

SPORTS

Students in grades 5 - 8 are given the opportunity to participate in the Parochial Athletic League, an after school sports program. An athletic fee of \$50.00 is charged per player per sport. This fee covers the cost of tournament fees, equipment, uniforms, and referees. During basketball season the fee is \$75.00 per player and will include a team sweat shirt. If this is a hardship for any player, sponsorships are available. Please see the school principal regarding this matter. P.A.L. flag football, cross country, volleyball, basketball, golf, and track teams are available to interested students.

The boys may participate in the following sports:

- Flag Football Fall
- Cross Country... Fall
- Basketball Winter
- Golf..... Spring
- Volleyball Spring
- Track Spring

The girls may participate in the following sports:

- Volleyball Fall
- Cross Country... Fall
- Basketball Winter
- Golf..... Spring
- Track Spring

Students are expected to work to their ability level and cooperate with their coaches.

SPORTS GUIDELINES: (boys and girls)

Students who are enrolled in the 5th – 8th grade and are planning to participate in school sports are required to have a sports physical form completed annually by their physician. This form must be on file in the school office prior to the student participating in any Parochial Athletic League game or practice.

Participants must be scholastically eligible to participate. A minimum grade of C- is required in each subject with a minimum of C (not C-) required in Conduct. Class work and homework must be kept current.

- If at any time a student receives a D or F on his/her progress report and/or report card he/she will be placed on a two week ineligibility period at which time he/she will be given an opportunity to raise the grade to a C or better.
- At the end of the two-week period ineligibility will be reviewed. If the grade(s) have not been raised to at least a C the student will be placed on another two-week ineligibility period.
- If a student is academically ineligible for three consecutive periods they will be removed from the team for the remainder of the season.
- Ineligibility is not applicable to those students participating in non-school sponsored team sports. The principal, in consultation with the teacher(s), may exempt a student from this policy if it is in the best interest of the student to continue participating in the team sport.
- During ineligibility period a student may not participate in practices or games.
- A student suspended from school will miss that week's game.
- A participant can be dismissed from practice for disciplinary reasons and will miss that week's game.

REASONS FOR SUSPENSION FROM TEAMS

lack of cooperation / lack of respect / misconduct / poor academic standing

SPORTSMANSHIP

- Poor sportsmanship will not be tolerated and will result in the student sitting out the duration of the contest or event.
- Fan participation must give an example of good sportsmanship.
- The Parochial Athletic League (P.A.L.) Guidelines and Policies read as follows:
 - Hospitality and respect for home team school property.
 - If there is a conflict between coaches, officials, team members, fans etc., the athletic director and principal will be notified to discuss a mutually accepted solution.

Learning the basics of good sportsmanship as well as acquiring skills is the primary goal for this age level participant.

PARTICIPATION ON A SCHOOL TEAM IS A PRIVILEGE!

PARTICIPATION POLICY

School-sponsored teams of Parochial Athletic League (P.A.L.) are to be exclusively comprised of students from the grade for the designated team. If there is an insufficient number of students who choose to participate in a particular sport, students from the prior grade may be eligible and asked to “play up” on a team. The Athletic Director will be responsible for deciding what constitutes an insufficient number of participants. The coaches and Athletic Director will collectively make the decision as to which students may play on the team.

Coaches are required to play every team member in every contest. The amount of playing time is up to the coach to determine. It is also understood that players have various levels of skill and therefore it may be extremely difficult to play every player for an equal amount during a game. It is the responsibility of the coach(es) to use conscientious management of players in game situations. This rule is in effect during league, tournaments and playoffs. Coaches are not required to play students in games if they have violated a school or team athletic policy/rule. Those students not eligible may not suit up for that contest. If a violation of this policy occurs, a forfeit will occur.

Sports teams will be formed as follows:

Flag Football: St. Rose participates in the Parochial Athletic League (PAL). All eligible 6th, 7th and 8th grade boys can participate in this sport during the fall season. We have one team.

Basketball: Eligible students at all grade levels will be provided an opportunity to participate on a basketball team during the winter season. Teams will be provided for both boys and girls. The number of teams per grade and team sizes will be determined on the advice of the principal and the Athletic Director.

Eligible 1st through 4th grade students participate in the “Little Dribbler” program. Each grade will have its own boys’ and girls’ teams. No score is kept and all team members play an equal amount of time per game.

Eligible 5th through 8th grade students participate in the Parochial Athletic League (PAL). Score is kept at this level.

The Junior Varsity (JV Competitive) team will consist of 6th grade students. The Junior Varsity Recreation (JV Rec) team will consist of 5th grade students. **All team members will play at each game.** Attendance at practice and a positive attitude are necessary.

A Varsity and Varsity Recreation team may be provided for all eligible 7th and 8th grade students. Eligible 7th and 8th grade students will try out for the Varsity team. Tryouts and team selections will be conducted by the Varsity team coaches, the Director of Basketball, and on advice from the Athletic Director. Any 7th and 8th graders not playing on the Varsity team may play on St. Rose’s Varsity Recreation team, (when there is enough participants for two teams). **All team members on the Varsity Recreation team will play at each game.** Attendance at practice and a positive attitude are necessary.

- Volleyball:** Eligible 5th through 8th grade students participate... Girls' Volleyball is played in the fall / Boys' Volleyball is played in the spring. St. Rose School participates in PAL and follows their rules and regulations for this sport. Score is kept at this level. The number of teams per grade and team sizes will be determined on the advice of the Principal and the Athletic Director.
- The Junior Varsity (JV) team will consist of 6th grade students. The Junior Varsity Recreation (JV Rec) team will consist of 5th grade students. **All team members will play at each game.** Attendance at practice and a positive attitude are necessary.
- A Varsity and Varsity Recreation team will be provided for all eligible 7th and 8th grade students (when there are enough participants for two teams). Eligible 7th and 8th grade students may try out for the Varsity team. Tryouts and team selections will be conducted by the Varsity team coaches, the Director of Volleyball, and on advice from the Athletic Director. Any 7th and 8th graders not playing on the Varsity team can play on St. Rose's Varsity Recreation team. **All team members on the Varsity Recreation team will play at each game.** Attendance at practice and a positive attitude are necessary.
- Track:** Eligible 5th—8th grade students will be provided an opportunity to participate on the St. Rose School Track Team during the spring season. We have one team. The team is for both boys and girls.
- Golf:** Eligible 5th—8th grade students will be provided an opportunity to participate on the St. Rose School Golf Team during the spring season. We have one team. The team is for both boys and girls. The team size will be determined on the advice of the Principal and Athletic Director.
- Cross Country:** Eligible 5th—8th grade students will be provided an opportunity to participate on the St. Rose School Cross Country Team during the fall season. Cross Country is a P.A.L. sport. We have one team. The team is for both boys and girls.