

St. James / Seton Football 2018 - Parents Handbook

St. James / Seton Football is open to all 7th, and 8th grade boys who attend St. James / Seton (SJS) School. If numbers warrant, additional players are sought after following the criteria set by the Athletic Association Policy.

This document provides you with needed information about online registration and fees, equipment, practices, games, and coaching, as well as SJS Athletic Association policies for participating student-athletes and their parents.

Online Registration & Fees:

If your child elects to go out for St. James / Seton football, **you need to complete the registration process, including the medical statement, and pay the participation fee online** (credit card via PayPal; note: you do not need to have a PayPal account to pay online). The “early” participation fee is \$60 per student-athlete. *****Beginning May 15th; the participation fee will increase to \$90 per student-athlete (fees are higher for non-SJS student-athletes).**

A uniform and equipment deposit check in the amount of \$60 per student-athlete will be due at your child’s first practice. The volunteer coaches will collect such checks. Uniform deposit checks will be shredded once the uniform and equipment that was allocated to your child at the beginning of the season has been returned to your child’s coach at the end of the season. If not returned, the check will be CASHED.

Physicals:

It is strongly *recommended* that all athletes have an athletic physical prior to participation in sporting events.

Equipment:

Equipment will be checked out in late July or early August. The coaches will publish the date and times in advance. SJS supplies the following equipment:

- shoulder pads
- hip pads
- tail pad
- thigh pads
- knee pads

- belt
- practice and game pants & jerseys
- Eagles emblems

*****Players are responsible for securing their own helmet and face mask, as well chinstrap and mouth guard with strap.**

Practices:

Team practices begin in August and are conducted at Laura Dodge Elementary school field (a.k.a. Maple Village Park); 3520 Maplewood Blvd. Practices will be 5:30 – 7:30 on Mondays, Tuesdays, Thursdays, and Fridays. Some Saturday morning practices will be held also.

Games:

SJS teams, both Varsity and Junior Varsity compete in the Parochial Athletic League (PAL) and the regular season is composed of six games. Games will generally be played on Saturdays or Sundays, however weekday night games are possible. The season lasts through October, with an end-of-season league play-off which encompasses generally two or three additional games.

Schedules for each of the teams will be posted on the Athletic Association web site (www.sjsathletics.com). Note: game schedules are not published by the PAL Director until mid-August. It is highly recommended that the web site be referenced frequently as locations, dates and times can change during the season due to scheduling conflicts with the game fields.

NOTE: Games will be played during Labor Day weekend. Parents need to plan accordingly if they choose for their child to participate in SJS football.

Volunteer Coaches:

All teams will be coached by **volunteers**. Please keep this in mind throughout the season! The coaches are volunteering their time and skills. This equates into numerous hours per week that is donated by such unique individuals.

Most coaches will be player parents. The Athletic Director and Football Coordinator do actively seek non-parent coaches, but the reality is such individuals are few and hard to find. Again, please always remember, all the coaches are volunteers!

It is an Archdiocese of Omaha policy that all volunteers be current on Safe Environment Training (SET) certification.

Academic & Conduct Policy Document:

At your child's first practice, a copy of the Academic & Conduct Policy Signature Form will be sent home. The policy will need to be reviewed with your child. The signature form will need to be completed and returned to your child's coach at the following practice session. Please note the section regarding St. James / Seton Athletic Association sponsored sports team being a priority.

24-Hour Rule:

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 her coach. After that discussion, a conference may be held between the athlete, her parents, and the coach. In extreme cases, the Athletic Director may be notified for intervention and further discussion. Make sure to follow the proper protocol.

SJSAA Playing Time Policy (from the 'SJS Athletic Association Handbook'):

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 St. 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 for Volleyball. One sixth, seventh and eighth grade team will be placed in a competitive bracket for Basketball. 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 St. 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.