards.***



## Athletic Permission Form 2016-2017

Name of Athlete \_\_\_\_\_ Grade: \_\_\_\_\_

Sports: Basketball \_\_\_\_\_ Cross-Country \_\_\_\_\_ Archery \_\_\_\_\_

### **Insurance**

The following information must be completed and signed by the appropriate parent or guardian and turned in to the main office before participation in student athletic activities will be allowed. If the following information is not complete, this form will be returned to you.

Parent/Guardian : \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell/Emergency Phone Number: \_\_\_\_\_

All students participating in student athletic activities at Christ the King must have their own medical coverage. Students will not be allowed to participate in student athletic activities unless the following information is submitted and the form is signed by the parent or the guardian of the student.

Insurance Company: \_\_\_\_\_

Policy Holder: \_\_\_\_\_

Policy and Group Number: \_\_\_\_\_

Address or phone number of insurance company:

\_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_

**Athletic Fee** (*will be charged on family statement the month the sport begins*) Athlete T-shirt Size    YS   YM   YL   AS   AM   AL  
AXL

**Wavier of Liability**

We, the undersigned, hereby certify that I (we) am (are) the parent or legal guardian of the student. I hereby give permission to the staff of Christ the King Catholic School to seek during the period of school athletic activities, appropriate medical attention and for the student to receive medical attention and treatment to be covered under the student's insurance policy detailed on page 1 of this form. I/We the undersigned, for ourselves, our heirs, our executor and administrator, waiver, release, and forever discharge Christ the King Catholic School and its staff, officers, agents, employees, representatives, successors and assigns from any and all liability claims, demands, actions, and causes of action whatsoever arising out of or related to any loss, personal injury or property damage that may be sustained or occur during participation in student athletic activities or while at school.

Signature of Parent or Guardian \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent or Guardian \_\_\_\_\_ Date: \_\_\_\_\_

Appendix A





## ATHLETIC CONTRACT

---

Please initial each statement below to acknowledge your agreement to this contract. Then, sign the form at the bottom and return to the Athletic Director to be eligible for participation.

As a Christ the King Student-Athlete...

\_\_\_ I will strive to give my best to the team in every practice and every game.

\_\_\_ I will be on time for all practices and games.

\_\_\_ I will not miss a practice or game because of another outside sport or extra-curricular activity unless approved by the coach or athletic director.

\_\_\_ This experience is an opportunity to learn not only \_\_\_\_\_ (sport), but also teamwork with all its inherent responsibilities. There will be times when I will follow someone's lead and there will be times when I must assume that lead – I always have a contribution to make to my team.

\_\_\_ I will take my coaches' directions and comments as constructive suggestions, which make me a better athlete and my team a successful unit.

\_\_\_ Practice is where I learn the concepts of the game. How I apply those concepts in mind and body in practice will carry over into the game situation.

\_\_\_ I will always play hard, but always will be a fair sport whether we are winning or losing the game, realizing that everyone on my team and my opponent's team is playing for fun and the competitive experience.

\_\_\_ I will carry these principles to my schoolwork and my family life with the realization that these are of greatest importance and take precedence to any sport.

\_\_\_ I will be an example of Christ in all my actions on and off the field/court of competition.

\_\_\_ I have read the athletic handbook and agree to follow the policies and procedures as stated.

Player Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

**PLEASE RETURN THIS FORM TO THE ATHLETIC DIRECTOR**