



Athletic Handbook

Athletic Director

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Principal

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Nativity: Faith & Reason is a member of the Catholic Schools Athletic League (CSAL) of the Archdiocese of Denver, and does not discriminate on the basis of race, age, handicap, color, national or ethnic origin in the administration of their educational policies, employment practices, scholarship and loan programs or athletic or other school administered programs.

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PHILOSOPHY AND MISSION OF THE CATHOLIC SCHOOLS ATHLETIC LEAGUE:

The Catholic Schools Athletic League (CSAL) is designed to contribute to the mission of the Archdiocese of Denver Catholic Schools and to the health, well-being, citizenship, and character development of the youth of the League. The mission of CSAL, in partnership with parents, coaches, and volunteers is to offer elementary school students the opportunity to grow in virtue, develop their full potential, and become a more committed disciple of Jesus Christ. CSAL emphasizes the following virtues:

1. Participation: Students at all levels of ability are encouraged to participate.
2. Respect and Dignity: Participants are encouraged to compete while always showing respect and honoring the dignity of team mates, athletic opponents, coaches, volunteers, and spectators. Winning is always secondary to good sportsmanship, ethical behavior, mutual trust, and showing compassion.
3. Gratitude: Student athletes are invited to recognize and be grateful that, out of love, God created them as unique beings and that their varied gifts and talents should be used for the benefit of all and for the greater glory of God.
4. Catholic Values: All participants—athletes, parents, coaches, volunteers, spectators—are called to uphold Catholic values and to demonstrate those values by word and deed. In addition, CSAL recognizes the importance of observing the Sabbath day by prohibiting all CSAL activities from taking place on Sunday including meetings, practices, and games, so that families can remain committed to worship of the Lord and observe a day of rest.
5. Safe Environment: CSAL seeks to ensure the protection of all children by requiring that individuals who work with and around children adhere to the policies and procedures as defined by the Child and Youth Protection Office of the Archdiocese of Denver.

These principles and values shall not be sacrificed in the desire to win. Basic to this is the duty of the host school at any athletic event to take every possible measure to assure courteous, friendly, and fair treatment to visiting players, school officials, spectators, and game officials.

PHILOSOPHY OF PLAY FOR NATIVITY: FAITH & REASON ATHLETES

Junior Varsity (5th and 6th grades), and 3rd and 4th grade athletes participating in futsal and flag football: Athletes in 3rd through 6th grades are introduced to sports through an instructional and competitive level of play. Emphasis will be placed on: (1) creating a positive learning experience; (2) sportsmanship; and (3) developing the fundamental knowledge and skills required for a sport.

Varsity (7th and 8th grades): Varsity sports are an extension of 3rd through 6th grades; however, at this level of play there is the additional emphasis of competitive play while still providing a Catholic sportsmanship experience.

PURPOSE OF THE CSAL

A Catholic school participates in CSAL sports programs as one dimension of its Catholic education ministry. A school's athletic program justifies its existence and the sacrifice and expense it entails only if it makes better Catholics of its participants. In the Archdiocese of Denver Catholic schools athletic programs, emphasis rests not on the number of games won or lost, but on the participants' attitude in victory or defeat. Learning how to lose is just as important as learning how to win. Learning how to win graciously is more important than winning itself.

CSAL programs serve the needs of all students attending our Catholic schools. They enable the athletically gifted to excel and the less gifted to participate and improve. "Star" athletes and teams do not receive exclusive attention. Principles of fair play and sportsmanship govern every game. All participants should have the respect of others on their own team and the opposing team. Competitors should regard the opposition as friends, not enemies. CSAL participants should have a spirit of loyalty to CSAL ideals, to the school, to the coach, and to the team. They should learn patience with and tolerance of those of less ability than themselves. Speech and actions should reflect Catholic values. Ultimate responsibility for the success of CSAL programs lies with the adults involved who must remember that the program exists for the Catholic growth of young people. Conduct of adults must always model Catholic values and virtues. When adults forget the primary focus of CSAL, the program becomes destructive. When the adults remain faithful to the Catholic ideals of CSAL, they exercise a unique and rewarding ministry to the young with whom they come in contact.

CSAL CODE OF CONDUCT

Coaches

Acceptable standards of coaching behavior include:

1. Be a good role model for participants and fans, exemplifying the highest moral and ethical behavior.
2. Coach in a positive manner, reflecting Christian moral values.
3. Instruct participants in sportsmanship and demand they display good sportsmanship.
4. Treat opposing teams, coaches, and spectators with respect.
5. Respect the judgment of officials; abide the rules of the event.
6. Remember that the players are children and are playing for their enjoyment.

Players

Acceptable standards of participant behavior include:

1. Play in a positive manner, reflecting Christian values.
2. Respect the judgment of officials and abide by the rules of the contest.
3. Accept seriously the responsibility of representing the school by displaying positive behavior at all times.
4. Treat opponents with respect; shake hands prior to and after contests.

Officials

Acceptable behavior for officials includes:

1. Be approachable for explanation or clarification of rules for players and coaches under appropriate circumstances.
2. Officiate in a positive manner reflecting a Christian attitude.
3. Exhibit knowledge of rules.

Spectators

Acceptable behavior for spectators includes:

1. Be a positive role model.
2. Remember that the players are children and are playing for their enjoyment.
3. Refrain from derogatory comments or gestures to players, coaches, parents of the opposing team, officials or league administrators before, during and/or after the game.
4. Respect decisions made by contest officials.
5. Remain seated in the spectator area during games.

Enforcement

Schools shall be subject to the Code of Conduct under the supervision of the Catholic Schools Athletic Board. Complaints regarding violations of this code shall first be brought to the attention of the principals and athletic directors of the schools involved. Coaches, participants or spectators may be placed on probation or suspended from CSAL activities for their actions.

SPORTS OFFERED AT NATIVITY: FAITH & REASON THROUGH CSAL

The number of teams, size of teams, and the skill levels at which athletes are placed are a direct result of the number of students who choose to participate in sports and the availability of qualified coaches.

3rd and 4th graders are eligible to participate in coed flag football and coed futsal.

5th and 6th graders are considered Junior Varsity (JV) level sports.

7th and 8th graders are considered varsity level sports.

Fall—Girls' and boys' cross country, and coed flag football (3rd through 8th grades).

Winter—Girls' and boys' basketball, and coed futsal (3rd through 8th grades).

Spring—Girls' volleyball and boys' baseball.

TEAM ROSTER CROSSOVER

Regular and postseason play:

JV players cannot be rostered on two JV teams. In extenuating circumstances, a JV player may be rostered on to two teams (one JV and one varsity) to meet roster requirements for a varsity team for regular season games. A JV athlete is not allowed to be rostered on two teams for postseason tournament play. A varsity player may not be placed on to a JV team.

Varsity players cannot be rostered on more than one team.

SUBMISSION OF TEAMS BY GROUP/DIVISION

Basketball teams will be submitted by group for regular season play. All schools with a basketball team must submit a team into Group A. If a school has two teams, one team is placed in Group A and one team into Group B. For schools with three teams, one team will be placed in Group A, one team in Group B, and the third team into Group C. Schools with four teams: schools will place their first two teams into Group A, one team in Group B, and the fourth team into Group C. After regular season play, teams will be placed into brackets for tournament play. Final team placement is at the discretion of the CSAL director.

Girls' volleyball teams will be submitted by division:

Division I—Schools who host a tryout or player evaluation and place their best players on one team.

Division II—Schools who host a tryout or player evaluation; this level is aside for a school's "B" team. It is recommended that schools with an all 8th/6th grade team place their teams in this division.

Division III—(a) Schools who host a tryout or player evaluation; this level is set aside for a school’s “C” team. (b) Schools who only have one team at this level. (c) It is recommended that schools with all 7th grade/5th grade teams place their team in this division.

Division IV—This is an instructional team. Teams made up of 75% of 8th/6th grade teams are not allowed to place their team in this division.

Coed flag football, cross country, coed futsal, and baseball will participate in league play as designated by the CSAL director.

VOLUNTEERS AND TRAINING

Safe Environment Training

Per the Archdiocese of Denver, all volunteers who have the potential to develop a “trust relationship” with a student are required to attend Safe Environment Training (SET) prior to assuming the duties and responsibilities of a volunteer position. Training is required for, but not limited to, coaches (both head and assistant), scorekeepers, line judges, and volunteers who assist in running the scoreboard. In addition to SET, all volunteers must sign a Code of Conduct and pass a criminal background check. This documentation must be on file in the Parish Office prior to assuming the duties and responsibilities of a volunteer position. (A signed copy of attendance for the SET must also be submitted to the Parish Office.) No volunteer is permitted to assist a coach at games or practices unless he/she has the required documentation on file in the Parish Office. A list of training dates can be found on the parish website: www.school.nool.us.

Play Like a Champion Today for Parents and Coaches

The Superintendent of Schools for the Archdiocese of Denver has mandated Play Like a Champion Today (PLCT) training for parents who have athletes participating in CSAL sports. In addition, persons interested in coaching must attend a PLCT training for coaches.

PLCT is a “research-based, child-centered curriculum designed to help us recognize the spiritual nature of sports; train youth sport coaches to be effective ministers; and promote the moral and character development of our youth.”

For a list of training dates and to register for the PLCT parent or coaches training, please go to the CSAL website at www.csalden.org.

THE ATHLETIC DIRECTOR

Nativity has an Athletic Director who is in charge of the athletic program and who is responsible for implementing and enforcing CSAL policies and procedures.

COACHES

A person interested in coaching needs to contact either the principal or athletic director. All coaches are volunteers. Head coaches with an athlete participating in the sport are not required to pay the athletic registration fee.

All head coaches must be 18 years of age or older and a high school graduate. In addition, coaches must complete the Coaching Requirements listed on the CSAL website.

Coaches are not to contact athletes; all communication between a coach and an athlete will be through the athlete's parents. Coaches do not automatically return to coach the same team year after year.

Responsibilities:

1. Follow and support all policies of the school and CSAL.
2. Promote academics first and to enforce the eligibility policy and absentee policy.
3. Serve as a role model.
4. Set game and practice schedules according to guidelines and availability of the gym or fields as approved by the athletic director. No changes are to be made without the approval of the athletic director.
5. Attend required preseason and tournament meetings
6. Hold a parent meeting at the beginning of the season to inform parents of expectations.
7. Supervise athletes on their team at all times. Teams are never to be left alone in the gym or any other part of the building or property. This includes supervision when changing clothes and when waiting for rides. Coaches are never to leave athletes alone, including athletes who are waiting for rides. Coaches need to notify parents of their expectations that athletes are to be picked up on time.
8. Ensure visiting coaches know that they are to supervise their teams.
9. Notify the school in time of any cancellations of practices or games.

ASSISTANT COACHES

Head coaches may choose their assistant coaches; however, the athletic director and the principal must approve their choices. Assistant coaches must meet with the athletic director prior to working with athletes. All assistant coaches are expected to meet the same requirements as head coaches (described above) with the following exceptions: (1) not required to be 18 years of age or older; (2) not required to be a high school graduate; (3) if under the age of 18, not required to attend SET, have background check or signed Code of Conduct on file; or (4) if under 18 years of age and a high school student, not required to complete PLTC training.

Athletes are expected to cooperate fully with assistant coaches at all times. Assistant coaches will assume the responsibilities of the head coach in the absence of the head coach.

SIGNING UP YOUR ATHLETE FOR SPORTS

Parents are required to attend a preseason meeting. Registration for participation in CSAL sports is conducted on the CSAL website. An athlete must be registered on the CSAL website by deadlines established by the CSAL director. Nativity: Faith & Reason does not do late registrations. Athletes not registered by the designated deadline will not be eligible to participate in camps, assessments, practices, games or meets. In addition, a signed copy of the Parent and Student Contract (found on Fast Direct and www.school.nool.us) must be on file in the athletic office.

There is a registration fee to participate in each sport. The registration fee must be paid prior to assessments or the first cross country practice. No athlete will be turned away from participating in sports for financial reasons. Please contact the athletic director or principal for further information regarding an athletic fee waiver.

Although not required, CSAL strongly recommends that each child have a physical examination prior to participating in CSAL sports.

Coaches will hold a parent meeting at the start of their season to explain team rules, playing time, practice times, schedule concerns, etc. It is important that parents attend this meeting.

ASSESSMENTS

Assessments will be conducted for all athletes prior to season play. There may be seasons when baseball assessments cannot be conducted prior to the submission of teams due to field availability. The City of Broomfield will not allow the use of baseball fields prior to March 1. If baseball assessments cannot be conducted due to field availability, the athletic director will make a recommendation to the principal regarding the submission of baseball teams.

Because of the makeup of coed flag football, coed futsal, and baseball teams, there is a strong possibility of teams being submitted by grade level. There are no assessments for cross country.

After assessments are completed, athletes are placed on to teams with players of comparable skills. After the teams have been formed, a determination is made concerning the level of participation for each team during CSAL regular season play. If the optimum number of players sign up for a team sport, assessments are not required.

Every reasonable attempt will be made to have an athlete assessed. In the event that an athlete cannot be assessed or fails to complete an assessment, the athletic director will make a recommendation to the principal for final approval on which team an athlete should be placed.

After assessments have been completed, the athletic director will submit team rosters to the principal for final approval. There may be occasions when the proposed rosters may need to be

revised due to extenuating circumstances known only to the principal. All final rosters are approved by the principal.

In the event that two teams will participate in the same division, the athletic director will make one of the following of the recommendations to the principal for final approval: (1) submitting of one team with stronger abilities and one team with weaker abilities; (2) submitting two teams with equal abilities; or (3) submitting the two teams by grade level.

PLAY TIME

Coaches will inform their players about their policies concerning play time. Play time can be affected by attendance of the athlete at practices, games, and the behavior or overall sportsmanship on the part of the athlete.

Minimum play time requirements are identified in the addendum for each sport. Addenda are available on the CSAL website at the beginning of each season.

If you feel that there is an issue with your athlete's play time, please contact your athlete's coach. If the issue is not resolved, please feel free to contact the athletic director. The principal should be contacted if all attempts to resolve the issue have been unsuccessful.

CSAL requires that an athlete participate in 70% of regular season games in order to participate in post-season tournament play. CSAL also realizes that there may be extenuating circumstances that may have prevented an athlete from participating in regular season games such as an illness or broken bone. Playing a sport for another team is not considered a "legitimate" reason to miss a regular season game. All exceptions to participate in postseason CSAL tournament play must be approved by the principal and CSAL director. Please keep in mind that detentions and academic probation are not automatic reasons to be considered for a waiver for postseason tournament play.

TRANSPORTION

Parents are responsible for the transportation of their athlete to and from all practices, games, and cross country meets. Coaches are not allowed to coordinate rides for their team for practices, games, or cross country meets.

TOURNAMENT PLAY

In addition to regular season play in CSAL, teams may participate in preseason or holiday tournaments sponsored by our school or other area schools. These tournaments may have slightly different rules than regular season play. Teams entering a tournament or tournaments, with the exception of postseason CSAL tournaments, are responsible for registration fees.

STUDENT ELIGIBILITY

Eligibility for athletics is based on the following criteria:

1. May not have below a "C" average in any two subject areas.
2. No detentions, suspensions, or other serious conduct problems.

If a student is academically ineligible, the parents and coach will be notified by the athletic director (or appropriate school representative). In addition, the student will be required to attend study hall.

At the discretion of the principal, academically ineligible athletes or athletes identified with conduct problems may not participate in practices or games.

DETENTION POLICY

(The detention policy at Nativity: Faith & Reason is currently under review)

STUDENT EXPECTATIONS

1. Show good sportsmanship toward teammates, opposing teams, coaches, schools, and officials.
2. Understand the eligibility policy and support it.
3. Attend practices and games as outlined by your coach and abide by his/her rules if you miss a practice or a game.
4. Obey the same school rules at practices and games - you still represent Nativity School.
5. Show respect for your coaches.
6. Take care of uniforms and equipment.
7. Turn uniforms in on time and in good, clean condition.
8. Stay with the coach in designated area (gym or field).
9. Students are never to be in any areas on school property unsupervised.
10. No horseplay or ball playing is allowed outside the gym. This includes away games when we are guests at other schools.
11. Read, sign, and return Parent and Student Contract to the Athletic Department.

PARENT EXPECTATIONS

1. Attend mandatory preseason sports meeting; read, sign, and return Parent and Student Contract.
2. Attend required PLCT parent training.
3. Register athlete on the CSAL website by the deadline set by the CSAL director for each sport. There are no exceptions for deadlines.
4. Pay the athletic registration fee for each sport prior to assessments or first cross country practice. If there is a financial problem, please notify the athletic director or principal.
5. Inform coaches of any physical limitations their son/daughter may have.
6. Participate in and support all fundraising for the Athletic Department.

7. Stress academics first and support the eligibility policy.
8. Support the coach.
9. Attend games and show good spectator sportsmanship. Officials are to be treated with respect.
10. Do not pressure your child.
11. Arrange transportation to and from your child's practices, games, and cross country meets.
12. Arrange for supervision of your child if waiting after school for a practice, game or cross country meet.
13. Keep lines of communication open between parents and the coach at all times.

WHAT TO DO IF YOU OR YOUR STUDENT HAS A CONCERN

If an athlete or parent(s) have questions or concerns with regard to a coach's policies, play time, coaching philosophy, or other issues not specifically addressed here, please make every attempt to contact the head coach. Our coaches are volunteers who give a great number of hours in service to our athletic program. They deserve to be treated with respect and that means going to them first with any problems. When discussing problems with the coach, please try to put yourself in the coach's shoes. When making decisions, coaches not only consider the needs of the individual, but also the needs of the team. Remember, too, that there are times when a coach may not be aware a problem exists unless there is communication.

In the event that a parent has discussed a problem or misunderstanding with a coach and feels the problem is unresolved, the parent should contact the athletic director. The principal should be contacted if all attempts to resolve the issue have been unsuccessful.

GUIDELINES FOR PRACTICES AND GAMES

There are a number of no play/no practice days during the school year designated by the Office of Catholic Schools, Nativity School, and Parish:

- Thanksgiving
- December 8, Feast of Immaculate Conception
- Christmas Break
- Ash Wednesday
- Holy Thursday
- Good Friday
- Holy Saturday
- Easter
- Easter Monday
- Spring Break
- Spelling and Speech Meets (restricted time)
- Parish requests for major events

As directed by the Superintendent of Schools for the Archdiocese of Denver, no games or practices are allowed on Sundays.

Teams will play approximately eight regular season games. Additionally, teams may participate in invitational tournaments. These tournaments provide more games for each team and an opportunity for coaches to maximize an athlete's play time. Teams may also be eligible to participate in CSAL end-of-season tournaments. The athletic director and coaches will make every effort to keep parents informed concerning game and tournament schedules. It is important to keep in mind that some tournament schedules are distributed with very little notice.

No practice will be scheduled to end later than 9:00 p.m. There may be occasions when practices are held off site at other schools or facilities.

No one who is not a member of the team will be allowed to practice with the team.

When permission to be absent from a practice, game or cross country is requested for a legitimate reason, players are not to be penalized. It should be understood, however, that athletes who miss practice might be missing important skill and strategy sessions. More playing time will likely go to athletes who are best prepared.

ABSENTEE POLICY

An athlete may not participate in a practice, game or cross country meet on a day that he/she was absent from school (for any part of the school day) because of an illness or unexcused absence. The principal must approve all excused absences. Please check with the athletic director if you have any questions about this policy.

REMOVAL FROM TEAMS

No coach may remove an athlete from a team without the approval of the athletic director and school principal. A coach may suspend a team member for disciplinary reasons after consultation with the athletic director and principal; disrespect or inappropriate behavior by any athlete will not be tolerated.

REMOVAL OF COACHES

After discussion with pastor, the principal may remove a coach who does not abide by the policies and procedures established by the school or CSAL.

CARE OF FACILITIES

1. No food or drink is allowed in the gym at any time. Exception: Water bottles and sports drinks for athletes are permitted in the gym.

2. Please help by reminding visitors to our gym that food and drink are prohibited in the gym.
3. Do not leave trash of any kind in the gym or on the baseball field.
4. Athletes must wear only appropriate athletic shoes in the gym; no cleats.
5. Please do not allow children to wander in the gym, climb on equipment, or play with toys or balls during games.
6. No one is allowed in any area other than the gym or bathrooms nearest the gym during athletic events.

UNIFORMS

Medical alert bracelets or necklaces are to be taped down without covering the tag.

It is important that uniforms be properly cared for while they are checked out to athletes.

Baseball pants are to be furnished by the parents of the athlete; pants must be white. Nativity: Faith & Reason will furnish a baseball jersey, belt, and baseball hat. The jersey and belt must be returned at the end of the baseball season. Athletes are allowed to keep their baseball hat.

Washing:

1. Due to the variety of uniform materials, please follow the washing and drying information located on the inside of the uniform. If in doubt, please ask.
2. No bleach should ever be used.
3. Never use an iron on uniforms.
4. Wash white uniforms separate from colored items.
5. Turn uniform tops inside out when washing (this protects the numbers and letters).

Athletes will be assigned uniforms prior to the first game or cross country meet of the season. Uniforms are to be washed and returned promptly at the end of each season. Payment will be expected for lost or damaged uniforms.

Please read, sign, and return the Parent and Student Contract to the Athletic Director prior to an athlete's first assessment or practice.



Parent and Student Contract

We have received and am familiar with the information contained in the Nativity: Faith & Reason Athletic Handbook. I also agree to abide by the philosophies, policies, rules, and regulations established by Nativity: Faith & Reason and CSAL.

I hereby give my permission for my child to participate in any and all sporting events scheduled or approved by Nativity: Faith & Reason. I understand that this involves extra time outside of school and that many events will require transportation to other schools. I understand that my child will be under the supervision of a coach. As a parent/guardian, I remain fully responsible for any legal responsibilities that may result from any personal actions taken by my child. It is further understood and agreed that medical expenses related to sickness or injury of my child are not covered by the school's insurance plan.

Please Print Family Name _____

Student
Signature_____

Student
Signature_____

Student
Signature_____

Student
Signature_____

Father's
Signature_____ Date_____

Mother's
Signature_____ Date_____

Guardian's
Signature_____ Date_____