



ATHLETIC HANDBOOK 2011 - 2012

Our Lady of Mt. Carmel Athletics

14598 Oakridge Rd. Carmel, IN 46032

www.olmcsports.org

Our Lady of Mt. Carmel Catholic Church
317-663-4013
FAX: 317-846-3477

Dear Parents, Students, and Coaches,

"[I] consider sports as an instrument of education when it fosters high human and spiritual ideals; when it forms youth in an integral way in values such as loyalty, perseverance, friendship, solidarity and peace. Surmounting differences of cultures and ideologies, sports offers an ideal occasion for dialogue and understanding among peoples, for building the desired civilization of love. To put into practice these values, based on the dignity of the human person, in face of possible interests that might darken the nobility of sports itself."

- Pope John Paul II (Sept. 16, 2002)

As a Parish community, we all must consider the appropriate role of athletics here at Our Lady of Mt. Carmel. A core characteristic of Catholic Christianity and Catholic athletics is the concept of relationship and community and the conviction that human kind is "made for each other" (*Educating for Life*, Thomas Groome, p.60). Our prayer is stronger in community. Athletic achievement is greater in a community with a similar mission and goals. Our athletic program adds another dimension to our Parish community. Pope John Paul II says that as manifestations of the communal body of Christ, athletics serve to unify all individuals, including coaches, student-athletes, and families in a spirit of peace.

This handbook outlines the philosophy and reflects the policies of the Our Lady of Mt. Carmel Athletic Program for the 2010-2011 school year. Please read this document carefully, sign the attached agreement, and return it to the athletic office before attending the first practice date. The agreement states that you intend to abide by the policies of the OLMC Athletic Program during the 2010-2011 school year.

Our Lady of Mt. Carmel Athletics extends the work of the Parish by offering another environment in which high human and spiritual ideals can be fostered to help children grow towards a deeper understanding of themselves and their roles in God's great world. Thank you for doing your part to help positively affect and develop the lives of all children by building a peaceful environment within our athletic programs, our parish, and in our larger community.

Just as those who create a document such as this are a work in progress, so is this Athletic Handbook.

In peace,

Tim Fletcher, Athletic Director

Tina Fletcher, Assistant Athletic Director

Our Lady of Mt. Carmel Athletics

Our Lady of Mt. Carmel Parish Mission Statement:

"Go therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of time."

Mission of Our Lady of Mt. Carmel Athletics:

It is the mission of the OLMC Athletic Department to provide a Catholic sports environment for the physical, mental, and spiritual growth of OLMC parishioners.

Philosophy:

"Do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run so as to win. Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one."

Corinthians 9:24-25

We recognize that the imperishable crown offered by Jesus Christ far exceeds any of the perishable crowns or trophies offered by this world. As a Catholic program, OLMC upholds Christian values and principles. Though our athletic teams strive to win in the sense of having the best score, we recognize the real value of Catholic athletics is realized only if it fosters the development of the human person—both in spirit and in body—by cultivating Christian character, strengthening personal integrity and responsibility, and promoting the pursuit of excellence in all endeavors.

Participation on a team is a privilege. With this privilege come responsibilities in the areas of preparation, attitude, sportsmanship, and academics. These responsibilities exist both in and out of school, both in athletic and non-athletic settings. We recognize the need for God's support and guidance in meeting these responsibilities.

Conference Affiliation:

Our Lady of Mt. Carmel Athletics participates in the Catholic Youth Organization (CYO), a conference comprised of area Catholic schools. In addition to playing conference games, OLMC teams often play other schools in the Hamilton County area.

Thus, OLMC athletes play students from diverse backgrounds and skill levels.

Council Information

The Our Lady of Mount Carmel sports council is a small group of parishioners that meet once a month to discuss and work on sports related issues. This group is made up of a variety of lay men and women who show special interest in athletics at OLMC.

The Pastor directly appoints sports council members. New council members can be recommended by the current sports council members or through contacting the Athletic Director. Each council member serves a 3-year term. Any board member can be removed at any time by a 2/3 vote of the current council members or at the discretion of the Pastor.

The primary role of the sports council is to be an objective advisory board for the Athletic Director. Each sports council member will be given a variety of roles to fulfill and will be expected to take an active part in all OLMC athletics. Some of the specific duties of a sports council member include (but not limited to); helping with sport evaluations, give input on coaching appointments, develop the sports budget, discuss any problems, and give input on how to improve all aspects of OLMC sports.

Council meetings will be held on the 3rd Monday of each month at 6:30pm. OLMC sports financial statements are available at each meeting. Meetings are open; however, if you wish to address the council you must call the sports office to be added to the agenda.

Town Hall meetings are held twice a year. They are open to everyone and offer an opportunity to ask questions or make comments. Dates will be posted in the bulletin and on the sports web site. www.olmcsports.org.

Commissioner Information

An athletic commissioner's position is available for each sport at OLMC. A commissioner's term is for 2 years. After the term is up, the commissioner can be reinstated with the approval of the Athletic Director. The athletic commissioner's position should be filled with an individual who is willing to take a leadership role

within the specified sport. The person will be expected to uphold the responsibilities listed below.

- * Advise Athletic Director in the selection of coaches, selection of teams and preparation of schedules.
- * Hold organizational meetings with all coaches (before the season starts and, if necessary, during and after a season.)
- * Plan coaching clinics and provide suggestions for and/ or organize off-season instructional events for players. (Suggested not required).
- * Deal with problems during season (e.g., parent complaints)
- * Delegate, where appropriate, to assistant commissioners.
- * Ensure coaches conduct parent meetings prior to start of season.
- * Help collect team evaluations.
- * Provide an opportunity for community service for their respected sport.

Registration Information

Procedure for Registration

A student can become a full, participating member of an OLMC athletic team once the following requirements are met:

1. Parent/ Guardians have created a sports account at www.orgsonline.com.
(register via internet)
2. Student and parent/ guardian have completed a CYO eligibility and physical form. (dated after May 1st for next school year) (CYO SPORTS ONLY)
3. Student and parent/ guardian have attended the Preseason Orientation Meeting.
4. Student and parent/ guardian have read the OLMC Athletic Handbook and signed the
Athletic Contract.

Parent Consent and Release Form

Our Lady of Mt. Carmel athletes wishing to participate in a sport must fill out an OLMC Athletic Parent Consent and Release Form. This form is accessible at the end of this handbook (see Appendix A), in the main office of the school, and on the olmcsports.com website. The Consent and Release form must be completed and returned on or before the deadline set before the first tryout/ practice date. Deadlines are not intended to prevent a student from participating on a sports team, but they are necessary to make sure that team sizes do not become too large to allow for proper

instruction of participants. A consent and release form need only be completed one time during the school year.

Concussion Policy

All incoming 6th-8th student athletes must complete a concussion baseline test. Our Lady of Mt. Carmel Athletic Department will provide access to this computerized test, which must be completed prior to participation in the fall. A player that suffers a concussion will not be permitted to participate in any sporting activity until a written release is presented to the athletic director. A medical doctor and the parents of the student athlete must sign this written release.

Preseason Orientation Meeting (held each spring/summer)

Prior to beginning each season, the Athletic Director will hold a *mandatory* meeting for all potential student-athletes and their parents. During this meeting the Athletic Handbook will be distributed and reviewed. The coaches will also facilitate a sport-specific discussion group during this meeting to introduce themselves and share their expectations specific to their sport. Parents should contact the Athletic Director prior to the meeting should they not be able to attend.

Fees

All sports offered at Our Lady of Mt. Carmel have different costs required for operation. The fees for each OLMC athletic program is set to cover the cost of CYO participation, athletic field maintenance, equipment, and league development. Our Lady of Mt. Carmel athletics would like to communicate that the cost of running the sports programs do not cover all expenses occurred. The Parish supplements the cost of administration and office space. Students and their families may be asked to provide their own personal equipment for certain sports.

General Information

Levels of Competition

Development of the skills fundamental to each sport receives primary emphasis on each athletic team offered at Our Lady of Mt. Carmel. Each team experience, however, may be slightly different depending on the level at which the team is competing.

LEVEL	<p style="text-align: center;">Cadet</p> <p>Teams at this level strive to prepare students for high school athletics and advanced skill development.</p>	<p style="text-align: center;">5/6</p> <p>Teams at this level serve as transitions from the developmental level to Cadet level teams.</p>	<p style="text-align: center;">Developmental</p> <p>Though each team at OLMC emphasizes the development of fundamental skills, the main focus at this level will remain on key development skills and sport knowledge.</p>
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COMMITMENT REQUIRED	<i>High</i> Students and families must commit to 5 events a week—practice, games, scrimmages, etc. *attendance at Saturday practices and practices during holiday breaks may be requested.	<i>Moderate</i> Students and families must commit to 4-5 events a week—practice, games, scrimmages, etc. *attendance at Saturday practices and practices during holiday breaks may be requested.	<i>Moderate/Low</i> Students and families must commit to 2-4 events a week—practice, games, scrimmages, etc. *attendance at Saturday practices and practices during holiday breaks may be requested.
TRYOUTS	Yes	Yes	Yes
COMPETITION	Officiated games against other CYO schools as well as occasional non-conference games. Season ends with a conference tournament.	Officiated games against other CYO schools as well as occasional non-conference games.	Intramural games provide participating athletes opportunities to practice learned skills in informal, competitive game situations. These intramural games may be within-team games or played against other developmental teams. Intramural games are often officiated by the coaches and stopped occasionally for instruction.
PLAYING TIME	25% mandatory playing time with an emphasis on team play.	All athletes participate with emphasis on equal playing time for each athlete	All athletes participate with emphasis on equal playing time for each athlete
SKILLS EMPHASIZED	-Advancing game strategies -Leadership skills on and off the field/court -Individual fundamentals reinforced and extended	-Importance of team cohesion -Individual fundamentals introduced and reinforced -Formal game strategies introduced	-Basic individual fundamentals -Introduction to team dynamics and rules of formal competition

CYO Athletic Teams at OLMC

SEASON	GIRLS	BOYS
Fall	<i>Basketball, Kickball, Cross Country, Cheerleading (3rd-8th)</i>	<i>Football (3rd-8th), Cross Country</i>
Winter	<i>Volleyball</i>	<i>Basketball</i>

OLMC offers the following sports as recognized by the CYO of Indianapolis to students in grades 4 - 8 (unless otherwise noted):

In-House Athletic Teams at OLMC

OLMC offers the following sports as an In-House League.

SEASON	GIRLS	BOYS
Fall	<i>Co-Ed Flag Football (Kg-2nd)</i>	<i>Co-Ed Flag Football (Kg-2nd)</i>
Winter	<i>1-2-3 Basketball (1st-3rd), KG Camp</i>	<i>1-2-3 Basketball (1st-3rd), KG Camp</i>

Transportation Policy

In accordance with the policies of Our Lady of Mt. Carmel Parish we do not provide any transportation to or from athletic events. All transportation is privately arranged by parents/guardians. Our Lady of Mt. Carmel and the Diocese of Lafayette assume no liability for accidents that may occur en route to any sporting practice or activity.

Tryouts

Announcements of tryout dates will occur via the sports website and through the Parish bulletin prior to tryout dates.

Coaching Expectations and Requirements

Coaches are first and foremost educators, and must work in coordination with the parents who are the primary educators of children. At all times, coaches must be examples of Christ the Teacher who serve as role models for student-athletes to emulate. They must be messengers of the Parish mission and ensure that athletic programs embody the Catholic characteristics prevalent at Our Lady of Mt. Carmel.

Goal Setting

When working with OLMC student-athletes, a successful coach will work towards goals in the following three dimensions: team, personal, and Parish.

Team Goals

Our Lady of Mt. Carmel coaches build a team by:

1. Advancing the athletes' understanding of their role as members of the communal body of Christ.
2. Creating a positive and memorable experience that will be cherished by the student-athlete for the rest of his/her life.
3. Teaching the specific and unique skills of this sport to the very best of his/her abilities by using all means, methods, and resources available.
4. Teaching the skills of healthy competition that will prepare athletes and the team to succeed.

Personal Goals

Our Lady of Mt. Carmel coaches grow as individuals by:

1. Modeling character, sportsmanship, self-discipline, and a lived faith.
2. Appreciating the moments of grace throughout a season, at times of winning and losing.
3. Becoming a lifelong learner of their sport.
4. Maintaining perspective in and throughout all athletic endeavors, realizing teachable moments exist in all experiences.
5. Fostering positive relationships with all parish community stakeholders.

Parish and Educational Goals

Our Lady of Mt. Carmel coaches contribute to the parish community by:

1. Infusing the parish mission in all athletic activities.
2. Promoting academic excellence as an essential component in the development of student-athletes.
3. Committing to effective communication with administrators, parents, and athletes.

4. Supporting the development of student-athletes as leaders and role models in the greater parish community.
5. Creating a culture of school unity and spirit as exemplified through sportsmanship, positive fan participation, and respect for all.

Conduct of Coaches

Coaches are called to be models and witnesses to their faith each day and as such, coaches are expected to uphold high standards of conduct in and out of season.

Language

Language should be appropriate and constructive at all times. Coaches are expected to not only monitor their own language, but they should also set and enforce standards of appropriate language for their athletes. This includes, but is not limited to swearing, harassment, exclusionary language, sexual innuendo, personal attacks, and unsportsmanlike gestures.

Treatment of Opponents

Although opponents are not a part of our school/Parish community, they are members of the larger body of Christ and should be treated as such. Coaches should model such respect for their athletes and should instruct players on how to welcome their opponents and all visitors in a way that conveys a sense of hospitality and community.

Prayer

Athletic experiences play an important role in the spiritual formation of participants at OLMC. Genuine and lasting spiritual development is only possible through careful and conscientious preparation by those in leadership positions. Coaches, as team leaders, are chosen not just to be mentors and role models for student-athletes, but also to be witnesses. Prayer should become an intentional component to a team's culture, not just a rushed event before or after a game or practice. Rather than emphasizing winning, prayers should focus on embodying the spirit of Christianity. Coaches are encouraged to build and create spiritual traditions into their approach to coaching at Our Lady of Mt. Carmel.

Holding Tryouts

In a Catholic community, it is essential to demonstrate respect for all members of the parish community. During an OLMC try-out, no parent should evaluate their own son/daughter. OLMC will work with sport commissioners to find evaluators that have no personal stake in the outcome of the evaluation. Team placements will be held in accordance to the CYO or In-house structure.

Coaching Duties

In addition to serving as witnesses and models of faith, OLMC coaches are expected to fulfill the following duties:

* Plan out practices and games

- Supervise athletes at all times until they are picked up from practices/games
- Condition athletes properly
- Assess athletes' readiness for practice & competition
- Instruct properly on what to do and what not to do

- Maintain safe playing conditions
- Ensure cleanliness of facilities
- Provide proper equipment
- Communicate practice and game schedule to athletes and parents
- Select, train, and supervise assistant coaches

Communication with Athletes and Parents

Our Lady of Mt. Carmel coaches should establish clear procedures and guidelines for communication with athletes and parents that align with the philosophy and mission of OLMC athletics. E-mail should be used only to communicate basic information, such as time and location of games and practices. Discussions of concerns should always be done in person. If a face-to-face meeting is not possible, a phone call is acceptable. Before meetings, establish clear agendas and communicate that certain topics will not be discussed. Coaches do not have to discuss playing time, coaching strategies and specific plays, or information pertaining to other athletes.

Awards and Recognition

Our Lady of Mt. Carmel Athletics recognizes athletic achievement in a variety of ways. CYO team and Individual awards are given in accordance to CYO standards. In-house league and camp participants also receive certificates, trophies, and a variety of other awards. The OLMC Athletic Department hosts an annual sports banquet at the conclusion of the spring season for all 8th grade sports families. 8th grade athletes are also eligible to receive the Michael Shroeder, Rick Meyer, and athlete of the year award. Recognition of athletes, however, should be utilized throughout the season as a means

of personal athlete formation and team-building. Particular recognition of athletes should embody the goals and philosophies of the athletic department and program, not only physical talent. Some areas of recognition may include one's sportsmanship, and Catholic nature/spirituality.

Athlete Expectations and Requirements

Athletes and parents should recognize that participation in the athletic program is not a right of all students, but rather a privilege to those selected individuals who possess the ability, attitude, disposition, cooperative spirit, and desire to represent the Our Lady of Mt. Carmel community in a favorable way. By joining the parish's athletic program, an athlete becomes a representative of his/her team and of Our Lady of Mt Carmel Parish.

Eligibility

Athletes must be a registered member of Our Lady of Mt. Carmel Parish in order to participate in all CYO events. In-House league participation is open to all athletes that meet individual league requirements (non-members can register to participate). The OLMC athletic department does hold the right to refuse participation of an athlete for any of all reasons.

Sportsmanship

All student-athletes are expected to represent Our Lady of Mt. Carmel Parish in an exemplary manner. This behavior is expected both on and off the court or field. Student-athletes are expected to display the best of Christian courtesy and manners to all officials, coaches, opposing coaches, players, and spectators. At all times good sportsmanship is the rule, not the exception. Good Sportsmanship also includes the exclusion of bullying like behavior. Verbal or physical bullying will not be tolerated. The penalty for unsportsmanlike behavior during a practice or game will be left to the discretion of the coaches for each sport along with input from the athletic director. This can range from sitting out at practice to a one-game suspension. In extreme cases when an athlete has been ejected from a game, multi-game suspensions and dismissal from the team may be appropriate. The athletic director will make the final decision following a meeting with the athlete, coach, and parent.

Transfer Students/Injured Students

Transfer students or students injured at the beginning of a season will be awarded a tryout for a team if there is one more than half of the games left in that sport's season. Transfer and injured students are guaranteed the same tryout duration as the other athletes, though they are not guaranteed placement.

Expectations of Parents and Stakeholders

"It is incumbent upon parents to cooperate closely with the school teachers to whom they entrust their children to be educated; in fulfilling their duty teachers are to collaborate closely with parents who are willingly heard and for whom associations or meetings are to be inaugurated and held in great esteem." (Code of Canon Law, 796)

Our Lady of Mt. Carmel coaches and administrators respect the primacy of the parents as the first teachers of their student-athletes, and will partner with parents in the formation of student-athletes. Parents and other members of the community play a vital role in the holistic education of children including students' participation in parish-sponsored athletics. Together, all stakeholders should actively work to ensure that the Catholic mission and identity of Our Lady of Mt. Carmel permeates the athletics program.

Top Five Ways to Support your Student-Athlete

1. **Be present** – Show up to games, cheer, and support our teams!
2. **Be positive** – Children learn from modeling. When talking about the game, season, performances and decision-making, please share the gift of a positive outlook on life! Make sure that your child knows that win or lose; he/she is loved and supported.
3. **Encourage independence** – Encourage student-athletes to be responsible for the care of their athletic gear and to be prepared for practices and games. In addition, student-athletes should speak directly with their coach about any questions and/or concerns.
4. **Observe the "24 Hour Cushion"** – As do all good educators, OLMC coaches will naturally and deliberately reflect on game situations and decisions. Please allow coaches the time they need to process their decisions before approaching them with any questions. As stated above, coaches need not discuss playing time, coaching strategies and specific plays, or information pertaining to other athletes.
5. **Model Our Lady of Mt. Carmel behavior expectations for visiting spectators** – Take pride in our athletic program and model for visitors how we...

- i. Cheer for our team rather than against our opponents.
- ii. Respect the integrity and authority of game officials.
- iii. Allow coaches to coach without criticism from the spectators.
- iv. Help clean up at the end of athletic events.

Transportation

Transportation to/from practices and games is the sole responsibility of the parents. Please ensure that your student-athlete is picked up promptly at the end of each practice/game.

Removal from Team – Parent Decision

The athletic director and coaches will respect and support the decision of a parent to remove his or her child from a team for any reason. However, once the child is removed, he or she may not return to that team for the remainder of the sport season.

Revisions/Modifications to Policy

The Athletic Director may make changes to any policies outlined in this handbook as needed, and has the final decision with regards to any policy. Changes will be made public in the weekly Wednesday letter and sports website.

ATHLETIC CONTRACT

Please initial each statement below to acknowledge your agreement to this contract. Then, sign the form at the bottom and return to the Athletic Director to be eligible for participation.

As an Our Lady of Mt. Carmel Athlete...

___ I will strive to give my best to the team in every practice and every game.

___ I will be on time for all practices and games.

___ I will not miss a practice or game because of another outside sport or extra-curricular activity unless I notify the coach or athletic director in advance.

___ This experience is an opportunity to learn not only _____ (sport), but also team

work with all its inherent responsibilities. There will be times when I will follow someone's lead and

there will be times when I must assume that lead – I always have a contribution to make to my team.

___ I will take my coaches' directions and comments as constructive suggestions, which make me a better athlete and my team, a successful unit.

___ Practice is where I learn the concepts of the game. How I apply those concepts in mind and

body in practice will carry over into the game situation.

___ I will always play hard, but always will be a fair sport whether we are winning or losing the

game, realizing that everyone on my team and my opponent's team is playing for fun and the competitive experience.

___ I will carry these principles to my schoolwork and my family life with the realization that these

are of greatest importance and take precedence to any sport.

___ I will be an example of Christ in all my actions on and off the field/court of competition.

___ I have read the athletic handbook and agree to follow the policies and procedures as stated.

Player Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Player Printed Name: _____ Grade
2011-2012 _____

PLEASE RETURN THIS FORM TO THE ATHLETIC DIRECTOR

Appendix B

“Stewards of Faith, Hope and Love”

**OLMC Sports
Our Lady of Mt. Carmel Parish
14598 Oakridge Road
Carmel, IN 46032**

PARENT’S CONSENT AND RELEASE

We the parents of _____ do hereby give our approval for our child’s participation in OLMC Sports activities. We assume, in consideration of our child being permitted to participate in OLMC Sports activities, all risks and hazards incidental to our child’s participation in this activity, including transportation to and from said activities. We agree to indemnify and hold harmless the OLMC Sports, Our Lady of Mount Carmel Parish, the Dioceses of Indianapolis and of Lafayette in Indiana CYO and the various parishes in said Dioceses, the Bishops and all employees, officials, representatives, agents and volunteers of such organizations or persons, hereafter referred to as indemnities from all claims, lawsuits, or actions of any kind for any and all injuries, casualties, damages or losses incurred by us or resulting to our child by reason of our child’s participation in the activities sponsored by the indemnities. We further agree that no action against the indemnities will be brought by us on behalf of our child for any injury, casualty, loss or damage sustained by us or by our child while our child was participating in the activities sponsored by the OLMC Sports.

Parent (Guardian) Signature

Date

Our Lady of Mount Carmel Sports
Practice Attendance Policy

Sport

Practice attendance

If a player misses practice or games for any reason, the coach has the authority to exclude the player from being in uniform and included on the game roster, or to limit the player's playing time, in a particular game.

Accepted and agreed:

Player Signature

Date

Parent Signature

Date