



Athletic Handbook

2018-19

St. Benedict at Auburndale

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www.sbaeagles.org

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)

Thanks for choosing to be a part of the SBA Family. We are extremely excited for the 2018-19 athletic season at SBA. We believe athletics is an extension of the classroom that teaches accountability, responsibility and being part of a team. Many people have been members of a team, but at SBA, we want all of our student-athletes to be an integral part of the team, and experience a true team experience where life-long friendships are established and life lessons are learned. A true teammate knows it's not about being better than one another, but making one another better! We hope that each day we can all be better teammates in our faith, job and every relationship!

This handbook outlines the philosophy and reflects the policies of the St. Benedict Athletic Program for the 2018-2019 school year. In reading this handbook, you intend to abide by the policies of the St. Benedict Athletic Program during the 2018-2019 school year.

Blessings,

Caleb Marcum
Director of Athletics

St. Benedict Athletics

Mission Statement of St. Benedict at Auburndale:

St. Benedict at Auburndale is a college predatory school committed to academic, excellence in an atmosphere permeated with the aims, values, and teachings of the Roman Catholic faith.

Mission of St. Benedict Athletics:

The St. Benedict 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 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

Being a member of a St. Benedict athletic team is a goal that many students wish to achieve. The attainment of this ambition carries with it certain traditions and responsibilities that must be maintained. A great athletic culture is not built overnight. It takes hard work from many people over many years. As a member of an SBA team, a student-athlete inherits this culture and is challenged to uphold its values and contribute to the SBA Way.

The culture at St. Benedict is not only a winning culture, but strives to win honorably and with great class. Winning is definitely a strong motivation for all athletes, but it must always represent honor and class to one’s self, teammates, and the entire SBA family. Such a culture is worthy of an athlete’s best effort on the playing field, as well as in the classroom. Wearing an SBA jersey means that the athlete is ready to assume the responsibilities that go along with it, but also that the athlete possesses great pride in the team and school.

Conference Affiliation:

St. Benedict participates in the Tennessee Secondary School Athletic Association (TSSAA), Division II AA conference comprised of financial aid giving, private schools. St. Benedict plays under the TSSAA rules and guidelines. In addition to playing conference games, St. Benedict teams often play other schools in the community. Thus, St. Benedict athletes play students from diverse backgrounds and skill levels.

Registration Information

Nondiscriminatory Policy

St. Benedict Athletics admits any students of any race, color, 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 of race, color, national or ethnic origin in the administration of its participatory policies, admissions policies or athletic programs.

Procedure for Athletic Participation

A student can become a full, participating member of a St. Benedict athletic team once the following requirements are met:

1. Student and parent/guardian have completed all registration requirements, and are current on all financials.
2. Student and parent/guardian have completed the physical packet found on our website.
3. Student and parent/guardian have read the St. Benedict Athletic Handbook.

Preseason Orientation Meeting

Prior to beginning of each season, each head coach will hold a *mandatory* meeting for all potential student-athletes and their parents. During this meeting the Athletic Handbook will be reviewed. The coaches will also facilitate a sport-specific discussion during this meeting to introduce themselves and share their expectations specific to their sport. It is not uncommon for a coach to have a list of his/her expectations to be signed by each parent.

Fees

All sports offered at St. Benedict have different costs required for operation. Student athletes and their families are required to pay \$100 per athlete for the first sport, \$50 per athlete for the second sport and no fee for the third sport to cover part of the operating costs, uniforms, equipment and tournament fees.

Financial constraints should not inhibit any student from participating in student athletics. For financial assistance to participate in St. Benedict athletics, please contact the Athletic Director.

General Information

Levels of Competition

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

Level	<i>Varsity</i>	<i>Junior Varsity</i>	<i>Freshmen</i>
	Teams at this level strive to prepare students for high school athletics and collegiate athletics	Teams at this level serve as a transition from the freshmen level to the varsity level teams.	Emphasizes the development of fundamental skills.
Commitment Required	<i>High</i> Students and families must commit to 5-6 events a week - practices, games, scrimmages, film session, weight training, etc. Attendance to all events during the season is mandatory	<i>Moderate</i> Students and families must commit to 4-5 events a week - practices, games, scrimmages, film session, weight training, etc. Attendance to all events during the season is mandatory	<i>Moderate</i> Students and families must commit to 4-5 events a week - practices, games, scrimmages,, etc. Attendance to all events during the season is mandatory
Tryouts	Yes	Varies according to interest and capacity	Varies according to interest and capacity

Level	Varsity	Junior Varsity	Freshmen
Competition	<p>Officiated games against other TSSAA schools as well as regional opponents.</p> <p>Season ends with a state champion</p>	<p>Officiated games against other TSSAA schools as well as occasional non-conference games.</p> <p>Season may not end with a tournament champion</p>	<p>Officiated games against other freshmen teams. Tournaments will consist of possible out-of-state opponents.</p> <p>Season ending champion will vary based on sport</p>
Playing Time	At discretion and judgement of the head coach and staff	At discretion and judgement of the head coach and staff	At discretion and judgement of the head coach and staff
Skills Emphasized	<ul style="list-style-type: none"> - being a great teammate - leadership skills on/off the floor/field - individual and team fundamentals - life lessons 	<ul style="list-style-type: none"> - being a great teammate - leadership skills on/off the floor/field - individual and team fundamentals - life lessons 	<ul style="list-style-type: none"> - being a great teammate - leadership skills on/off the floor/field - individual and team fundamentals - life lessons

Athletic Teams at St. Benedict

St. Benedict offers the following sports as recognized by the Tennessee Secondary School Athletic Association (TSSAA) to students in grades 9-12 (unless otherwise noted):

GIRLS	BOYS
Basketball	Baseball
Bowling	Basketball
Cross Country	Bowling
Golf (not offered 2017-18)	Cross Country

Lacrosse (Club)	Football
Soccer	Golf
Softball	Lacrosse (Club)
Swim (Club)	Soccer
Tennis	Swim (Club)
Track and Field	Tennis
Volleyball	Track and Field
Water Polo (Club)	Trap (Club)
Trap (Club)	Water Polo (Club)
Cheer/Dance (Club)	Wrestling

Club sports are not sponsored by TSSAA

Transportation Policy

In accordance with the policies of the Diocese of Memphis, St. Benedict does not provide any transportation to or from athletic events when these events are within two hours driving time. All transportation is privately arranged by parents/guardians. Coaches may transport athletes after completing the Catholic Mutual Safe Driving Course on the catholicmutual.org website. Once this course has been completed, coaches have permission to transport athletes. St. Benedict and the Diocese of Memphis assume no liability for accidents that may occur en route to any sporting practice or activity.

Events that occur with a travel time of more than two hours, St. Benedict will arrange transportation to and from these athletic events. Students will NOT be allowed to drive to events more than two hours away.

Tryouts

Announcements of tryout dates can be found at sbaeagles.org, the Streaming Eagle, and through Monday Mail. Students in grades 9-12 may try out for any St. Benedict sports team. Students and parents should be reminded that not all students who try out will be chosen

for a particular sport, but other opportunities may be possible through intramural athletics, and/or student assistant/manager positions.

Intramural Talon Leagues

Intramural athletics is an opportunity for athletes who may not want the commitment, and the everyday requirement of an athletic season. Yearly sports will vary based on interest.

Coaching Expectations and Requirements

Coaches are first and foremost educators, and must work in coordination with the parents who are the primary educators of children. At all times, coaches must be examples of Christ the Teacher who serve as role models for student-athletes to emulate. He was the ultimate teammate and contributed greatly to His team. Coaches must be messengers of the school mission and ensure that athletic programs embody the Catholic characteristics prevalent at St. Benedict.

The SBA Way

When working with student-athletes, a successful coach will work towards building our culture as a program and as a team. The SBA Way is not about what we do, but how we do what we do. As coaches, we want to create a championship environment, and teach our players to lead an entire team. Each player will understand the SBA Way and our athletic culture. Our culture is explained by the acronym SCHAPE:

S - Spirited, enthusiastic, excitement - Our environment will be one that is loud, excited, spirited about what we are doing. Our culture will be full of energy and our coaches will demand it. The difference about championship practices is they are full of sound, they are intense, and everyone is involved.

C - Communication enhances every human experience - Our student-athletes will be leaders not only by example but also in their communication with the coach, teammates and parents. Coaches will teach each student-athlete how to communicate by calling names, delivering valid information, having a positive tone and making eye

contact. If our communication follows this format, all communication is done directly, face to face, and not behind each other's back.

H - Hard work - Working hard is very contagious and we will have a relentless persistence to achieve any goal. We will be the hardest working coaching staff and teams in our league.

A - Approach - Our approach to everything is the attitude we choose to bring to something; the path we take to arrive at our destination. Our approach will be made up of three rules: showing up early, learning something and adding value to our culture. Our teams will be mentally tough which will direct our focus to every situation.

P - Precision - Our student-athletes will have a ridiculous attention to detail. They will be taught to have the discipline to do something as well as it can be done, every single time, even if its uncomfortable or inconvenient (even if the coach isn't looking).

E - Enhance - We will contribute to an environment or unselfishly offer a service. SBA student-athletes will also be asked to leave their environment better than they found it by being contributors rather than contaminators.

The SBA Way is the culture we will live and die by. Our culture will trump every coach, player and parent. Nobody is bigger than the SBA Way.

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 innuendos, 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.

Travel

Each coach is responsible for their players when they travel out of town. Players should never be left unattended or unsupervised at any time. Curfew is strongly suggested. St. Benedict does not tolerate the use of alcohol while on a team trip. Violation of this rule, is subject to immediate dismissal from the team. Each player is under the coaches supervision at all times. Parents are welcome to travel with the team, but each player will be under the direction of the head coach, unless previously discussed with the parent.

Holding Tryouts

In a Catholic school, it is essential to demonstrate respect for all members of the school community. There is not an expectation that every student will be able to be a member of a team, but when cuts are necessary, students should be treated fairly and with compassion. Coaches should provide individualized feedback to players rather than simply posting a list of team members. When individuals fail to make a team, alternative team roles should be considered, if possible.

Coaching Duties

In addition to serving as witnesses and models of faith, St. Benedict coaches are expected to fulfill the following duties:

- ❖ Plan out practices and games
- ❖ Supervise athletes at all times until they are picked up from practices
- ❖ Condition athletes properly
- ❖ Assess athletes' readiness for practice & competition
- ❖ Instruct each athlete on the fundamentals of the game
- ❖ 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

St. Benedict coaches should establish clear procedures and guidelines for communication with athletes and parents that align with the philosophy and mission of St. Benedict. E-mail 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. The proper protocol for parent meetings is as follows:

- ❖ Parent must contact the coach first in order to set up a meeting. If the parent does not meet with the coach first, their concerns will not be heard.
- ❖ If the parent/coach meeting did not supply any solutions a meeting with the Athletic Director may be possible.
- ❖ If the meeting with the Athletic Director still did not supply solutions, a meeting with the Principal may be called.

NOTE: PLEASE FOLLOW THE PROPER CHANNELS WHEN A MEETING NEEDS TO TAKE PLACE. THESE STEPS CANNOT BE SKIPPED!

Awards and Recognition

St. Benedict athletic teams host annual Sports Appreciation Banquets at the conclusion of each season. Coaches are expected to publicly introduce their players and summarize their season. Recognition of athletes, however, should be utilized throughout the season as a means of personal athlete formation and team-building. Particular recognition of athletes should embody the goals and philosophies of the athletic department, program and culture, not only physical talent.

Some areas of recognition may include one's academics, sportsmanship and Catholic attitude.

Facility Usage/Rental

St. Benedict facilities are NOT open to public use. SBA athletes, only under the supervision of a coach, may use SBA facilities, but must NOT be left unsupervised at any time. SBA coaches have full use of our facilities for their respective teams/players, however, any time an SBA coach instructs outside students/groups, not affiliated with SBA, he/she must get approval from the athletic director, pay a facility usage fee and approve dates and times for usage. Failure to follow these steps, will result in the closing of our facility to outside groups, players and teams.

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 for those selected individuals who possess the ability, attitude, disposition, cooperative spirit and desire to represent the St. Benedict community in a favorable way. By joining the school's athletic program, a student becomes a representative of his/her team and of St. Benedict.

Eligibility and Probation

We expect student-athletes to maintain academic and behavioral standards in keeping with the St. Benedict at Auburndale Student-Parent Handbook and the teachings of the Catholic Church. We have concluded that it is necessary to maintain a more consistent and more frequent analysis of our students' academic progress than that required by the new TSSAA guideline. Therefore, to be *ELIGIBLE* to participate in high school athletic contests during any nine-week period, a student must meet the following requirements:

- ❖ The student shall have met all TSSAA requirements
- ❖ The student shall have earned a minimum GPA of 2.0 on the most recent report card with no more than one failing grade. This includes all grading periods and semester averages.

- ❖ Students shall be regularly enrolled, in regular attendance, and carrying at least seven full courses.
- ❖ In the event of illness, a student must attend five class periods on the day of a scheduled or make-up athletic event. Any student whose illness causes him or her to be absent from school is not eligible to participate in an athletic contest or other extracurricular activity later that same day.

Academic Probation is one, two (2)-week period during which a student-athlete works to improve his/her grades and/or conduct. During this two-week period, a student is still considered a full, participating member of the athletic team, but *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. St. Benedict faculty and staff are always willing to assist students in their academic studies and personal growth as young adults.

Evaluating Probationary Improvement

Students can regain eligibility after two weeks if their grades have improved to the above standard. Students must make an appointment to meet with the principal, or designee, following the two week probation period.

Ineligibility

A student-athlete will be considered *INELIGIBLE* for interscholastic sports at St. Benedict should there be no improvement after the two-week probationary period. *Ineligibility* means that a student-athlete may NOT participate in interscholastic athletics at St. Benedict for the remainder of the season. This will result in the removal of the student from the team's roster.

According to TSSAA regulations, student-athletes become ineligible to participate if the family's account balance falls more than 60 days behind its plan. This includes practice and competition.

Realizing the value of sportsmanship, any fine or suspension assessed to a player, coach, fan or team by TSSAA will be doubled by SBA. No

participation in practice or competition is allowed during the period the consequence is being served. The Athletic Director, in cooperation with the Principal will review each case individually to add or reduce a suspension/fine of a player or coach following the TSSAA mandated suspensions and fines.

All student-athletes are allowed one (1) probationary period per season. Should a student-athlete fail to meet the academic and behavior standards outlined above more than once during their respective season, he/she will be considered ineligible and will no longer be permitted to participate in interscholastic sports at St. Benedict for the remainder of the season.

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 St. Benedict 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 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, please make sure the coach and/or athletic director has been notified *in advance*. Consequences for a missed practice or game will be outlined by the coach/team at the beginning of the season in addition to the natural consequences that result from missing practice instruction or game experience.

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 head coach 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

Players

All student-athletes are expected to represent **St. Benedict** 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.

Volunteer Removal from Team – Player Decision

Players who wish to voluntarily remove themselves from the team following the first contest, will not be allowed to participate in another sport until that particular sports regular season has been completed. This includes but is not limited to conditioning, weight lifting, etc with another team.

Involuntary Removal from Team - Coaches Decision

Players who are involuntarily removed from the team by the coach, will not be allowed to participate in another sport until that particular regular season has been completed. This includes but is not limited to conditioning, weight lifting, etc with another team.

Involuntary and Voluntary Removal from Year Round Teams

Players who are removed from a year round team (cheer and dance) whether voluntarily or involuntarily are not allowed to participate in another sport on these conditions:

1. If the player is removed 1st semester, the player may not participate on another team until the 2nd semester starts.

2. If the player is removed 2nd semester, the player may not participate on another team until team tryouts the following year.

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

St. Benedict 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 St. Benedict 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. A study done by a major media group surveyed over a thousand athletes by asking them what they wanted to hear from their parents following a game. Overwhelmingly, the athletes responded they just wanted to hear one phrase, "I loved and enjoyed watching you play!" The survey proved that athletes do NOT want to be coached, critiqued or ridiculed following each contest.
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 Rule"** – As do all good educators, St. Benedict 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 St. Benedict's behavior expectations for visiting spectators

– Take pride in our athletic program and model for visitors how we...

- ❖ cheer for our team rather than against our opponents.
- ❖ respect the integrity and authority of game officials.
- ❖ allow coaches to coach without criticism from the spectators.
- ❖ help clean up at the conclusion of athletic events.

All parents of student athletes are expected to represent **St. Benedict** in an exemplary manner. This behavior is expected both at practices and games. Parents of 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 and the principal. This can range from a parent being asked to not attend games to a parent being banned from attending any games. In extreme cases, the student athlete may also be dismissed from the team. The athletic director and principal will make the final decision following a meeting with the athlete, coach and parent.

Transportation

Transportation to/from practices and games is the sole responsibility of the parents (unless the travel time exceeds 2 hours). 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, and cannot participate in another sport until the regular season for that sport is completed.