

MOST HOLY REDEEMER SPORTS PROGRAM HANDBOOK

MISSION STATEMENT

The Most Holy Redeemer Athletic Association (MHRAA) provides a combined; competitive and instructional sports program as an extension of the Most Holy Redeemer (MHR) School academic program. Student participants will learn the fundamentals of each sport and be given the opportunity to develop strong, healthy, and disciplined minds and bodies. Participants will also develop a sense of good sportsmanship, fair play and team spirit.

PHILOSOPHY

MHRAA is concerned with the development of the WHOLE person – the religious, moral, social and academic dimensions as well as, physical development. Through participation in the MHR Athletic Programs students may develop life-long skills and positive values. These values include leadership, healthful living habits, self-discipline, integrity, teamwork, respect for rules and regulations, and the ability to participate with dignity and grace.

GOALS OF THE MHRAA SPORTS PROGRAM

The goals of the MHRAA Sports program are as follows:

- To develop sportsmanship
- To give students the experience of being part of a team
- To develop school spirit and team spirit
- To help students develop strong, healthy and disciplined bodies and minds
- To help students maintain good health through physical fitness
- To provide an enjoyable sports activity which can be sustained into adulthood
- To encourage values of self-discipline, self-confidence, fair play and cooperation
- To teach the proper attitude toward winning, losing and competing with dignity

RESPONSIBILITY FOR THE MHRAA SPORTS PROGRAM

The MHRAA Sports Program is school sponsored and is an extension of the school and its curriculum. This program is subject to the authority of the pastor by virtue of his office and the school principal. The school principal is the primary authority over the MHRAA Sports Program.

ORGANIZATION AND MANAGEMENT OF THE MHRAA SPORTS PROGRAM

The MHRAA Board of Directors is responsible for organizing and managing the Sports Program. The Board of Directors of the MHRAA shall have the responsibility and authority to implement the Program. Such duties shall include, but not limited to the following:

1. Assist the Most Holy Redeemer Pastor and School Principal with the school athletic program.
2. The Board of Directors shall have authority to approve and remove all head coaches and coordinators for team sports.
3. Investigate and coordinate the utilization of outside athletic programs and schedules within the limits of the Athletic Associations financial means.
4. Establish guidelines for evaluating the effectiveness of the program.
5. Consult with all coordinators/head coaches and review proposed expenditures for the respective sports activity.
6. Establish sub-committees according to need.
7. Perform such other duties or acts as the Board of Directors of the Athletic Association from time to time deem advisable in achieving the stated purpose (Mission Statement) of the association.

ELECTION OF VOLUNTEER ATHLETIC BOARD

Notification of the general election of the Board of Directors shall be announced to the parish prior to the April general meeting. Written letter of application for the Open Board positions shall be submitted to the President of the MHRAA Board. A vote will be held at the May meeting to determine which applicants or nominees are elected to the Open Board positions. Each active parishioner present at the election meeting will be given one (1) vote. The Secretary will certify the election results and the elected Board members shall take office on the first day of June following the May general meeting.

Vacancies on the Athletic Association Board of Directors for reason of death, resignation, or other reason, other than by regular expiration of the three year term of office, shall be filled for the remainder of the term by a parishioner selected by a majority vote of the remaining Board of Director members. Members of the Board of Directors may be removed for cause if they fail to attend three (3) consecutive meetings of the Athletic Association.

THE MOST HOLY REDEEMER ATHLETIC ASSOCIATION BOARD

The Board of Directors shall elect, by majority vote, a President, Vice-President, Secretary and Treasurer/Registrar. A Moderator may be assigned by the Pastor or School Principal at any time.

President

- Shall preside at all regular and special meetings of the Athletic Association.
- Shall prepare and distribute an agenda for all meetings.
- Schedule matters to be considered by the Athletic Association before final action.
- Shall have the authority to assign (with Board approval) additional duties and responsibilities to individual association members for furtherance of the Program.
- Shall attend parish calendar meetings (usually in the summer) and submit all available dates to the rectory staff for all Athletic Association Functions. i.e. dances, parties, practices, games.
- Shall conduct monthly calendar meetings to assign gym time for practices.
- Shall approve all MHRAA expenditures.
- Shall monitor the program finances with the assistance of the Treasurer and approve all checks.

Vice-President

- Shall in the absence of the President perform all duties of the president.
- Shall assist the Fundraising Director in connection with MHRAA sponsored events.
- Shall assist the Gym Coordinator with the operation of Briody Hall.
- Shall assist any Sport Director when it is deemed necessary.

Secretary

- Shall assemble and communicate official correspondence of the Athletic Association.
- Shall maintain a written record of the minutes from all Athletic Association meetings.
- Shall perform other duties as directed by the Athletic Association.
- Shall assist any Sport Director when it is deemed necessary.

Treasurer/Registrar

- Shall be responsible for all funds received or collected by the Athletic Association
- Maintain the Athletic Association's savings and checking account/review and approve all bank statements relating to these accounts
- File all bills in an appropriate manner
- Prepare financial reports for review and approval by the Board at the monthly Athletic Association meetings
- Issue checks, approved by the President, for all approved expenditure's on behalf of the Athletic Association
- Provide a year end financial report
- Shall be responsible to maintain records of all the completed registration forms/parental release forms and insurance information for those students participating in the Athletic Association Programs
- Shall collect and safe keep all required uniform deposits
- Shall collect, record and deposit all participation fees.

Fundraising Director

- Shall determine, with the assistance of the Board, the type and number of fundraising events required for the year.
- Shall coordinate all fundraising activities as specified by the Board.
- Shall assist any Sport Director when it is deemed necessary.

Sports Program Directors

- Shall perform the duties and responsibilities necessary to administer their respective program as outlined in the Most Holy Redeemer Athletic Association Sports Handbook.
- Shall request President's approval for all league, tournament, equipment expenditures for their program.

Gym Coordinator

- Shall be responsible for supervising and stocking our concession stand and assisting Sport's Directors with scheduling volunteers to work in Briody Hall and Duffy Park.

Website/Technology Director

- Shall be responsible for the constant maintenance and updating of our website and providing the MHRAA with the means to communicate directly with our coaches and participants via our website, e-mail and school packets.

Southside Catholic Conference/Sports Representative

- Shall be responsible for attending all SCC meetings and reporting to the MHRAA Board of the substance of those meetings. Will also attend any other sport's league meetings that the MHRAA Board needs representation and is directed to do so by the Board.
- Shall assist any Sport Director when it is deemed necessary.

Sports Program Coordinators

- Shall assist the Board Sports Program Director in the administration of their respective program.
- Shall insure each team has the proper uniforms, equipment and first aid kits.
- Shall hold a coaches meeting prior to the beginning of the season to review the program guidelines and distribute any information the coaches may need for the season.
- Shall relay information about leagues and tournaments to proper coaches promptly so parents may be notified as early as possible.
- Assumes responsibility for gym and field set-up, take down and equipment storage. Prepares a parent work schedule to assist in set-up, take down, and for concession stands at Briody Hall and Duffy Park.
- Submit a recommended list of coaches for all teams to the Board for approval as early as possible.
- Submit to the Sports program Director a list of rosters, leagues and tournaments in which each team will participate prior to the start of the season.
- Communicate to the Board Sports Program director for their sport any issues which may require review or action by the Athletic Association Board.

For the purposes of transacting official business it shall be necessary that at least more than one-half of the Board of directors of the Athletic Association be present at a meeting in order for a vote to be taken.

In the event that a Board member of the Athletic Association cannot be present for a valid reason a proxy vote for a specific item on the agenda will be accepted. This proxy vote must be submitted to any officer of the Athletic Association in writing prior to the meeting.

THE MHRAA BOARD GUIDELINES AND PROCEDURES

The board with the approval of the pastor and/or the principal shall set guidelines and procedures which govern the scope and direction of the sports programs and student participation in such programs. The board will work in cooperation with the pastor, principal, the local school board, faculty and parents.

The board will manage and maintain the sports programs; responsibilities will include:

- To set criteria, screen, approve, and monitor coaches and coordinators.
- To communicate the philosophy of the program and ensure that it is clearly understood and followed.
- To coordinate, schedule and supervise other program volunteers.
- To determine league participation, the number of games and tournaments.
- To determine how teams will be slated when there is an insufficient number of registered and eligible players per grade or age level.
- To determine how teams will be slated when the number of registered and eligible players is large or their skill levels are greatly varied.
- To decide whether an athlete can participate in more than one sport in a season.(Golf for 8th Graders is exception)
- To coordinate the scheduling of practices, games and tournaments.
- To raise funds according to local guidelines.
- To submit regular financial reports to the pastor and/or principal.
- To develop, communicate and maintain a standard of safety.
- To develop and communicate an Emergency Plan for unexpected occurrences at games and practices.
- To develop a plan for crowd control to be put into effect as needed.
- To establish a procedure for conflict resolution.
- To annually review and evaluate the rules, regulations and eligibility standards.
- To perform any other duties to fulfill the program objectives.

COACHES: SELECTION, ROLES, RESPONSIBILITIES

The coach has the greatest responsibility as well as the greatest opportunity to guide and influence the student athletes. Coaches assume the role of teacher, mentor, and minister to the young people in their charge. A coach's attitude and behavior are critical to modeling good Christian Catholic sportsmanship both in word and in deed.

SELECTION

The selection process for coaches begins with a recommendation by the sports coordinator. In the event that more than one person applies to be the Head coach of a team, the Board must vote to choose the Head coach. The Board will select and approve all coaches based upon the following criteria:

- The ability to model Catholic Christian values.
- The ability to articulate and model the philosophy and goals of the program.
- The ability to supervise and instruct the youth in his/her care.
- An understanding of the basics of the sport to be coached.
- The ability to develop the potential, confidence, and skills of each athlete on their team.
- The ability to separate winning from the more important goals and values of the program.
- Head coaches must be 21 years of age.
- Must be able to conduct and schedule practices and coach in a responsible manner.
- Must apply to be the Head coach to the Sport Director.

RESPONSIBILITIES

MHR coaches will be expected to adhere to the following:

- Be familiar with, adhere to and support the MHRAA Mission Statement and philosophy.
- Be familiar with, adhere to and support league policies and guidelines.
- Attend informational meetings prior to assuming coaching responsibilities.
- Be knowledgeable of the rules of the sport and the techniques for teaching the fundamentals of the sport.
- Use tactics and strategies that are appropriate for the age and skill level of their athletes.
- Model Christian sportsmanship knowing that the school is judged more by the coach's sportsmanship than by his record.
- Teach and guide the team members with a sense of fair play and model for winning and losing in a respectful, courteous and gracious Christian manner.
- Show respect for game officials and opponents; publicly shaking hands with the officials and opposing coach before and after the game gives clear witness to this respect.
- Refrain from public outburst which may lead to similar behavior from students, parents and other spectators.
- Be responsible for the safety and welfare of the team.

- Be responsible for the issuance and return of team issued equipment/uniforms in good condition.
- Know the proper procedures for the entering and securing the Parish/School Facilities.
- A first aid kit will be provided to each coach. This first aid kit should be available at all games and practices.
- Attend all practices and games or be responsible to make sure there is proper adult supervision (21 years or older) in their absence.
- Teach rules of the sport and develop each player's skills within the framework of team concept and help each player to develop self-confidence, discipline, sportsmanship and make participation a learning experience.
- Strive to be fair and unprejudiced in their relations with student athletes and their parents.
- Strive to be objective when evaluating talent.
- Ensure the student participants wear the uniform provided by the MHRAA and required safety equipment.
- Discipline inappropriate student behavior or disrespect but never resort to physical or verbal abuse or profanity.
- Use common sense and maturity in resolving problems and conflicts.
- Keep objective, factual, written records (incident reports) of problems concerning attitude and/or behavior. Coordinator and parents should be notified when problems arise.
- Provide a written schedule of practices and games to all participants on a regular basis.
- Suspend practice and games at the first sight of lightning.
- Keep a written record of accidents and injuries. Parents must be notified of all such incidents.
- Give each athlete an equal opportunity to participate and improve as an individual player.
- The misuse of alcohol at MHR team functions when children are present is prohibited and will result in termination.

MHR Coaches are not allowed to:

- Deny playing time to students who are cooperative in effort and attendance.
- To submit rosters that are not approved by the Board and/or Principal.
- To play students who are not on their regular school roster or to roster students on two school teams in the same sport.
- To join an additional league or tournament without MHRAA Board approval.

MONITORING COACHING PERFORMANCE

If a coach does not perform his/her duties according to the spirit and guidelines of the MHRAA Program, his/her actions will be formally addressed by the MHRAA Board. If the coach continues to be negligent or deficient in carrying out his/her responsibilities the MHR Board may dismiss the coach. Coaches who have been removed from their position will not be involved in any other aspects of the MHRAA Program. A removed coach may apply for re-instatement after a period of 365 days, and a two-thirds majority vote in favor of re-instatement is needed for the coach to resume his/her duties.

SCHEDULING

MHRAA policy is that no sports activities including practice, games, tournaments and playoffs shall be scheduled prior to 12:00 noon on Sundays.

PLAYING TIME

Each player's amount of playing time will reflect his/her ability, effort, attendance at practices and commitment to the team. Playing time by grade level:

Grades K-5: every player must play a fairly equal number of minutes in every game

Grades 6-8: the amount of playing time may be left to the coach's discretion, however, playing time for all is required.

“*WINNING*” at all costs, or “*PLAYING TO WIN*” only, at the exclusion of the participation of any eligible player will not be allowed.

The following behaviors are examples of inappropriate behavior which may result in disciplinary action or expulsion from a team. Missing practice without cause or excessive absences, losing self-control, using inappropriate language, or engaging in any other conduct unbecoming of a Christian student athlete.. Playing time shall be reduced or completely

taken away for a period of time based upon the infraction. It is up to the sports coordinator and Athletic Board to review each case based on its merits.

STUDENT ATHLETES: EXPECTATIONS AND RESPONSIBILITIES

Participating in the MHRAA Sports Program is a privilege, not a right. Student athletes will be held to personal, academic and disciplinary standards.

The criteria for eligibility in the MHRAA Sports Program are as follows:

- Students meet the MHR School Guidelines for sports eligibility.
- Students must be familiar with our Code of Conduct and adhere to its spirit.
- Signed & completed a MHRAA Sign-Up Form.
- Complete parental permission forms.
- Student must meet age and weight requirements of league/conference regulations.
- Pay all required fees; including uniform deposits.

No child will be excluded from participation in the MHRAA Program due to a financial hardship. Request for assistance must be directed to the President of the MHRAA Board.

Students who choose to participate in the MHRAA Sports Program are representing the parish and school at all times. Students must act in a manner that reflects favorably upon the parish, school and themselves. This expectation is not limited to the sports field or court, but should be evident at school, in the community, at other schools, as well as before, during and after the games.

The athlete is responsible for the uniform/equipment issued by the MHRAA. If it is lost, stolen or damaged an assessment will be made by the Board regarding the cost to replace the uniform/equipment. At the end of the season, uniforms/equipment must be returned in good, clean, reusable condition.

The student athlete is expected to show respect for coaches and to cooperate with them fully. This respect is also given to member of their team, opponents and officials of the sport. The athlete shall also show respect to fans and spectators.

Athletes are expected to show good sportsmanship and to play by the rules. Athletes should be supportive of their teammates.

Losing self control, using inappropriate gestures or tone of voice, or foul and abusive language, arguing a referee's call or a coach's decision or other signs of disrespect are reasons for disciplinary action. Consequences of such behavior may result in reduced playing time, removal from the game, suspension or expulsion from a team. The MHR School Guidelines will govern all such incidents and should be enforced by the administration and the faculty.

Athletes will be given written notification and an opportunity "to be heard" if there is the possibility of suspension from the program for an extensive period of time or of dismissal from the program.

Athletes are expected to be present and on time for all practices and games. Not attending practices affects the entire team and detracts from the sense of teamwork that coaches are striving to achieve. The consequences of missing practices, games and excessive absence will be addressed by the coach. If a child is playing more than 1 MHR sport in the same season, efforts will be made by the two coaches to try to minimize conflicts so the child is not "stuck" between choosing between the two sports.

PARENT/GUARDIAN: EXPECTATIONS AND RESPONSIBILITIES

Parents/guardians are expected to support and encourage their child's efforts. Attending games and cheering for the team is a show of support, however parents are always reminded to act in a responsible manner and show good Christian sportsmanship.

Parents are expected to communicate any health concerns their children may have at the time of registration and to the coach so that the student can be properly monitored.

Parents should make no attempt to instruct or direct the play of an athlete or of the team during practices or games. Parents should not criticize the playing efforts of any athlete on the team.

Questioning, criticizing or berating the coach, the referees, or any other officials in inappropriate behavior. Parents should realize that they can and may be asked to leave a game or tournament if they are not able to maintain a standard of acceptable behavior.

Parents are expected to contribute time and service in support of the team and the MHRAA Sports Program. MHRAA Sports Program is dependent upon everyone's help and support to maintain a high level of quality and success. Parents may be asked to assist as scorekeepers, timekeepers, money or ticket takers, refreshment sellers, to monitor crowd control, to help with field/court set up, clean-up and to support MHRAA Fund Raising initiatives. Parents must comply with work schedules and provide replacement coverage when unable to perform assigned duties. Failure to perform assigned duties as scheduled will result in forfeiture of the uniform deposit on file with the Board.

Parents are expected to provide transportation for their children to and from games and practices. Parents will assist their children in maintaining and returning their uniforms/equipment. Failure to return the uniform/equipment will result in forfeiture of the uniform deposit on file with the Board.

Parents with questions, comments, or complaints concerning a child's team or playing time should initially be directed to the coach, then the program coordinator for the respective sport. All parent communication should be made at an appropriate time other than immediately before, during or immediately after a game. If no satisfaction is reached the issue should be presented in writing to the MHRAA Board. The MHRAA Board reserves the right to finalize all problematic situations.

The misuse of alcohol at MHR team functions when children are present is prohibited and will result in termination of membership.

TEAM UNIFORMS

All MHR team uniforms will be ordered by the MHRAA. MHR school colors are red and white. All uniforms should be primarily red or white in color and clearly display "Most Holy Redeemer", "MHR", or "Holy Redeemer". Black spandex shorts may be worn in 7th & 8th Grade Girls Volleyball.

FINANCES

The MHRAA Sports Program is financed primarily by registration fees, league and tournament team participation fees, and MHRAA Fund Raisers. Registration fees by sport will be reviewed by the MHRAA Board on an annual basis.

An income and expense report, prepared by the Board Treasurer will be presented and reviewed by the Board of Directors at the monthly board meeting. A year-end financial summary report will be prepared and made available by July of each calendar year.

SPORTS AWARDS

All student athletes, grades K-8, will receive a sports pin for their participation in any MHR Sports Program. All 4th grade program participant and all first time 5th-8th grade participants, will receive a school letter from their coaches.

To emphasize the concept of team play, MHR athletes will not accept individual accolades or participate in league "All Star" games except at the 8th grade level.

Two special recognition awards; Martin B. Duffy and Bob Stahurski Awards will be presented every year by the MHRAA Board President at the end of the school year. The Duffy Award will be presented at the 8th grade dinner dance and the Stahurski Award will be presented at the coaches' banquet.

THE MARTIN B. DUFFY AWARD

The Martin B. Duffy Award will be presented to one 8th grade boy and girl. Candidate nominations will be presented by the MHR teaching staff, the 8th grade coaches and the MHRAA Board of Directors. Based upon the information provided by teachers, coaches and board members, the Board will select one boy and one girl award winner from those students nominated.

The criteria used in selecting these student award winners for this award was provided by Martin B. Duffy's son; Dennis Duffy. The following attributes are ones which Dennis Duffy felt his father would look for in a recipient of this award:

1. Academics: The person who performs to the best of their ability, not just the straight "A" student. The student should be striving to do the best they can.
2. Athletics: Some people are more gifted than others. The individual who utilized their gifts to the best of their ability and the one who was a "TEAM" player was the most important.
3. Citizenship: The individual who was the "All American" person. A young person who took pride in and was active in their community and school. A student of character and integrity.
4. Effort: The individual was always willing to give it their best shot. Whatever they did, it was done with heart and enthusiasm.
5. Leadership: The individual who is respected by their teachers and peers. The student who was admired because of the person he/she is.

The winner of the Duffy Award should combine all of these qualities and take pride in the fact that he/she is a Most Holy Redeemer Raider.

THE BOB STAHURSKI AWARD

The Bob Stahurski Award is presented each year in memory of Bob Stahurski, who passed away in 1986. Bob was very active in the MHRAA. The award is presented to an adult who exhibits the following qualities:

An individual who gives freely of an extreme amount of time, devotes a great deal of effort, is very loyal and dedicated to supporting the Most Holy Redeemer Athletic Program for the benefit of the kids of Most Holy Redeemer.

SOCCER

GOALS OF THE PROGRAM

The MHR Soccer Program has two soccer programs: Fall Instructional Soccer Program for grades K-4 and Spring Soccer Program for grades 5-8. Both fall and spring programs will adhere to the goals, philosophies and directions of the Athletic Association Manual. **FALL/SPRING SOCCER PROGRAM**

MHR hosts a fall instructional and spring competitive soccer league with other parochial schools in the area.

For information specific to this league, see the "MHR Soccer League Parents Guide and Rule Book."

The instructional league is administered by a group of MHR Parishioners. The Soccer board Director will act as liaison between the committee and the Athletic Board.

LEVELS OF PLAY/TEAM SELECTION

Instructional Level - Fall

All teams between grade levels K-4 will be played at an instructional level. Meaning: Every game should be approached as an opportunity for every player to have an equal opportunity to further his/her individual and team skills. All participants will play on an equal basis and time at this/her level. This includes playoffs and tournaments.

Team selection at this level will be dependent upon the number of registrants as well as the number of volunteer coaches.

It is ideal to have the ranges of 13 to 18 participants with two coaches; one head coach and one assistant coach. Parents are encouraged to assist at practice and at the games by helping to keep players on the sidelines under control. A Team Parent should be assigned to coordinate with snacks.

Competitive Level – Spring

CCD students who are enrolled in the MHR CCD program may register to play Soccer. CCD participants must also meet specific rules set by Soccer Leagues that pertain to eligibility

All teams in the 5th, 6th, 7th and 8th grade level will be played at a competitive level. Meaning: every game should be approached in a competitive manner. Every eligible player should play in every game (including league play, playoffs and tournaments) though not necessarily on an equal basis. Each player's amount of playing time will reflect his/her ability, effort, attendance at practices, and commitment to the team. "**Winning at all costs**", or to the exclusion of participation of any player will not be allowed at any time.

Team selection at this level will be dependent upon the number of registrants as well as the number of volunteer coaches. Co-Ed teams will be formed when required.

It is ideal to have the ranges of 13 to 18 participants with two coaches; one head coach and one assistant coach. Parents are encouraged to assist at practice and at the games by helping to keep players on the sidelines under control. A Team Parent should be assigned to coordinate with snacks.

EQUIPMENT

The MHRAA will provide proper filed equipment, goals, and markers. During season play it is advised to keep this equipment in the storage areas of Duffy Park.

LEAGUES/TOURNAMENTS/PRACTICE

Leagues:

All grades will be registered to participate in the MHR soccer league and another league after discussion with the coordinator. The coach and coordinator together can discuss league(s) selection. The final decision of league entry will be made by the coordinator based upon all other extenuating program circumstances.

Leagues/tournaments/practices cannot be played prior to noon on Sundays.

Tournaments:

4th -8th grade will be allowed to participate in one tournament.

**Additional tournaments will be considered if they are MHR home tournaments, or recruiting high school tournaments which are offered. Coaches should request an additional tournament under these circumstances by contacting the coordinator.

- Coaches should not sign any teams up for tournament without the approval of the coordinator and board representative.

COACH'S RESPONSIBILITY

It is the coach's responsibility to abide by the policies of the Athletic Association as stated above. If a question about tournaments, practices, team selection, playing time, parental disagreement arise, the coach should discuss with the coordinator and if need be, the Athletic board.

The coach should contact all of his/her players following team selection so that players know which team they will be playing for.

It is highly recommended that the coach of any team use a common sense approach to coaching grammar school level children. Set written expectations about practice attendance, behavior, rules of conduct, uniform attire should be set forth and presented to the players at the first week of practice.

For 5th, 6th, 7th and 8th grade coaches:

Although competitive in approach, all coaches are strongly encouraged to provide nearly equal playing time among eligible players for any particular game.

Section 3

FOOTBALL

GOALS OF THE PROGRAM

The primary goal of the MHR Boys Football Program is to teach the game of football the correct way; stressing good sportsmanship, team spirit and safety. These factors combined with positive Christian attitude toward teaching the player is what makes this sport successful.

ELIGIBILITY

The football program is open to all boys registered in 4th grade thru 8th grade at MHR. CCD students who are enrolled in the MHR CCD program may register to play football at either level. CCD participants must also meet specific rules set by the Southside Catholic Conference that pertain to CCD participation/eligibility.

LEVELS OF PLAY/TEAM SELECTION

The MHR Football Program consists of two teams. The 4th, 5th and 6th grades are combined to form one team and the 7th and 8th grade are combine to form another team.

Team selection will be based upon registration. All boys that register to play and meet the eligibility requirements set forth above will be placed on the appropriate team roster.

EQUIPMENT

The MHRAA will provide proper field equipment, goals, and markers. During season play it is advised to keep this equipment in the storage areas of Duffy Park.

LEAGUES/TOURNAMENTS/PRACTICE

Leagues:

Both the MHR Football Teams participate in the Southside Catholic Conference (SCC).

In order to participate in the league, MHR teams must abide by the SCC League rules

Tournaments:

The MHR Football teams typically do not participate in tournaments but on occasion the teams may participate in pre-season round robin scrimmages. Participation in these events are at the discretion of the MHR Football Coaches and MHR Football coordinator.

Practices:

The MHR Football practices are typically held at Duffy Park. On occasion, practices may be held elsewhere due to conflicts, availability and need for lights late in the season. As with any sport, all team members are required to attend and participate in scheduled practices. Coaches will establish and communicate to their teams the rules for practices.

PLAYING TIME

Football is played at a competitive level. Playing time will be based upon the athlete's skill level, attendance at practice and commitment to the team. In some instances, some players may not play in a game; however every effort will be made to play all players when the appropriate game situation presents itself. In this regard, the coaches decision to play or not play a player is based primarily upon the athlete's skill level and his ability to be able to compete on a safe and level playing field. Because of the nature of the sport the safety of the athlete is always given the highest priority in this regard.

COACH'S RESPONSIBILITY

It is the coach's responsibility to abide by the policies of the Athletic Association as stated above. If a question about tournaments, practices, team selection, playing time, parental disagreement arise, the coach should discuss with the coordinator and if need be, the Athletic board.

It is highly recommended that the coach of any team use a common sense approach to coaching grammar school level children. Set written expectations about practice attendance, behavior, rules of conduct, uniform attire should be set forth and presented to the players at the first week of practice.

Section 4

BASKETBALL

& VOLLEYBALL

GOALS OF THE PROGRAM

The primary goal of the MHR indoor sports programs (Volleyball – boys and girls, Basketball- boys and girls) is to teach the fundamentals of the sport and provide all participants regardless of skill level an opportunity to participate and develop their individual skills as well as team building skills.

ELIGIBILITY

The program is open to any boy or girl registered in grades 4-8 at Most Holy Redeemer School.

LEVELS OF PLAY/TEAM SELECTION

Instructional Level

All teams in the 4th and 5th grade levels will be played at **an instructional level**. Meaning: Every game should be approached as an opportunity for every player to have an equal opportunity to further his/her individual and team skills. **All participants will play on an equal basis and time at his/her level. This includes playoffs and tournaments.**

In the fourth grade level team selection will be made on a **random basis**. At the fifth grade level, teams will be equally divided by the coordinator **with the input of the coaches from the previous year. The objective is to equally distribute talent between teams.**

Team selection at this level will be dependent upon the number of registrants as well as the number of volunteer coaches.

It is ideal to have the minimum number of players on a team between the ranges of 8-11 participants with the maximum number being 13-15. It is the coordinator's duties to ascertain team size and number of teams based on support help with those teams.

Competitive Level

All teams in the 6th, 7th and 8th grade level will be played at a competitive level. Meaning: every game should be approached in a competitive manner. Every eligible player should play in every game (including league play, playoffs and tournaments) though not necessarily on an equal basis. Each player's amount of playing time will reflect his/her ability, effort, attendance at practices, and commitment to the team. "***Winning at all costs***", or to the exclusion of participation of any player will not be allowed at any time.

In the competitive level team selection will be based upon a **preseason skill evaluation** for all sports mentioned above. Teams will then be divided into 1 Red Team, 1 White Team, 1 Blue Team, etc. color patterns based on the number of teams needed. Tryouts are mandatory for every athlete competing at the competitive level. Only athlete's that tryout are eligible for placement on teams. **Exceptions are at the sole discretion of the Sports Coordinator.**

Team selection at this level will be dependent upon the number of registrants as well as the number of volunteer coaches.

It is ideal to have the minimum number of players on a team between the ranges of 8-11 participants with the maximum number being 13-15. It is the coordinator's duties to ascertain team size and number of teams based on support help with those teams. Case by case decisions on team numbers, volunteer coaches and miscellaneous issues will be addressed by the coordinator and if needed be brought to the Athletic Board.

PRE-SEASON SKILL EVALUATIONS

Skill evaluation of all registrants will be completed for team selection of the 6th, 7th and 8th grade levels. This process will be conducted over one to two days based on the number of registrations. Every player will be given the same opportunity to demonstrate their skill via a series of individual drills and team drills.

The evaluations will be administered by the coordinator. Talent levels will be assessed by an independent representative(s) (selected by the coordinator). Coaches will not be present or involved in the evaluation process. The coordinator has the final say regarding the assignment of players.

LEAGUES/TOURNAMENTS/PRACTICE

Leagues:

All grades will be allowed to participate in one or two leagues. The coach and coordinator together can discuss league(s) selection. The final decision of league entry will be made by the coordinator based upon all other extenuating program circumstances. Special considerations can be made by the coordinator for a team that is

carrying the maximum amount of players (15) to join a third league and enable additional playing time for a large group. It is strongly encouraged for those teams carrying the maximum that squad division be initiated to help manage team numbers and foster play time. For Example: squad division for a team of 15 would divide into 3 squads and have a rotating schedule of two squads show for game play.

Leagues/tournaments/practices cannot be played prior to noon on Sundays.

Tournaments:

4th and 5th grade will be allowed to participate in one tournament. 6th, 7th and 8th grade will be allowed to participate in two tournaments.**

- **Additional tournaments will be considered if they are MHR home tournaments, or recruiting high school tournaments which are offered. Coaches should request an additional tournament under these circumstances by contacting the coordinator.
- Coaches should not sign any teams up for tournament without the approval of the coordinator and board representative.

Practices:

All teams will be given the opportunity to practice in Briody Hall and Bethel Activity Center(winter months) via a monthly practice schedule meeting. At times, due to roster size of teams being relatively small, it may make sense for teams to be combined in order to conduct effective practices. If teams are to be combined for practice time, all team participants must be extended the invitation to participate in the combined practice. A single team will include all players in all practices. Special arrangements should not be made by coaches in order for individual players to get extra practice time over and above the times available to any other player.

COACH'S RESPONSIBILITY

It is the coach's responsibility to abide by the policies of the Athletic Association as stated above. If a question about tournaments, practices, team selection, playing time, parental disagreement arise, the coach should discuss with the coordinator and if need be, the Athletic board.

Following the skill evaluation process, the coach should contact all of his/her players on the same evening so that players know which team they will be playing for.

It is highly recommended that the coach of any team use a common sense approach to coaching grammar school level children. Set written expectations about practice attendance, behavior, rules of conduct, uniform attire should be set forth and presented to the players at the first week of practice.

For 6th, 7th and 8th grade coaches:

Although competitive in approach, all coaches are strongly encouraged to provide nearly equal playing time among eligible players for any particular game. This approach applies at all levels of play, i.e Red, White, Blue, etc..... Attempting to keep roster sizes near optimal levels should make this "equal playing time" approach easier for coaches to comply.

Section 6-Baseball

As of February 4, 2009, the MHRAA is considering adopting a baseball league. Further rules and guidelines will follow.

Section 7

BY-LAWS

MOST HOLY REDEEMER ATHLETIC ASSOCIATION BY-LAWS

NAME OF ASSOCIATION

This organization shall be know as the “MOST HOLY REDEEMER ATHLETIC ASSOCIATION” and is hereinafter referred to as the Athletic Association.

MISSION STATEMENT

The purpose of this organization shall be to assist the people of the Most Holy Redeemer Parish in their goal of educating our children to become Christian adults.

GOAL OF THE ATHLETIC ASSOCIATION

The goal of this association is to assist the Most Holy Redeemer Parish with the operation of its physical education facilities and to continuously improve the quality of organized team sports.

ELIGIBILITY FOR STUDENT PARTICIPATION

Program participation shall be open to all grammar school students of Most Holy Redeemer School or any grammar school student of the parish enrolled in the CCD Program, subject to School Handbook Guidelines. The final determination of eligibility of any student within the program rests with the MHRAA Board of Directors and the Principal.

IMPLEMENTATION

The Board of Directors of the Athletic Association shall have the responsibility and authority to implement the program. Such duties shall include, but not limited to the following:

1. Assist the Most Holy Redeemer Pastor and School Principal with the school athletic program
2. The Board of Directors shall have exclusive authority to approve and remove all head coaches and coordinators for team sports.
3. Investigate and coordinate the utilization of outside athletic programs and schedules within the limits of the Athletic Associations financial means.
4. Establish guidelines for evaluation of the program and to evaluate the effectiveness of the program
5. Consult with all coordinators/head coaches and review proposed expenditures for the respective sports activity.
6. Establish committees on a standing or ad hoc basis according to need.
7. Perform such other duties or acts as the Board of directors of the Athletic Association from time to time as deemed necessary or advisable in achieving the stated purpose (mission statement) of the association.

ATHLETIC ASSOCIATION MEMBERSHIP

Eligible members of the Athletic Association shall consist of all registered parishioners of the Most Holy Redeemer Parish over the age of 18. Each such eligible member, present at any general meeting, shall be entitled to one (1) vote.

ATHLETIC ASSOCIATION BOARD OF DIRECTORS

The Athletic Association shall be governed by a Board of Directors consisting of 9-14 parishioners to be elected by the members. Terms of office for all future members of the Board of Directors shall be for three (3) years in duration.

ELECTION OF THE BOARD OF DIRECTORS

Notification of the general election of the Board of Directors shall be announced to the parish prior to the April general meeting. Written applications and nominations for the open board positions will be accepted by the Board of Directors.

A vote will be at the May meeting to determine which applicants or nominees are elected to the open board positions. Each active parishioner present at the election meeting will be given one (1) vote. The Secretary will certify the election results and the elected Board members shall take office on the first day of June following the May general meeting.

VACANCIES

Vacancies on the Athletic Association Board of Directors for reason of death, resignation, or other reason, other than by regular expiration of the term of office, shall be filled for the remainder of the term by a parishioner selected by a majority vote of the remaining Board of Director members. Members of the Board of Directors may be removed for cause if they fail to attend three (3) meetings of the Athletic Association.

OFFICERS

The Board of Directors shall elect, by majority vote, a President, Vice-President, Secretary and Treasurer. A moderator or school board liaison may be assigned by the Past or School Principal at any time.

DUTIES

President

- Shall preside at all regular and special meetings of the Athletic Association.
- Shall prepare and distribute an agenda for all meetings.
- Schedule matters to be considered by the Athletic Association before final action.
- Shall have the authority to assign (with Board approval) additional duties and responsibilities to individual association members for furtherance of the Program.
- Shall attend parish calendar meetings (usually in the summer) and submit all available dates to the rectory staff for all Athletic Association Functions. i.e. dances, parties, practices, games.
- Shall conduct monthly calendar meetings to assign gym time for practices.
- Shall approve all MHRAA expenditures.
- Shall monitor the program finances with the assistance of the Treasurer and approve all checks.

Vice-President

- Shall in the absence of the President perform all duties of the president.
- Shall assist the Fundraising Director in connection with MHRAA sponsored events.
- Shall assist the Gym Coordinator with the operation of Briody Hall.
- Shall assist any Sport Director when it is deemed necessary.

Secretary

- Shall assemble and communicate official correspondence of the Athletic Association.
- Shall maintain a written record of the minutes from all Athletic Association meetings.
- Shall perform other duties as directed by the Athletic Association.
- Shall assist any Sport Director when it is deemed necessary.

Treasurer/Registrar

- Shall be responsible for all funds received or collected by the Athletic Association
- Maintain the Athletic Association's savings and checking account/review and approve all bank statements relating to these accounts
- File all bills in an appropriate manner
- Prepare financial reports for review and approval by the Board at the monthly Athletic Association meetings
- Issue checks, approved by the President, for all approved expenditure's on behalf of the Athletic Association
- Provide a year end financial report
- Shall be responsible to maintain records of all the completed registration forms/parental release forms and insurance information for those students participating in the Athletic Association Programs
- Shall collect and safe keep all required uniform deposits
- Shall collect, record and deposit all participation fees.

Fundraising Director

- Shall determine, with the assistance of the Board, the type and number of fundraising events required for the year.
- Shall coordinate all fundraising activities as specified by the Board.
- Shall assist any Sport Director when it is deemed necessary.

SPORTS PROGRAM DIRECTORS

- Shall perform the duties and responsibilities necessary to administer their respective program as outlined in the Most Holy Redeemer Athletic Association Sports Handbook.
- Shall request President's approval for all league, tournament, equipment expenditures for their program.

Gym Coordinator

- Shall be responsible for supervising and stocking our concession stand and assisting Sport's Directors with scheduling volunteers to work in Briody Hall and Duffy Park.

Website/Technology Director

- Shall be responsible for the constant maintenance and updating of our website and providing the MHRAA with the means to communicate directly with our coaches and participants via our website, e-mail and school packets.

SPORTS PROGRAM COORDINATORS

- Shall assist the Board Sports Program Director in the administration of their respective program.
- Shall insure each team has the proper uniforms, equipment and first aid kits.
- Shall hold a coaches meeting prior to the beginning of the season to review the program guidelines and distribute any information the coaches may need for the season.
- Shall relay information about leagues and tournaments to proper coaches promptly so parents may be notified as early as possible.
- Assumes responsibility for gym and field set-up, take down and equipment storage. Prepares a parent work schedule to assist in set-up, take down, and for concession stands at Briody Hall and Duffy Park.
- Submit a recommended list of coaches for all teams to the Board for approval as early as possible.
- Submit to the Sports program Director a list of rosters, leagues and tournaments in which each team will participate prior to the start of the season.
- Communicate to the Board Sports Program director for their sport any issues which may require review or action by the Athletic Association Board.

QUORUM

For the purposes of transacting official business it shall be necessary that at least more than on half of the Board of directors of the Athletic Association be present at meeting in order for a vote to be taken.

In the event that a Board member of the Athletic Association cannot be present for a valid reason a proxy vote for a specific item on the agenda will be accepted. This proxy vote must be submitted to any officer of the Athletic Association in writing prior to the meeting.

ADMINISTRATION

The Athletic Board of Directors shall hold general meetings regularly at a date and time to be decided upon by the Board of Directors. The general meeting shall be held in the MHR facility room available through the rectory office. The general meeting shall be open to all Most Holy Redeemer Adult Parishioners who are 18 years or older. The stated purpose of the general meetings is to discuss and transact Athletic Association business.

A schedule for all open board meetings will be communicated via the Parish Bulletin. Open sessions provide a forum for parents/parishioners to address the board with comments and/or concerns regarding Athletic Association activities. A

specified time limit will be assigned at the boards' discretion, for parents/parishioners to address their comments to the board.

All meetings of the Athletic Association shall be conducted in accordance with the following order of business:

1. Opening Prayer
2. Roll Call of Board
3. Approval of minutes/ Old Business
4. Treasurer's report
5. Open Discussion
6. Sports Director Reports
7. New Business
8. Adjournment

The above order of business may be changed, altered, or modified at any meeting by the majority vote of the Board of Directors present at said meeting.

Roberts Rules of Order shall govern the procedures of the Athletic Association meetings unless otherwise specified by the Athletic Association Board of Directors.

Minutes of both general and board meetings, setting forth all action taken by the Athletic Association, shall be retained as a permanent record of the Athletic Association and kept by the Secretary.

IMPLEMENTATION OF BY-LAWS AND PROCEDURES

These by-laws are effective as of June 1, 1998.

Amendments to the By-law can be made following ratification by 2/3rds of the eligible members of the Athletic Association Board.

Amendments to the by-laws must be presented in writing to each member of the Athletic Board of Directors at least one week prior to the meeting at which action on such amendment is proposed to be taken.

Prior to any by-law changes, an open meeting will be held to discuss the proposed changes.

MHRAA Annual Calendar of Events

June

- Coaches Party
- MHR Carnical – MHRAA Beer Garden- One Night
- Fall Sports Registration

July

No meeting

August

- Fall Sports Practice Begins
- Back to School
- General Meeting

September

- Mass in the Park/PreSeason Football
- Fall Sports Kickoff – Football, Soccer and Girls Basketball
- General Meeting

October

- Homecoming pep rally, parade and game
- Winter sports registration
- General Meeting
- Sport's Night

November

- Winter sports begin
- Boys 6th and 7th grade Basketball Tournament
- General Meeting

December

- Sports Awards for Fall sports
- General Meeting

January

- Spring Sports registration
- Super Bowl Party
- General Meeting

February

- Boys 5th and 6th grade Basketball Tournament
- General Meeting

March

- St. Pat's Party/Dance
- Girls Volleyball Tournament
- General Meeting

April

- Spring Sports begin
- General Meeting

May

- New Board Elections
- General Meeting
- Special Meeting to review and vote on Duffy and Stahurski nominations

In addition to the above scheduled events, there are additional fundraising activities and parties that are held throughout the school year.

MOST HOLY REDEEMER ATHLETIC ASSOCIATION

COACHING CONSENT FORM

As a coach for the MHRAA _____ Program, I acknowledge that I have read, fully understand and agree to coach in support of the MHRAA "Mission Statement", Philosophy and Goals as outline in the MHRAA Sports Program Manual. I have also read and fully understand my responsibilities as a coach as outlined in the manual on pages

I have also read and fully understand the specific program guidelines for the sport I am coaching.

COACH'S NAME: _____

COACH'S PHONE NUMBER: _____

SPORT: _____ GRADE: _____

COACH'S SIGNATURE: _____ DATE: _____