

Good Sports

Mission Statement

In a cooperative environment, athletes, coaches and parents will work to create a positive Christian atmosphere for athletic competition through practicing good sportsmanship in competition, behavior and attitude. In this way we show gratitude for our gifts and talents and use them for God's glory in building His kingdom.

**Reitz Memorial Catholic High School
Feeder Schools
2015-2016**

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With the support of their parish leadership, the principals and athletic directors of Christ the King, Good Shepherd, Holy Rosary, Holy Spirit, St. Benedict, St. John the Baptist and St. Theresa, in cooperation with Reitz Memorial Catholic High School, have created Good Sports, a sportsmanship program, for athletes, coaches and parents from our schools.

It is our intention to state our expectations for behaviors and attitudes that should be displayed by all invested parties regarding appropriate Christian sportsmanship. We look forward to providing opportunities for appropriate athletic competition where students can learn athletic skills and life skills; where students, coaches and parents/fans will appreciate the gifts and talents of others as well as the opportunities to compete, win or lose. Our Good Sports program allows each of us to model, practice and learn *respect, gratitude and responsibility* among many other core values, through Christian athletic competition.

We intend for our Good Sports program to compliment the guidelines described in the **Diocesan Athletic Guidelines for Elementary Feeder Schools of Mater Dei High School and Reitz Memorial High School** (see pages 8, 13-14 of this document; page 2 of Diocesan Athletic Guidelines for Elementary Feeder Schools of Mater Dei and Reitz Memorial Catholic High Schools).
9-27-11

Core Values and League Definitions

The Good Sports committee believes that appropriate participation and leadership in youth sports provides opportunities for Christian student athletes to learn and practice all of the following values.

Core Values List

- ✓ Respect
- ✓ Gratitude/Appreciation
- ✓ Responsibility
- ✓ Justice/Fairness
- ✓ Cooperation
- ✓ Sportsmanship
- ✓ Accountability
- ✓ Courtesy
- ✓ Character
- ✓ Graciousness
- ✓ Honor

Leagues

Instructional - a league in which all athletes should be taught and have the opportunity to learn the rules of a game and to learn and practice the skills of that game. In the instructional leagues, it is expected that all students get equitable playing time. Instructional generally applies to K-4 athletics.

Transitional - a league in which all athletes continue to learn more about the game, have the opportunity to improve their skills and begin to participate at a more competitive level. Fifth and sixth grade leagues are considered transitional.

Competitive - a league in which athletes are placed on teams according to skill levels for varsity and reserve. Athletes in this league should expect that stronger skilled athletes may get more playing time. Athletes should NOT expect more playing time based ONLY on skill level if effort, attitude, and sportsmanship are not also displayed on a consistent basis. Seventh and eighth grade leagues are considered competitive.

Expectations for Athletes

- ❖ Show respect.
 - ✓ Accept the call of the officials.
 - ✓ Listen to the coach.
 - ✓ Show courtesy to fellow athletes.
 - ✓ Appreciate levels of abilities of all athletes.
 - ✓ Care for equipment and space.
 - ✓ Commit to participating in practice.
 - ✓ Compete your best.
 - ✓ Commit to school team.

- ❖ Show gratitude and appreciation.
 - ✓ Show gratitude for each other's gifts and talents.
 - ✓ Shake officials' hands.
 - ✓ Thank coaches after practices and games.
 - ✓ Thank parents for support, driving, helping.
 - ✓ Congratulate other team and your own teammates.
 - ✓ Show school spirit.

- ❖ Show responsibility.
 - ✓ Show commitment to school team.
 - ✓ Communicate with coach.
 - ✓ Be on time.
 - ✓ Take care of equipment.
 - ✓ Make grades and behavior in and out of school a priority.
 - ✓ Come prepared to cooperate and work hard.
 - ✓ Be responsible to Code of Christian Conduct.

Expectations for Coaches

Coaches should expect athletes to display appropriate Christian behavior, attitude and effort in practices and in competition. Coaches should feel comfortable playing athletes in games when they attend and work hard in practices, arrive consistently on time, and demonstrate appropriate behavior/attitude/effort in practices and games. This may mean playing time may be awarded to some athletes over those who do not display their best efforts (regardless of talent) and attitude.

Coaches are encouraged to play students who display consistent effort, show positive attitude, display appropriate behavior, and attend practices and competition over students who do not participate appropriately.

Holy Week and Holy Days and Sundays

Coaches should not schedule practices, scrimmages or competitions during Holy Week or on Holy Days. Coaches should not schedule practices, scrimmages or competitions on Sundays before 12:30pm.

Specific Goals/Expectations

- † Coaches should include prayer before and after practices and competition (prayer ideas pages 7 and 12).
 - Coaches can lead memorized prayer or heart prayers.
 - Coaches can ask students to lead prayer.
 - Coaches can ask parents to lead prayer.
- † Coaches and athletes should congratulate the other team, win or lose.
- † Coaches should sit out a player who demonstrates inappropriate/non-sportsmanlike behavior.
- † Coaches should not approach officials, the other team's coaches, players or parents/fans in a negative way.
- † Coaches should emphasize healthy behaviors regarding diet, rest and athletics.
- † Coaches should help students balance academics and athletics, emphasizing academics come first.
- † Coaches should understand and sign the Coaches Code of Christian Conduct (see form page 8).

Coaches should...

- ❖ Model and teach respect.
 - ✓ Appreciate levels of abilities of all team members.
 - ✓ Show respect for other coaches.
 - ✓ Teach leadership and teamwork.
 - ✓ Emphasize helping others become better.
 - ✓ Respect officials and their calls.
 - ✓ Speak positively to and about your athletes and their school.
 - ✓ Shake hands of officials and coaches, win or lose.
 - ✓ Emphasize school spirit and community.

- ❖ Model and teach gratitude and appreciation.
 - ✓ Begin and end practices and games with prayer. (See below and page 12.)
 - ✓ Appreciate efforts of all your athletes.
 - ✓ Appreciate effort, investment and support of parents and school.
 - ✓ Appreciate the game and teach athletes to be grateful for their talents and opportunities.

- ❖ Model and teach responsibility.
 - ✓ Follow through and hold students accountable for behavior.
 - ✓ Be on time.
 - ✓ Communicate with athletes and parents.
 - ✓ Give all athletes opportunities to grow and improve.
 - ✓ Be positive.
 - ✓ Build self esteem in athletes.
 - ✓ Be a positive Christian role model.
 - ✓ Teach athletes to be gracious winners and losers.

Prayer Ideas (more on page 12)

Our Father

Hail Mary

Glory Be

Heart Prayers

Prayer of Thanksgiving

(Revised April 4, 2007)

**Code of Christian Conduct Covering
Coaches of the Diocese of Evansville**

(p.15 of Diocesan Athletic Guidelines for Elementary Feeder Schools of Mater Dei and Reitz Memorial High School, 2009-2020)

It shall be an express condition of coaching that the coach behaves in a manner that is consistent with the Christian principles of the school as determined by the school in its discretion. These Christian principles include, but are not limited to, the following:

1. Coaches are expected to work courteously with the league and school to provide a Christian environment for athletic competition.
2. Coaches may respectfully express their concerns about athletics. However, they may not do so in a manner that is discourteous, scandalous, rumor driven, disruptive, threatening, hostile, or divisive.
3. These expectations for coaches include, but are not limited to, all school sponsored athletic events and practices.

The school reserves the right to determine, in its discretion, which actions fall short of meeting the Christian principles of the school. Failure to follow these principles will normally result in a verbal or written warning to the coach. Temporary suspension or permanent removal from coaching responsibilities may occur with repeated infractions. It is expected that the school will document any previous infractions and corrections.

The athletic director and school administration reserve the right to determine, in its discretion, when conduct is of such a severe nature as to warrant immediate action without a warning.

Read, acknowledged, and agreed to:

Coach's Signature _____

Printed Name _____

Date _____

(Approved 12/01/05 Junior High Diocesan Athletic Board)

Expectations for Parents and Fans

Parents should expect coaches and athletes to display appropriate Christian behavior, attitude and effort in practices and in competition. Parents should support coaches' efforts to teach athletes core values. This may mean that some athletes may be awarded playing time over others whose behavior, attitude or effort (regardless of talent) does not reflect the values of good sportsmanship. This includes working hard in practices, arriving consistently on time, demonstrating appropriate behavior, attitude, and effort in practices and games.

Parents should support coaches who are encouraged to play students who display consistent effort, show positive attitude, display appropriate behavior, and attend practices and competition over students who do not participate appropriately.

Specific Goals/Expectations

- † Parents should encourage prayer before and after practices and competition.
- † Parents/fans should model good sportsmanship with their own and other teams (players, coaches and fans), before, during and after competition, win or lose.
- † Parents/fans should not approach officials, the other team's coaches, players or parents/fans in a negative way.
- † Parents should emphasize healthy behaviors regarding diet, rest and athletics.
- † Parents should help students balance academics and athletics, emphasizing academics come first.

- † Parents should recognize their behavior matters to their own children and the school/parish community and that their signature on the *Code of Christian Conduct* applies to parents in the stands.
- † Parents are the first teachers of their children and should remember that their modeling and behavior reflects on their own children, their family and the school/parish community.

Parents and Fans should...

- ❖ Show respect.
 - ✓ Cheer for a team, not against a team.
 - ✓ Celebrate talents and accomplishments of all athletes.
 - ✓ Respect all athletes, coaches, officials and other fans.
 - ✓ Do not approach officials, your coach, other coaches or fans before, during or after practice or competition with negativity.
 - ✓ Speak in a positive way about your athlete, other athletes, coaches, officials and your school.
 - ✓ Keep all things in perspective.
- ❖ Show gratitude and appreciation.
 - ✓ Appreciate the time and effort of volunteer coaches and officials.
 - ✓ Appreciate efforts and talents of all the athletes.
 - ✓ Be positive before, during and after the game with your athlete and others.
 - ✓ Appreciate the opportunities athletes have to participate.

- ✓ Be grateful for the support and investment of time, talent and treasure of others and the school.
- ✓ Keep all things in perspective.

- ❖ Show responsibility.
 - ✓ Communicate with and about athletes, coaches, and other parents/fans, in a positive and appropriate way.
 - ✓ Be on time.
 - ✓ Encourage team over individuals.
 - ✓ Do not leave siblings unsupervised.

Prayer Ideas for Coaches (continued from page 7)

Before a Sporting Event

God our Father,

You have created us to strive for the best.

Grant to all athletes, coaches, and fans, strength to pursue excellence during this event, and in all that we do.

We pray for the safety of these athletes;

Protect them from injury and harm.

And finally, we pray for your grace,

That You would provide us with the endurance to pursue your heavenly prize; eternal life in Your Son. Amen. David Bennett

Before a Sporting Event

Dear Lord,

You have blessed us with many gifts and talents.

We thank you especially for the ability to participate in sports today.

Help us to play in a Christ-like manner.

Help us to play in a way that fosters goodwill and teamwork.

Help us to play to the best of our abilities.

Win or lose, we hope to have fun, make friends and celebrate life.

Amen.

Angel of God

Angel of God, my Guardian dear, to whom God's love, entrusts me here; ever this day (or night), be at my side, to light and guard, to rule and guide. Amen.

Prayer of Saint Francis

Lord, make me an instrument of Your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.

O, Divine Master, grant that I may not seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; it is in dying that we are born to eternal life. Amen.

Diocesan Athletic Guidelines for Elementary Feeder Schools of Mater Dei High School and Reitz Memorial High School for Good Sports

Diocesan Athletic Guidelines for Evansville Area Catholic Elementary/Middle Schools (p.2)

Philosophy – Students will be provided an opportunity to develop the attributes of good Christian citizenship and sportsmanship. The athletic program serves as an extension of the classroom. This program should build self-confidence, teamwork, constructive competitiveness, and lifelong skills. The primary purpose of an interschool/middle school athletic program is to provide students with educational experiences and learning outcomes, not a “win at any cost” philosophy.

Preamble – The Catholic Schools Office and the interschool principals, recognizing the need to plan and direct a wholesome, Christian program of interschool athletic competition, acknowledge and agree to implement the following guidelines.

Purpose – The purpose of these guidelines shall be to encourage, unify and give direction to wholesome, Christian interschool athletic competition among elementary students. All interschool competition shall be complementary to the academic functions of the schools. All those associated with interschool athletic programs (i.e. school principal, athletic committee, sports association) should cooperate and work toward the health and educational welfare of the students. They shall also determine the guidelines for qualifications of student participants and coaches.

Rule 5 – Coaches (p.6-7 of Diocesan Athletic Guidelines)

Section 1

Each school will establish guidelines for the selection of coaches.

- a. Two approved (“approved” means that the principal knows the person, and approves him or her, and the person has submitted to a criminal background check) adult leaders, or one approved leader and a parent of a participant, both of whom are 21 years of age or older, are required to be present at all practices, games, and meetings.

- b. When there is a female coach of a boys’ team or a male coach of a girls’ team, there must be an adult advisor of the opposite sex present at all practices, games, and meetings.**
- c. All coaches must attend training sponsored by the diocesan office on a bi-annual basis.
- d. All coaches are to be proponents of Catholic schools.**
- e. If a coach is ejected from a game, he or she may not participate in the next athletic contest of that sport.**
- f. All coaches are required to sign the “Code of Christian Conduct Covering Coaches of the Diocese of Evansville.” (Sample on page 15 and full copy on the diocesan web site.)**

Rule 6 – Conduct, Character, and Discipline (page 7 of Diocesan Athletic Guidelines)

Section 1

Contestants’ conduct in, and out of school, will (a.) not reflect discredit upon their school, or (b.) not create a disruptive influence on the discipline, good order, moral, or educational environment in the school. All students and parents must follow the Code of Christian Conduct.

Section 2

If a student is ejected from a game, he/she may not participate in the next athletic contest of that sport.

Resources

Coaching Catholic: Gospel Values in Youth Sports; Rev. Richard J. McGrath, OSA, Ph.D. (NCEA publications)

Catholic Youth Sports: A Guide for Coaches, Parents and Caring Adults; Rev. Richard J. McGrath, OSA, Ph.D. (NCEA publications)

Catholic Athletes for Christ

www.catholicathletesforchrist.com

Indiana High School Athletic Association

www.ihsaa.org