



ST. RAPHAEL

CATHOLIC SCHOOL

Preschool – Eighth Grade • Crystal, Minnesota

7301 Bass Lake Road, Crystal, MN 55428
763-504-9450 • www.srsmn.org

**“Winning does not define success.”
To God be the Glory in all that we do each day.**

We believe our students and teams should improve as individuals and as a TEAM, have an enjoyable experience and represent St. Raphael Catholic School in a positive and Christ like example to all who we may compete with this school year.

There’s a story about the Special Olympics that I would like to share with you:

There were nine contestants at the start of the hundred-yard dash. All of them physically or mentally disabled. The nine were assembled at the starting line and, at the sound of the gun, they took off. One little boy stumbled at the start, fell, hurt his knee, and began to cry. The other eight children heard the boy crying, turned around, and ran back to the boy. When the injured boy got up, all nine runners linked arms, and walked to the finish line together—finishing the race at the same time. When they did this, everyone in the crowd stood up and clapped for a long, long time.

Do you know why they clapped? Because deep down we all know what really matters in this life is not winning for ourselves, but what really matters is helping others win too even if that means slowing down and changing our course now and then.

My prayer is that you will cheer on everyone who is involved in our co-educational activities that include coaches, visiting teams, and officials. Because we know the scoreboard that really a matter is that we give Praise and Glory to God in all that we do each school day.

Mr. David Johnson
Teacher/Coach and Athletic Director/ Saint Raphael Catholic School

Please keep this book in your home to reference throughout the year.

Athletic Program Mission Statement:

“St. Raphael co-curricular programs are committed to fostering the spiritual, academic, social, emotional and physical development of each child so they may grow and mature in their Catholic faith.”

Athletic Code of Conduct:

St. Raphael Catholic School believes that our cocurricular programs must work within the context of the Gospel mission and function as part of that mission. In keeping with this mission, it is essential to recognize the interrelationship of sports to spirituality and character development. We believe that our student athletes' spiritual, intellectual, physical and social growth all complement and fulfill each other.

Students who participate in the North Suburban Parochial School League represent our school community, and are expected to follow the rules regarding conduct, academic standards, and attendance. We must remember that we are created in the image and likeness of God, and our behavior on and off the field should reflect as such through sportsmanship and fair play.

Athletic Opportunities:

<u>Sport</u>	<u>Students Involved</u>	<u>Season</u>	<u>Registration</u>
Volleyball	Girls Grades 5-8	September - October	August - September
Cheer team	Girls Grades 5-8		
Soccer	Boys - Girls Grades 6-8	September - October	May - August
Basketball	Boys Grades 5-8 Girls Grades 5-8	October – February December - March	October November
Wrestling*	Boys Grades 2-8	January - March	TBD in the fall of the new school year
Softball	Girls Grades 5-8	April - May	March
Baseball	Boys Grades 5-8	April - May	March
Track, Cross Country, Special Event NSPSL Race	Boys - Girls Grades 4-8	October	TBD in the fall of the new school year

Varsity: Grades 6-8 may participate. Varsity focuses on developing a competitive team. At this level solid individual and team skills are taught; Players learn higher-level skills; Team success and personal achievements increase. Playing time will be decided by the coaching staff based on ability, attitude, and effort.

Junior Varsity: Grades 5-8 may participate. This level follows the varsity program guidelines in developing individual and team skills. It is our goal to help prepare these students to contribute at the varsity level if they are willing to give the time and effort to do so. Every effort is made to provide playing time for all team members.

B Level: This level is for students in grades 5 and 6. Here we emphasize rules, sportsmanship, and team and individual fundamentals. B level is considered "participatory" as opposed to competitive.

Home School/Public School Children: Participation in the athletic programs of St. Raphael School is limited to students enrolled in our parish/school with the following exceptions: Home school students or public school students whose families are registered members of St. Raphael Church will be able to participate in our extra

curricular activities'. The Pastor reserves the right to declare any children ineligible for participation. Students who have been asked to leave our parish/school are not eligible to participate in St. Raphael Catholic School activities.

Tryouts: Tryouts are held for all Varsity and Junior Varsity teams. Every effort is made to facilitate a fair and equitable evaluation process. Our evaluation system is based on these four factors:

1. Skills testing.
2. Player's attitude and character towards their sport, their coaches, and their teammates.
3. Previous participation in that sport.
4. Coaches' evaluation meeting: Coaches will meet to decide what collection of players will work best together to accomplish team goals.

Please refer to the NSPSL handbook for additional tryout guidelines.

Note: A student-athlete may be promoted from B Level to JV (or higher) or from JV to Varsity after the first game of the season.

***Co-ed Wrestling:** Any wrestling meet that involves boys competing against girls is contrary to our school policy. We do not believe that wrestling is an activity that is appropriate for direct competition between boys and girls. In the event that a St. Raphael wrestling team should encounter a situation where boys are competing directly against girls, we shall request organizers to avoid involving our wrestlers in these Particular matches (boys vs. girls) and will not take the mat if this situation occurs. We will continue to participate as a team if possible.

All student athletes' must fill out a waiver form, emergency card, and pay both a student fee and uniform fee before they may receive a uniform and be eligible to participate in a practice or game.

Special Notes: With the opportunity for our fifth-grade students to participate in our extra curricular activities programs we felt it was important to communicate these notes to you from our league office.

1. A fifth grade student may compete at the varsity level of play, by parents and league approval, if a team is short of players.
2. Junior Varsity programs are only offered if there is a sufficient amount of teams within the N.S.P.S.L schools.
3. Junior Varsity and B programs at St. Raphael's Catholic School are only offered if there is sufficient membership to support two teams.

Girls Volleyball:

1. The NSPSL offers a Varsity, Junior Varsity team and B levels of play.
2. Each team may carry between 10~12 students players. The coaching staff will determine the exact team number.
3. Any fifth grade students competing at the JV Level may be competing against students in grades six through eight.
4. If our Varsity and JV teams are filled with six through eighth grade students, we will offer a developmental squad that will practice skills but not compete.

Cheer team: The coaching staff will communicate to each family program details.

Boys and Girls Soccer:

1. The NSPSL offers a Varsity and Junior Varsity team.
2. Each team may carry between 14-18 players. The coaching staff will determine the exact team numbers.
3. Any fifth-grade students competing at the JV Level may be competing against students in grades six through eight.

4. If our Varsity and JV teams are filled with six through eighth grade students we will offer a developmental squad that will practice skills but not compete.

Cross-country Boys and Girls: This event will have a home and away meet with all students grade 4-8 able to participate in each event.

Basketball Girls and Boys:

1. The NSPSL offers Varsity, Junior Varsity and B team programs: (See parent handbook for more information)
2. Each team may carry between 8-12 players. The coaching staff will determine the exact team number.

Wrestling Boys 2-8 grade: The Varsity and JV programs will be for grades 4-8 only. Please watch for league information in parent bulletin.

Softball Girls:

1. The NSPSL offers a Varsity and Junior Varsity team.
2. Each team may carry between 10-15 players. The coaching staff will determine the exact team number.
3. Fast pitch softball was introduced in the spring of 2015

Baseball Boys:

1. The NSPSL offers a Varsity and Junior Varsity team.
2. Each team may carry between 11-15 players. The coaching staff will determine the exact team number.

*“God does not always demand that I be successful, but God does ask me
To be faithful.”*

- Mother Teresa

*Expectations and Responsibilities of
School, Coaches, Students and Parents:*

School: The school will identify volunteer coaches who will do their best to both guide the students through their athletic endeavors and act as an example of Christianity. The school will provide uniforms, equipment, and a place to practice and play. Event schedules will be posted on the school website.

Coaches: The most successful coaches are not necessarily the ones who win the most games. Coaches who have successful programs focus on team cohesion, and the desire to help each player find his/her God given talents.

Coaches will provide schedules; doing their best to avoid conflict with other activities, because of this practice times may vary from week to week.

Practice schedules will be provided by coaches in a timely matter. Transportation of the students is the responsibility of the parent, and drop off/pick up must coincide with the schedule to avoid unsupervised students.

Coaches are to be available to provide training and guidance to each of the athletes on the team. He or she is to be a model of sportsmanship and Christian faith by demonstrating respectful behavior towards referees/umpires, players, fans, and opposing teams.

Coaches will communicate with players and families about any changes or problems that may occur during the season, as well as giving progress reports/team updates to the Athletic Director.

Coaches are asked to communicate in writing or by telephone, at least two days in advance, if their team has a problem with a scheduled game. In the event of an emergency, they must call the school office so that the Athletic Director can be immediately informed. Please do not leave a voice or email message for the Athletic Director, as he may not get it right away. In regards to tournament games: once a tournament bracket is out it is our obligation to fulfill the commitment that we have made to participate in that event.

Coaches are responsible to provide a scorekeeper and clock/scoreboard operator for all home games of indoor sports (i.e. basketball and volleyball). The athletic office will try to help with volunteers.

Coaches are to contact the Athletic Department when in need of equipment or supplies. Coaches may not make an order without the Athletic Association's approval.

Members of the Athletic Association will be granted a waiver for their children's athletic fees.

Coaches must support all school policies listed in the parent handbook, and read the twelve virtues of a coach in your handbook.

Coaching Staff: We are so thankful for the parents and alumni that chose to help Coach our teams. There are times we may have too many coaches wanting to coach a particular team, when that occurs this is the procedure we will follow a pre-interview. Forms will be sent to all those interested in coaching that team. A panel, led by the Athletic Department, will interview each candidate. The panel will take into consideration past coaching experience; If candidate has children attending St. Raphael School; Are they a parishioner; Time availability, desire, and commitment. The athletic associations can only wave two coach's player fees (50.00) for each team during a season.

Parents/Guardians and Students:

Parents/guardians: are the models for respectful behavior towards coaches, referees, umpires, players, the other team, and fellow spectators. You should take an interest in your child's activities and help support their role on the team. Keep in mind that fun, fitness, learning teamwork, and other life skills are more important than any wins or individual statistics. We ask that you support the coaching staff's decisions in the building of a team.

Parents are responsible for transportation of student-athletes to away games. All vehicles transporting students must have functioning seatbelts for all occupants.

Please ring the gymnasium doorbell to pick up your child. As soon as you arrive your child will be allowed to leave practice at the scheduled ending time.

Please notify coaches about any possible conflicts that will arise during the course of the season as soon as you are aware of them, and when possible notify coaches at least 3 days in advance if your child cannot attend a scheduled game. This will help avoid forfeiting games.

We ask each family to volunteer time in some way during your child's season. Some examples of this are operating the scoreboard, helping with concessions, carpooling, etc.

Students: Student-Athletes are making a commitment to their teammates, coaches, and school for the entire sports season, including end of season tournament play. Students should be on time to each practice and game, be attentive and give his/her best effort. Be supportive of every team member, as each member has his or her own contribution to the team. Not only is this for the good of the team, these are lessons that will be vital later on in life. Always represent St. Raphael's Catholic School with Christian behavior and sportsmanship on and off the field or court – abiding by the St. Raphael Student Athlete Code of Conduct. We expect all students to wear the St. Raphael school athletic uniform that is provided by the school, for all home and away contests. All students that are waiting for a ride home after the coaches have left the building are to go to Qest or the Ed's room. Our coaching staff is not expected to wait for parents to arrive to pick up their children, as our coaching staff is giving their time as a volunteer and we need to respect this privilege.

Transportation and End of Practices:

When picking up your children after a practice please ring the gym doorbell to announce your presence to the coaches. If outdoors go to the athletic fields (south side of school) to pick up your child. As soon as you arrive your child may leave practice at the ending time of a practice.

If a family is late arriving to pick up your child the student must report to the Ed's or QEST rooms. These programs do have a fee.

We are blessed with volunteer coaches that are not required to supervise children after a practice. We ask that all families be on time to pick up your children after a scheduled event.

Please read our waiver form or parent handbook when a coach transports a child from a game or practice. We do ask that there be communication between the child, coach and parents when rides are shared.

QEST: is an after-school program to help St. Raphael Middle School students. It stands for Quiet Extended Study Time. QEST hours are from after school until 5 and if needed, students may transfer to the Extended Day program (EDs) at no extra fee until 6:00pm. There is a fee to help defray the cost of the program as follows:

- Registered student \$5 a day per student
- Drop-in or unregistered student: \$8 per day per student.

The QEST program helps students have a safe and supervised place for before or after any cocurricular activity or extra time for homework or projects. Students are required to do homework or read for the first 45 minutes of QEST. After that time, students have access to their school assigned laptop.

Athletic Department and Athletic Association:

The athletic director and his or her associate have several day-to-day responsibilities aside from their teaching duties. Our department's goal is to act as a support system for our coaching staff and students. The Athletic Director's full responsibilities are on file at the school and are available for review.

The Athletic Association's Role: The Athletic Association's primary function is as a Fundraising organization helping to support the school's athletic activities, and the Physical Education department.

The Athletic Association also supports the administration and Athletic Director to create a Christian atmosphere in all that we are called to do during a school year.

Player Eligibility:

"Being a team member is not a right it is a privilege." Participation in the athletic programs of St. Raphael Catholic School is limited to students enrolled at St. Raphael Catholic School as well as students who are home-schooled and whose families are parish members. Students/families who have been asked to leave St. Raphael Catholic Schools are not eligible in student athletic events.

Our Parish or School administration may determine it is not in the best interest of our extra curricular activities to allow a student to participate in our education based extra curricular activities.

Student-Athlete Prioritization: The athletic program is an extension of the classroom, and we expect our student-athletes to remember that they are students first and athletes second.

Eligibility Standards: These are a list of standards to be eligible for co-curricular Activities at St. Raphael Catholic School.

- Our student/athletes must maintain a minimum 70% GPA of all classes throughout the season, with some modifications for a student diagnosed with a learning disabilities.

- Do not fall below 60% in any one class.
- The student will have a grace period to improve their academic work, and within this time have a meeting with the teacher, student, and athletic director to come up with a work plan to improve their academic studies.

4. Trimester thoughts: If a student is not meeting the above standards when a trimester ends they are ineligible for one game in the new trimester, and then begin a new start.

If a student is not meeting the above standards with notification from the teaching staff the student/athlete, parents and coaches will be contacted by the athletic director and the student have a grace period (to be determined) to improve their class work.

A panel consisting of the Athletic Director and school administration will evaluate all students placed on academic probation to determine whether or not special circumstances warrant an exception to the probation rule. If an exception is warranted, the panel will work with the coaches to determine a course of action.

St. Raphael uses a nine-month academic grading policy for determining eligibility. This means that students are responsible for maintaining satisfactory grades throughout the entire school year. For example, a student participating in a fall sport would have to have met the eligibility standards throughout the previous spring quarter.

Students must attend practice in order to be eligible to participate in games, meets, or performances.

If a student is suspended from school the day before a competition, they are not eligible to participate in the competition. A student that is suspended from a team due to academics or behavior is not allowed participate in any team activities or have any interaction with the players during games/practices until they are reinstated. This includes sitting on the TEAM bench during games/practices.

Inappropriate conduct at competitions (home or away) will be reported to the school administration and the Athletic Director. Appropriate disciplinary measures will then be determined.

Absentee Policy: Any unexcused absence from school or practice prior to a game or competition will result in that student not participating in the activity. Two unexcused absences for practices and/or games will result in dismissal from the team.

A student who does not attend school during the day will not be allowed to participate in activities after school on that day. Students must report to school by 11:00 A.M. in order to be eligible for afterschool activities.

"Don't count your minutes but make your minutes count"

Playing Time: As a program, we cannot promise a certain amount of playing time to any student athlete. We will ask that a coach do his/her best to find a place during each contest for a player to fulfill his/her team's role. Factors that may limit game time are attitude, attendance at games and practices (though perfect attendance is not required), school violations and/or suspensions whether academic, chemical, or behavior related.

Conflict Resolution:

Parents, guardians and spectators are not to question a coach's strategies or playing time rotation for a contest immediately before or after said contest. When upset about a situation we ask that you allow a twenty-four-hour cooling off period before approaching the coaching staff or officials. Coaches expect to visit with a parent/guardian about the student-athlete and what is needed from that athlete to assist the team, as long as it is done at the appropriate time.

In order to allow the expression of differences that sometimes occurs in athletics, the following grievance procedure will be used to address conflicts:

Step 1: The student-athlete requests a meeting with the coach. This meeting is strictly between the athlete and the coach. This may not always be appropriate.

Step 2: If the conflict is not resolved in Step 1, the student-athlete and parent/guardian should request a conference with the coach.

Step 3: If additional consideration is necessary, the parent, student-athlete and coach should then meet with the Athletic Director.

Step 4: If the conflict continues, the parents or Athletic Director may request a meeting with the Principal.
Group Conflict: No group shall meet at St. Raphael School to discuss concerns without representatives of the Athletic Director or coach. At group meetings individuals must speak for and represent themselves, not other individuals or groups. Again, this statement has a negative tone. It would be great to eliminate the rumor mill, but unlikely.

Fees, Facilities and Misc.

Participation Fees: Students will be required to pay a participation fee, at the beginning of the season, for each sport played. This fee is nonrefundable after the first game/match.

Registration Cutoff: A Student may not register for a sport after the first game.

Uniform deposits: deposits will be collected at the start of the season. One deposit check per athlete can cover all sports participation for the year, as long as each uniform is returned following the end of the scheduled activity as directed by the coach/athletic director and is clean and in good condition. All parts of the uniform must be checked in by the Athletic Office in order for the full deposit to be returned. If the uniform has been damaged or is not returned, the deposit fee will be applied to the replacement of the uniform. Uniform deposit checks will be returned at the annual banquet in the spring unless a parent requests otherwise.

Use of Facilities: The game entrance, on the east side of school, is to be used for entering and exiting the school building for practices and game. Cars are to park in the east lot (off Nevada Avenue) before street parking is considered.

The custodial staff will set up for home events. Following the final game of the evening, the last St. Raphael team to play, along with parents and coaches, are responsible for clean up. Clean up includes putting the chairs away, sweeping the gym floor, stage, and hallway as needed. All litter is to be picked up and trash cans emptied. The scoreboard is to be returned to the athletic room. It is expected that our teams will leave the gym in clean condition at home and at other venues. If the Athletic Department receives any complaints about the condition of the gymnasium before or after games or practices the following steps will take place:

1. Each coach will be contacted and ask to talk with their players and teams about school pride, and taking care of our school.
2. If the problem were to occur again all practices will be cancelled until the athletic director talks with each team about the problems that have taken place.

Pre-game Prayers: As a Catholic institution, prayers before games are strongly encouraged. We feel it is important to be appreciative of the God-given ability of the students and the opportunity to participate in organized sports at St. Raphael.

Team Pictures: Team pictures will be taken during each sport's season and may be purchased for a nominal fee directly from the photographer. Forms will be sent out in advance of the sessions.

Spring Banquet: An athletic awards banquet will be held in the spring to recognize our student-athletes' many accomplishments throughout the year.

Game dates, Maps/Directions: Directions to playing fields/sites will be included in the coaches/players manuals, and posted on the school website when available.

Revised October 2017.