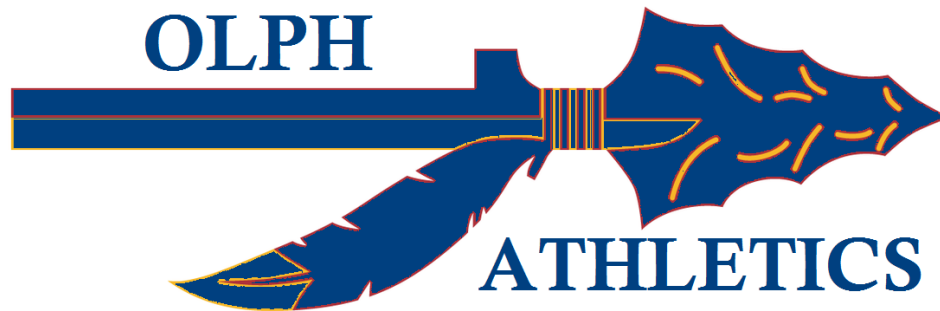


# Our Lady of Perpetual Help Catholic School



## ATHLETIC HANDBOOK

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## **Introduction**

Athletics is an important extension of Our Lady of Perpetual Help Catholic School (OLPH). As an extension of the school, our goal is to mature students through hard work, discipline and conduct.

Athletics provides valuable lessons for our students, such as: teamwork, sportsmanship, winning, losing and hard work. Our program exists to develop student's hearts and minds through participation in interscholastic athletics. As Catholics we have the opportunity and responsibility to be witnesses of our faith, athletics provides that opportunity.

Also, no program is successful without a very key ingredient. That ingredient is called commitment. Without commitment, athletes and coaches will fail. Commitment in athletics is necessary for all parties involved: the athlete, coach, school and parent(s).

Let this handbook be an example of the type of program we at OLPH are committed to. Please take time to read our policies, commit to them and be willing to follow the guidelines before you become involved in the program.

Thank you for your support of our athletic teams. Our prayer is that you would be a parent/athlete that is committed to excellence and pursuing all things to the glory of God!

OLPH Catholic School Athletic Handbook

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## **OLPH Athletic Philosophy**

### **Commitment to Excellence**

Our philosophy is to do our best as we strive to be the best. We believe as Catholics we are commanded by scripture to always do our best. As believers we are not to waste the talents God has given us by giving anything less than total commitment, thorough participation and maximum effort. Becoming the best may not always be the result of our athletic program, however doing our best must be.

### **Role Model Coaches**

Our desire is to have coaches who model Christ-like attitudes, and behavior. In order to be considered an effective coach and role model, our coaches must also be thoroughly knowledgeable in their sport, capable of detailed preparation, able to motivate athletes, able to make adjustments during competition and actively give meaning to each situation a team or individual athlete may face.

### **OLPH Athlete**

All of our athletes should be diligent to strive in preparation, disciplined, respectful to others, self-controlled in speech, humble in spirit, and aggressive in pursuit of excellence. When Catholic athletes display these qualities, good things often happen; teams are successful, players motivated, fans supportive, parents proud, and often unbelievers are drawn to Christ.

## **Participation Policies**

One of our goals is to provide an opportunity for all students to participate on an athletic team. This is the reason why we try not to 'cut' players. We hold official "try outs" at the beginning of each season to give our coaches an opportunity to "assess" the skills of all players and determine the level of team that we can field. This also allows the athletic department to determine as to which league each team is suited to participate in.

It is important to understand that participation on an athletic team at OLPH is a privilege, not a right. Participating on and maintaining one's membership on the team means accepting all the responsibilities of an athlete.

Parents should expect that every athlete is treated fairly and given every consideration. While playing time is based on skills and athletic ability, athletes are given a fair chance to "earn" playing time by working hard on improving their skills, attending all practices, and being a team player by supporting their team mates. When parents and athletes understand and support the coach's decision, this difficult process becomes a less painful experience for all.

**Athletes are only allowed to participate in one sport per season.** This will help our athletes balance academics while playing sports and at the same time minimizing the amount of missed class times due to early dismissals when attending early games.

Here at OLPH unsportsmanlike behavior will not be tolerated. Unsportsmanlike behavior can be defined as; any profanity, taunting or gestures toward an opponent, the crowd, or an official that is considered by the coaches or administration as inappropriate behavior whether a technical foul, yellow/red card is issued. Such behavior will result with discipline as seen fit by the coach and/or athletic director and/or administration.

### **Description of the Athletic Program**

OLPH School offers a variety of sports for both the boys and girls. The sports offered for 4<sup>th</sup> to 8<sup>th</sup> grade levels are flag football, boys and girls volleyball, boys and girls soccer, boys and girls basketball, boys and girls golf. Grades K – 3<sup>rd</sup> can participate in Pee Wee Flag Football, basketball, and soccer.

OLPH is a member of the Valley Catholic Sports Program (a CYO organization) which consists of catholic schools in the San Fernando Valley area. We are also a member of the Santa Clarita Athletic Independent League (SCAIL) which consists of private and public schools in the Santa Clarita Valley.

The Valley Catholic Sports Program consists of the following schools:

Regular Season - Division 4

- OLPH
- Santa Rosa
- Saint Euphrasia
- Saint John Baptist DeLa Salle
- Saint Ferdinand
- Saint Didacus
- Saint Genevieve

For the playoffs, we play other schools in other division such as Saint Mel, Saint Cyril, La Reina and other San Fernando Valley Catholic Schools.

The Santa Clarita Athletic Independent League (SCAIL) consists of the following schools.

- OLPH
- Pinecrest
- Trinity
- Legacy Christian
- Albert Einstein Academy
- Santa Clarita Christian School
- Santa Clarita Valley International
- Delphi Academy

Here is a list of the following sports offered at OLPH and the season in which they are offered:  
(This list is subject to change per season and coach availability)

**Fall**

Middle School Flag Football  
Elementary Boys Basketball  
Elementary Girls Soccer  
Pee Wee Football

**Winter**

Elementary Girls Volleyball  
Elementary Boys Soccer  
Pee Wee Soccer

**Spring**

Elementary Flag Football  
Middle School Boys and Girls Soccer  
Middle School Girls Volleyball  
Pee Wee Basketball

**Year Round Sport**

Golf

**Team and Player Classification**

OLPH is a member of the Valley Catholic Sports Program (CYO) and the Santa Clarita Athletic Independent League (SCAIL). We are bound by both leagues' policies and guidelines.

**CYO League**

A Team – Grades 7 to 8<sup>th</sup> Grade are eligible to participate

B Team – Grades 4 to 6<sup>th</sup> Grade are eligible to participate

**SCAIL League**

Elementary Division – Grades 4 to 6<sup>th</sup> Grade are eligible to participate.

Junior High Division – Grades 7 to 8<sup>th</sup> Grade are eligible to participate.

Pee Wee Division – Kinder to 3<sup>rd</sup> Grade are eligible to participate.

We field teams on each league based on player and coaching availability. We will make every attempt to keep our athletes in their respective age division. There will be instances that we have to combine different age groups in one team to complete a roster. In the event that we don't have enough players to fill a roster for a higher level division, it is necessary to "pull" some players from a lower division team. Players are picked to move up a level based on athletic skills and physical ability and will be at the coaches' discretion. Players are not allowed to pick the team that they want to play with.

## **Tournament Teams**

We participate in several SCAIL one day tournaments/events such as Golf, Co-Ed Volleyball and Cross Country meets. Depending on player availability, it is necessary to hand pick a team of “All Stars” to be competitive. Since these are one day events, there is not a lot of time to practice so picking the best players available is the only way to produce a competitive team. Member selection is based on a player’s performance from the same team sport, athletic ability and coach’s discretion.

## **Academic Eligibility**

It should be remembered that the student always comes before the athlete. It is the desire of the school to have athletes who are pursuing academics as a priority.

To help enforce our policy students:

- *Must* attend at least 3 hours per day of classes to participate in practice or games.
- *Must* hold a grade point average of 2.0
- *Must* not hold an “F” on any report card.

If an athlete receives an “F” or drops below a 2.0 for the grading period then the athlete goes on probation for the following season. If the athlete does not raise the “F” or their GPA for a second straight season they will go on academic ineligibility. To be removed off academic ineligibility the student must raise their grades to the appropriate level.

If a player is on probation they *may* participate in games and practices. If a player in on academic ineligibility they *may not* participate in practices or games.

If a player in on academic ineligibility they may try-out for a sport. However, they are only allowed two days of try-outs. If the try-outs go more than two days, the student must sit-out and not participate.

Also, to be eligible to participate at any OLPH sports, all parents and ***must:***

- Log in in to the online link provided at the OLPH Athletics website and sign up their athlete(s).

Athletes will not be allowed to participate in any practices or games if they are not on the official roster generated from the online sports sign up process. The online sign up process also serves as a digital signature to the Parent–Agreement-Permission form located on page 11 of this handbook.

## The Parent-Player

Some parents may try to live through their child's athletic efforts. Being positive and supportive is important, but adding unrealistic expectations can intensify unnecessary pressure on the athletes. Please allow your son or daughter to enjoy this experience as they learn valuable lessons through athletics. Parents are encouraged to cheer on their child's efforts. However, they are to respect the decisions of the coaches and refrain from critical comments directed at them. Also, parents should try to refrain from 'over-coaching' during games. Players are trained to listen to their coaches during competition. When outside comments are made, players may lose their concentration and not perform to their potential.

**Under any circumstances, parents are prohibited from approaching the coach before, during or after a game to discuss any issues such as playing time.**

If you feel your child is not receiving a fair 'shot' at being more productive on the team, there is a protocol to follow to handle the situation:

1. Talk to your child about the situation.
2. Go to the **coach** or **coaches** involved to discuss the matter.
3. If the results are unsatisfactory, please call the **Athletic Director** to set up a meeting with yourself, the A.D. and the coaches involved.

## **Parent/Fan Expectations**

1. Focus on encouraging your own team and refrain from any degree of critical, sarcastic or negative spirit.
2. Support your own cheerleaders' efforts and respect the efforts of their opponent's cheerleaders.
3. Refrain from booing or taunting any player, coach, or referee.
4. Refrain from any inappropriate language.
5. Obey and listen to any announcements made by the person on the loudspeaker.

## Practices/ Attendance

All practice times and games will be announced. These practice times are provided for the parents as soon as the game schedules are released. Parents must remember that here at OLPH we have very limited facilities. That means practices may be held off campus if necessary. Please be understanding when practice days, times and venues are changed. The athletic office will do their best to inform the parents as to what the practice schedule will look like.

Athletes are required to be at *all* practices and games *on time*. We are trying to promote punctuality in the students so that in the future they will be prompt to other responsibilities they may have (i.e. college classes, work). Parents, please be prompt in dropping and picking your child up from practices and games.

**Any player(s) not picked up 15 minutes after a practice or game will be sent to OLPH KIDS CARE and your Smart Tuition account will be billed accordingly.**

During practices and home games, all athletes are required to wait at the valet line area until they are picked up by their parents or coaches. For away games, all athletes must be checked out at the school office by their parents or coaches.



## Games

### **Number of Games**

Each sport will have anywhere from 4 to 8 games per season (not including playoffs). The only exception is golf. Game schedules will be available prior to the season. Most games are scheduled during the week day. Please free your schedules and plan your family trips around the game and practices schedules. It is important for all the athletes to be at all the games no matter the team's success, or impact your son/daughter has on the team. This will hopefully build good character into your child as they learn how to support one another and how to handle difficult and trying situations.

### **Uniforms**

Each athlete will be issued a uniform per sport/season. These uniforms are to be worn primarily at games. Players will be allowed to wear their team uniform tops at school **only on game days** provided that there are no modesty issues. Sleeveless jerseys must be worn with an OLPH PE shirt inside. At the end of each season, uniforms must be turned in before a student can tryout or practice with another team. **If a uniform is not returned, lost or abused, the athlete's parents will be charged a \$100 dollar uniform fee billed through Smart Tuition. Any uniforms turned in after the deadline (deadline is one week after the final game of the current season) the athlete's parents will be charged a \$25 dollar late fee also billed through Smart Tuition.**

## Dress Code

Football – school provided jerseys, PE shorts and tennis shoes.

Volleyball – school provided jerseys, navy spandex shorts (mid cut), tennis or running shoes.

Basketball – school provided jerseys, PE shorts, basketball or tennis shoes.

Soccer – school provided jerseys, PE shorts, soccer cleats or tennis shoes.

Softball – school provided jerseys, PE or softball pants, softball cleats or tennis shoes.

Golf – OLPH school polo shirt and pants, golf or tennis shoes.

Pee Wee – school provided shirts for purchase, PE shorts, tennis or running shoes.

## Awards

### **Ceremony**

At the end of each sports season, the athletic department puts together an awards ceremony for athletes and coaches. At these ceremonies, teams, athletes, coaches, and team moms are recognized for their hard work and effort that they put into the season. Awards ceremonies are normally held during school days. (Please refer to school calendar for awards schedule).

**Note:** If a player is placed on academic probation or is declared ineligible for behavior reasons during the season, he/she will not be eligible to receive any post-season awards.

### **Transportation**

Parents are to drive their children to the games. If parents are unable to drive their children to the away games, a carpool system will be set-up by the 'team mom.' It is encouraged by the athletic department that you get in contact with the team mom if you are available to help carpool students to the games. If you can drive, the OLPH office needs record of your driver's license, proof of insurance, and car (make, model, license plate number). Insurance liabilities force us to put strict guidelines on how we can transport our students from the campus to the games. Once all the necessary paperwork is in the office, you are able to carpool for the entire season.

### **Pictures**

Each team will take a 'team photo' during the season. On the day of the picture, athletes may purchase a team photo as well as any personal photos they may want to take. Order forms will be available in the school office a week before picture day.

### **Expected Player Behavior**

It is expected of every athlete at OLPH to display themselves as model athletes. That means they respect the teachers in their classroom, the coaches in practices and the referees in the game. Everyone who performs as an athlete should be dedicated to their growth with God as their priority. This attitude will be reflected in how they play their respected sport. Attitudes that exemplify courage, determination, unselfish play, hard work and discipline are attitudes that bring glory and honor to God. It is our earnest desire that athletes would behave in a manner that is representative of OLPH and the Lord our God.

### **Expected Coaches Behavior**

It is expected of every OLPH coach to display themselves as model citizens. That means they have to have the right attitude, and dedication to teach our young athletes and learn from them as well. Any parent who volunteers as a coach should be dedicated to teach with God as their priority. This attitude will be reflected in how they coach their respected sport. Just like our athletes, attitudes that exemplify courage, determination, unselfish coaching style, hard work and discipline are attitudes that bring glory and honor to God. It is our goal that our coaches would behave in a manner that is representative of OLPH and the Lord our God.

### **Coaches Attire**

It is important that the coaches represent their team and school in a professional manner. This includes appropriate dress at all games. Coaches, remember that you are a role model to the athletes on your team as well as a representative of OLPH School.

### **Athletic Fees**

Sports fee of \$50 dollars per athlete, per sport. \$100 dollar uniform fee if jersey is lost or damaged. \$25 dollar late fee if jersey is returned after the announced deadline (one week after the final game of the season). All fees are billed through Smart Tuition. Fees can be subject to change.

**Our Lady of Perpetual Help Catholic School  
Parent Agreement-Permission-Emergency Form**

I give permission to my child/children: \_\_\_\_\_  
Name/Grade

to participate in “home” and “away” games or “tournaments” with car transportation.

I agree to direct my child/children \_\_\_\_\_ (name) to cooperate and conform with the direction and instructions of the supervisory personnel in charge of the OLPH Sports Program. Should it be necessary for my child/children to have medical treatment while participating in OLPH Sports Program, I hereby give the school personnel permission to use their judgment in obtaining medical service for the child/children and I give permission to the physician selected by the school personnel to render medical treatment deemed necessary and appropriate by the physician.

I understand that any insurance benefits that are effective have limited application.

I waive all claims against the school and chaperons for injury, accident, illness or death occurring during or by reason of the OLPH Sports Program.

I, \_\_\_\_\_ have read and understand the foregoing statements and agree to assume the responsibility states and waive all claims as indicated.

I have read and agree to abide by the rules and regulations of the Our Lady of Perpetual Help Catholic School Athletic Program, as stated in the “OLPH Athletic Handbook”.

I authorize OLPH Catholic School to bill my Smart Tuition account the **fifty (\$50) dollar sports fee** per child, per sport/season and agree to pay the said amount.

In the event that my child’s sports jersey is lost, or damaged, I agree to pay a **one hundred (\$100) dollar uniform fee**, per uniform **OR a twenty five (\$25) dollar late fee** if the jersey is not returned by the announced deadline (one week after the final game of the current season). I authorize OLPH Catholic School to bill my Smart Tuition account for any additional fees incurred.

\_\_\_\_\_  
**Doctor's Name**

\_\_\_\_\_  
**Parent or Guardian Signature**

\_\_\_\_\_  
**Doctor's Phone Number**

\_\_\_\_\_  
**Home Address**

\_\_\_\_\_  
**Medical Condition**

\_\_\_\_\_  
**Home Phone Number**                      **Cell Phone Number**

\_\_\_\_\_  
**Auto Insurance Name**

\_\_\_\_\_  
**Email Address**

\_\_\_\_\_  
**Auto Policy Number / Expiration Date**

\_\_\_\_\_  
**Driver's License Number / Expiration Date**

\_\_\_\_\_  
**Number of people that can safely ride in**

**\* Please return this completed form to the school office before your child's/children's first scheduled practice \***