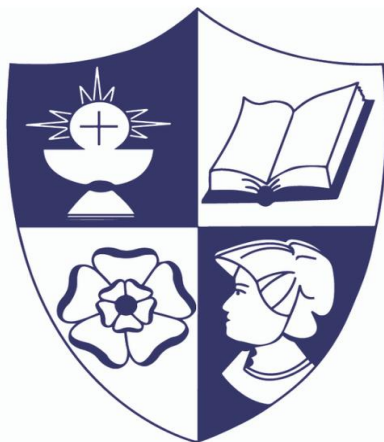


Instaurare Omnia in Christo



ST. ELIZABETH ANN SETON

CATHOLIC SCHOOL

Athletics Handbook 2025-2026

St. Elizabeth Ann Seton (SEASCS)

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I. TERMS AND DEFINITIONS

St. Elizabeth Ann Seton Catholic School: referred as SEASCS in this document.

Galveston Houston Catholic Athletic Association: referred as GHCAA in this document.

West Houston Christian Sports Association: referred as WHCSA in this document.

Athletic Director: refers to the administrative personnel assigned with this title, refer to latest staff/faculty listing

Coaches: refers to head coaches and assistant coaches for all sports.

Head Coach refers to the assigned head coach assigned for each team sport, refer to latest staff/faculty listing for assigned head coach

II. CORE ATHLETIC VALUES

St. Elizabeth Ann Seton Catholic School athletic programs reinforce the overall school's purpose to foster academic excellence with a love of God and neighbor that inspires and challenges our children to become leaders who proclaim the Gospel of Jesus Christ in word and action. SEAS CS promotes physical wellness as an integral part of the development of the whole Christian person. Student athletes will be challenged socially to work in team environments as well as challenged individually to develop and attain goals. These experiences will provide opportunities to demonstrate and witness good sportsmanship, which is integral to good character. Coaches will work to cultivate Skill and Spirit, Character and Comradery, Fortitude and Fun on their teams and within each student athlete.

INTRODUCTION

SEAS offers a competitive middle school athletics program for our 6th through 8th grade students. With the success and growth of the school and the number of students we have tryout for each sports program, we are hopeful that additional sports will be added in the near future. Sports programs are dependent on student participation. If there is a lack of interest in a sport, then that sport may not be offered in any given school year. The SEAS Athletic department is under the jurisdiction of the school administration. For the 2025-2026 school year

Greater Houston Catholic Athletic Association (GHCAA)

SEAS CS Athletic Program is a participating member in the GHCAA. Only Boys 6th, 7th, and 8th grade Cross Country, Soccer, Football, Basketball, Baseball, and Track. Only Girls, 6th, 7th and 8th Cross Country, Volleyball, Soccer, Basketball, Softball and Track. 5th Grade Boys and Girls are permitted to participate in their respective sports listed above with exception to Football, Baseball and Softball. 5th grade Boys and Girls interested in participating in Football, Baseball and Softball will be on a case by case basis. SEAS supports and abides by all rules and regulations, as well as the goals set forth by the GHCAA.

The GHCAA's Mission Statement is as follows: The GHCAA is an integral part of the educational mission of the Catholic schools of The Archdiocese of Galveston Houston. The GHCAA is dedicated to fostering human development, within the framework of a Christian environment, encouraging a positive vision in our young men and women through exercise, positive athletic competition, and fully recognizing the dignity of each student in Christ's image. Centered in the Eucharist, the Catholic Schools Office advocates for and supports Catholic Schools in the formation of disciples, educated in faith and intellect, who transform the world through service and evangelization.

The GHCAA's Vision Statement is as follows: As theological leaders centered in the Eucharist, we serve our school communities in their efforts to thrive as effective Catholic schools committed to unceasing growth, academic excellence, and the evangelizing mission of the Church. Our Catholic school graduates reflect the face of God as faithful disciples, active learners, critical thinkers, and effective communicators.

The GHCAA's list of goals is as follows:

- To build a community which strives to image **St. Elizabeth Ann Seton Catholic School**
- To develop Christian spirit, school spirit, team spirit and personal acceptance
- To instill Christian sportsmanship in the lifestyles of the participants
- To show respect to yourself, coaches, administrators, teachers, officials, parents, etc.
- To teach participants proper attitude towards winning, losing and competing with dignity
- To develop an acceptance and appreciation of others
- To train and instruct in athletic rules
- To develop students' physical abilities and coordination
- To help form well-rounded students by fostering good health habits
- To provide a Christian environment and outlet for youthful energy

- To teach the positive value of athletic participation
- To show the necessity of practice, work and management of time These goals are founded upon the principle of the infinite worth of each person because he/she is created in the image and likeness of God.

PARENT COMMUNICATION WITH COACHES

For 2025- 2026 each team will have their own team group messaging depending on the coach's preference and will vary between sports. We ask that each parent participates in the team messaging group in order to stay on top of the most up to date team practice and game schedules. Parents are also asked to have notifications on during the season. The Team messaging group will be always up to date, pictures can be posted & shared with everyone, any documents can be attached, directions and details for away games, and most importantly communication for the entire team will be sent here.

SEAS encourages communication between coaches and parents. However, there is a proper time and place for this to occur. Immediately before, during, or after practice or game is not the appropriate time for a meeting unless a prior agreement has been made with the coach. Parents may contact the coach and set up a time that is convenient for both parties to meet, but it needs to be 24 hours AFTER any event. The focus of such meetings should be on the student's standing on the team and how he or she can improve to be more successful. The focus should not be on comparisons to other players or another player's weaknesses. Coaches are not expected to explain or justify team strategy, or personnel decisions, or accept coaching advice or suggestions from parents. We also ask that you support our entire coaching staff and know that they are doing their best and full-heartedly here for the athletes win or lose.

VOLUNTEERS

As with most Catholic Schools, we depend heavily on the generosity of the parents. Without the donations of time and money from the parent community, our school Purpose would not be achieved. This is true in all areas of the school including athletics. Each season we need many volunteers to ensure that everything runs smoothly. Parents should not expect to help coach unless specifically asked by the head coach or administration. However, there are lots of other opportunities to help support the team. Each coach may need support in different areas. This will be addressed at each team specific pre-season parent

meeting. Volunteers in the Archdiocese of Galveston-Houston are required to complete and maintain CMGConnect Training.

[The CMGConnect online training](#) replaces the former Safe Environment Program (VIRTUS "Protecting God's Children") that was previously offered through our Archdiocese. Individuals are now required to complete all Safe Environment Training online. [Click here for more information and to register.](#)

I. GENERAL INFORMATION

TEAM SELECTION

Try-outs will be held for each middle school sport and are held for all eligible grade levels at the same time. If the try-out date/s are given at least 1 month in advance, then any athlete wanting to try-out for that sport MUST be able to attend all scheduled try-out dates. Please reach out to the SEAS CS Athletic Director and Head Coach if there is a major conflict. Letting the athletic department know a week or less in advance that there is a conflict when dates have been set and posted for weeks prior will not be allowed and at that point if the athlete cannot make the scheduled try-out dates, unfortunately that will mean they cannot play that season.

Selection is based on attitude, ability, skill level, effort, respect, and work ethic. In order for a student to become a member of a team, he or she must participate in every aspect of the tryout administered by the coach. All decisions as to team selections are made at the discretion of the coach and are final.

Depending on the number of athletes trying out will depend on if cuts will have to be made or not. All try-outs are closed to parents and the public. Students in 5th, 6th and 7th grade that make it will be placed on either the C, JV or Varsity team according to the criteria listed above. 8th graders are ONLY allowed to be placed on a Varsity level team or cut.

These are STUDENT- athletes and we expect them to be passing all of their classes, if they are failing in ANY class and/or have any behavior/conduct issues they will be ineligible. The length of time of ineligibility due to behavior/conduct issues will be determined by our Athletic Director and school administration. However, if a student is failing any class when grades

are checked, they will have 2 weeks to get the grade up before the next grade check is done.

Playing time will be determined based on many factors including each athlete's skill and the skill level and size of the opposing team among other factors. Varsity teams will be competitive & playing to win, therefore all players may not have the opportunity to play in every game.

MANDATORY PARENT TEAM MEETING

All coaches for each sport will hold a mandatory parent meeting directly after one of the first few practices of the season. Attendance of at least one parent is mandatory. This requirement must be met prior to the student being allowed to participate in competition as the philosophy of the school and season guidelines are discussed. Students/Parents will be provided with a handout outlining important information on the season & everything that will be discussed in the meeting including fee requirements, transportation information, uniform details, and practice/game schedules.

SCHEDULES

Sports schedules will be distributed as soon as the GHCAA has given out all the schools participating in the particular sport and what division, as well as our athletic department has confirmed dates, times, and location with opposing teams. If the schedule is not available at the time of the mandatory parent meeting, then it will be handed out as soon as possible. In addition to the handout copy of the schedule, it will be posted in the TeamSnap app under the schedule tab, social media posts will be made to help encourage fans to come out, and it will be posted on our school website under Athletics. Changes do occur frequently during the season, so it is highly recommended to turn on notifications from the TeamSnap app as well as check all emails and follow SEAS on social media.

PHYSICAL FORM

Any student who wishes to participate in any of the middle school athletics must have a CURRENT school year form from the GHCAA Pre-Participation Physical

Evaluation 2025–2026-year form on file. The Archdiocese of Galveston-Houston requires that this form be on file and updated each year. Any student who does not have an updated physical form on file will not be allowed to participate in practice or games until the physical is completed and the form returned to the Athletic Department. Form must be fully completed and signed & dated by an active physician.

UNIFORMS

It is important that all uniforms are treated with care as they will be used for future teams. At the end of the season, all issued uniforms and bags must be returned to the athletic department. The student will be responsible for replacing any lost or damaged uniforms that are the result of abuse. If a uniform is not turned in on time, and in good condition, a fee of \$100 will be charged. That student will not be allowed to continue to participate in athletics at SEAS until the fee has been paid.

- The Athletic Department will distribute team uniforms to participating athletes at school. Each coach will go over additional uniform requirements (purchased separately) during the mandatory parent meeting and with the team.
- Underclothing/ compression for shorts/leggings, t-shirts, and long sleeve shirts must be black or white only. All other colors are not acceptable and will not be allowed.

PICTURES

- Team and individual pictures will be scheduled and dates released as part of the sport schedule. Coaches will be consulted and parents notified.
- Cost for pictures is incurred by the athlete/parent. It is not included in the athletic fee nor is purchase required.
- All athletes are required to be present for team pictures, even if you are not purchasing any of the pictures.

FACILITIES

SEAS will provide the necessary practice areas for all sports for the 2025-2026 school year. Locations will be communicated to coaches and parents; however, the majority will be happening on the SEAS campus. Baseball and Softball will also get cages reserved once a week for 1hr/week which will be off campus and communicated to the parents and team with plenty of notice.

PRACTICES AND GAMES

Student athletes are expected to attend all practices, games and meetings called by the coach. If a student is going to miss a practice, game or meeting, the coach must be notified immediately. If an athlete is injured but is passing all classes they are expected to be at all practices and games supporting their teammates from the team bench and learning by watching. Students who miss practices, games or meetings without talking to their coach prior and getting approval will lose playing time in future games. Students may not take care of younger siblings while participating in athletics. Coaches are not responsible for supervising siblings at any time. Siblings should be "in sight" of parents at all times and please be respectful of all facilities and the rules they have.

PICK-UP

Students must be picked up immediately at the practice/game conclusion with definite plans prearranged. A 5-minute grace period for student-athletes will be allowed prior to late fees of \$5.00 per minute being assessed. Students who are enrolled in the BASP, may be dropped off at the library by their Coach.

TRANSPORTATION

All student athletes are responsible for providing their own transportation to and from practices and games. Normal pick-up procedures from school will apply. If student athletes wish to carpool to games or practices that are off campus, arrangements must be made off campus. If a student athlete plans to ride with another parent to/from practice or a game, they must have a signed Sport Transportation Release Form on file with the school and an email to your coach, and front desk of SEAS that states who you will be riding with. This needs to be done before 12:00 pm on that day! Coaches should have visual confirmation that a student athlete is being picked up by a parent or other previously approved source of transportation. Student athletes will not be allowed to wait in front of the school or any other place other than the place that was mentioned.

Dismissal of athletes and the procedure will be given out at each mandatory parent team meeting at the beginning of each season. Parents need to be on time for designated pick-up times from practices or games. The coach may call a parent if the student athlete is not picked up within 5 minutes of the designated pick-up time. A coach is not allowed to leave a student athlete unattended. Please be mindful and considerate. It is always best to be waiting on your student-athlete at dismissal time, then vice versa.

ATHLETIC EARLY RELEASE

For away games that require an early release from school, please use the following Athletic Early Release policy:

- Only the Athletic Department can request an early release for a team event. Please look to team communications and schedule in the Team's messaging group for details regarding early release.
- Only athletes are eligible for athletic early release. **Alternative plans should be made for siblings so they may remain in school the full day.**
- Not all of the away games are considered an early release for athletics- these locations and details will be given to you in the beginning of the season as well as communicated to you at the meeting and on the Team's messaging group.
- Eligible student athletes will receive an 'All Call' for early release from the school intercom, no student-athlete should be released prior to this announcement.
- Athletes will be released to the school's Common area where a coach/Athletic Director will be waiting for them. The athletes will be supervised and dismissed to you at the school's main entrance. Parents are to park along the west parking spaces in front of the pavilion and CLC. This helps to avoid any congestion and traffic building up for all school dismissal at 3:30pm.
- Athletes must check with their teachers BEFORE the day they will have Early Release (for example: your student- athlete has an away game on Wednesday and it is an Athletic Early Release day, your athlete should be communicating with their teacher of the class/es they will miss by Monday prior to that game on any assigned work they may miss and that may be due the next school day or if a test will be given)
- In an effort to support middle school athletes, SEAS has created an academic study hall during lunch. Athletes will be expected to 'check in' the day following an athletic early release with the academic study hall teacher. If the athlete has

already completed make-up work or made arrangements with the teacher to complete their work, they will be released from the academic study hall. If the athlete needs some focused time to complete their work, they will remain in the academic study hall.

CANCELLATION OF PRACTICES/GAMES

Practices or games are not canceled until you receive notification from the Athletic Department/IRIS alert/or phone call from your child. Although not always convenient, the league protocol is to try and play the game on the scheduled day. Every effort will be made to notify the parent/guardian as soon as possible.

WEATHERPOLICY

HEAT INDEX FOR OUTDOORSPORTACTIVITIES (PRIMARILY AUGUST TO MID-OCTOBER)

Outdoor sport activities will not begin if the heat index is above 100 degrees Fahrenheit. The risk of heat exhaustion and heat stroke are considered high until the temperature comes down below the threshold. Practices may be delayed until later in the evening when the heat index drops below 95 degrees Fahrenheit. If over 95 degrees Fahrenheit, mandatory water breaks will be provided every 15 minutes for a minimum of 5 minutes. Athletes may use personal ice-down towels for cooling. Coaches will monitor all athletes carefully and postpone activity as deemed necessary.

THUNDER AND LIGHTNING

Prior to the start of home play, the athletic director and/or coaches will review **St. Elizabeth Ann Seton's** thunder and lightning policy with the officiating squad and opposing team. At the first sound of thunder or a lightning strike at 6 miles or closer, as determined by a lightning strike detector, the officials (umpires and referees) shall suspend the game and clear the field. All coaches, players, referees and spectators are to withdraw from the field and seek proper shelter. If a building is not available everyone should take shelter in vehicles. Avoid convertibles and cars without metal roofs.

Games will not resume for at least 30 minutes after the last sound of thunder or the last detected lightning strike at 6 miles or closer. After 30 minutes without thunder or lightning an "all clear" signal will be given, and games may resume. If thunder is heard or lightning is detected again within that 30-minute time frame all activities will be canceled for that time frame. Any new activities that follow shall have to repeat this same policy.

ACCIDENT/INJURY PROCEDURES

This sports program exists to help children in the development of positive life skills and self-concepts. Our goal is to provide safe practice and playing environments for all participants however, there is always a risk of injury when participating in athletics.

For any injury or accident that requires something other than a cleaning and covering with a bandage, and the parent must seek professional medical assistance, an Accident Report Form must be filled out by the Head Coach and given to the Athletic Director and the Principal. This includes any accidents with siblings that may occur. The school is not held responsible for injuries that occur during practices or games. SEAS provides a limited insurance plan for students participating in athletic activities. However, this is not primary insurance, and it is the responsibility of the parents to provide additional insurance coverage or to pay expenses incurred due to accidents and injuries.

Parents should have stated on their medical form if the child has a pre-existing medical condition (i.e. allergies, medications, anything heart related, physical impairments, etc.). The coach should read through all registration forms and be aware of all players with medical conditions and keep those forms in their team binder with them at practices and games.

A safe playing environment is essential to provide a high-quality recreational sports program. Coaches must inspect the playing area prior to the beginning of any game or practice to look for dangerous materials or hazards. Coaches should report any and all findings or accidents to the athletic department, regardless of the nature. It is our mission to teach the basic skills which young people need to play sports. SEAS will not tolerate any abusive behaviors that may jeopardize a child's well-being.

STATEMENT OF CAUTION

As a condition to participation in team activities, student athletes and their parent/guardian must understand the risks involved. Participation in any athletic activity may involve injury of some type to either yourself or a fellow student athlete. Such injury can include direct physical and possible crippling injury to one's body and the possibility of emotional injury experienced as a result of witnessing or actually inflicting injury to another. The severity of such injury may range from minor to catastrophic injury such as complete paralysis or one's future ability to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life. Activity injuries can result from the incorrect or correct performance of playing techniques used in tryouts, practices, warm-ups, games, drills, exercise and similar undertakings. Injury can also result from failing to follow game, training, safety or other team rules. Injury can result from the use of transportation provided or arranged by the school to and from games and practices. Therefore, the purpose of this caution is to aid you in making an informed decision as to whether you or your child should participate in these activities. In addition, the purpose of this caution is to make you aware about and or inquire of coaches, physicians, advisors, or knowledgeable persons about any concern that you might have at any time regarding the safety of participants.

II. ELIGIBILITY OF STUDENT ATHLETES

SEAS mandates that student-athletes are students first, then athletes. Athletes must be in full attendance at school and at practice. As a member of the team, the team comes first, then the individual. Participation in athletics is a privilege, not a right. Student athletes must earn the privilege of participating through hard work, dedication, desire, and self-discipline. Game time is never guaranteed, it will be earned.

Enrollment: Students must attend **St. Elizabeth Ann Seton** Catholic School. Grade Level Requirements: Students in grades 5, 6, 7, and 8 are eligible to participate in athletics. However, certain sports may not be available to all grade levels due to league or school restrictions. Fifth graders will only be eligible if greater numbers are needed for a particular sport and/or may be required to "play-up" in the 6th grade division .

Financial Obligations: Student-athletes must be in good standing on all financial obligations to the school: tuition, fees, etc. Student-athletes will also be required to pay an athletic fee for each sport in which they participate. Athletic fees are due before each season begins and are non-refundable. The fee for the 2025-2026 school year will vary depending on the sport. Student-athletes who have not turned in their athletic fee will not be issued a uniform until payment is received. If

more time is needed for payment, then an alternate payment date must be arranged with the Business Office before that student may participate in games.

Attendance: Consistent and productive practice is essential for any athletic team to be successful. All team members are expected to attend all mandatory practices and meetings as well as games. If a student-athlete cannot attend a game/tournament/meet, team meeting, or practice for any reason, the coach of that sport must be notified as soon as possible prior to the event. Student-athletes that miss practices and games without prior notification or without valid reason may lose playing time in future games at the coach's discretion.

Participation in another club or intramural sports is not a valid reason to miss a school sport game or practice. If a student-athlete is absent from school, he or she may not participate in athletic events including games or practices on that day. A student-athlete must arrive at school by 10:00am at the latest in order to be eligible to participate in athletics that day. In addition, a student-athlete that leaves school early due to illness may not participate in practices or games on the same day.

Participation in Physical Education Class: If a student-athlete is unable to participate in physical education class due to sickness/injury, coaches will be notified that the student-athlete will not be able to participate in school athletics (practices or games) that afternoon or evening. If the sickness and/or injury keeps the student-athlete from being able to participate for more than 3 consecutive days, then a doctor's note is required with a release date for when the student-athlete is allowed to return.

Student-athlete injury expectations: If a student-athlete is injured and unable to physically participate for any length of time, but is passing all their classes, the student-athlete is **expected** to attend all practices, meetings, and games/tournaments/meets. They are still part of the team and being present is very important. For games they are expected to be on the team bench for the entire game. Please make sure your student-athlete and you are in good communication with the coach/es on the injury and provide all doctor notes on the progress, updates, etc. on the student-athletes injury as well as if there is an expected date the student-athlete will be released and good to go for physical participation again.

The following guidelines will assist students and parents/guardians in recognizing and accepting academic work as a primary responsibility.

To participate in good standing in any school-sponsored extracurricular activities, a student should strive to maintain at both progress reports and report cards (hereinafter, collectively referred to as "reporting periods"), a minimum grade of 70 or above in all subject areas as well as good standings with conduct/behavior in all classes.

The following would make a student athlete ineligible:

- A student who receives a grade of 69 or below in any one subject shall be deemed ineligible for extra-curricular activities.

- A student who receives a U or unsatisfactory in conduct and effort shall be deemed ineligible for extra-curricular activities.

- A student who presents a pattern of disruptive behavior or unacceptable behavior at school and/or during practices/games will meet with the school principal for determination of eligibility status. IF, a student-athletes earns a disciplinary action (for example: in-school suspension, off campus suspension, etc.) from the school, even with it happening in a classroom, your student-athletes coach is also allowed to give a consequence to hold the student-athlete responsible if they feel it is needed.

1. Should a student become ineligible, he/she will be placed on a two-week probationary period. The probationary period shall begin on the day immediately following the reporting period. During this period, an ineligible student will not be allowed to participate in any practices, games, meets, or other school-sponsored extracurricular activities. It is expected that the student uses the two weeks to improve the grade(s) that resulted in the ineligibility. Middle school students may use their academic study hall time to get caught up on work and bring up their grade.

2. For those students who are deemed ineligible, a review of the subject area grades and/or conduct and effort grades shall be made two weeks after the reporting period (herein after referred to as a "grade check"). If the grade(s)/conduct has improved, the student shall be deemed eligible to return to full participation in extracurricular activities. Eligibility shall be resumed on the day immediately following the grade check. If, however, the student is still ineligible after the grade check, he/she will remain ineligible until the next reporting period. If the student is again deemed ineligible at the next reporting period (thus two consecutive reporting

periods), the student will not have the opportunity to regain eligibility via a grade check and will remain ineligible until the next reporting period. Probation/ineligibility is automatically transferred to other activities if a new activity or sport begins during the term of the student's probation/ineligibility.

Note to SEAS Families

We intend to provide guidelines and procedures that serve the best interests of our student-athletes and their families. While some may attempt to interpret the policies in ways that differ from their intended purpose, the overall intent and principles of the handbook must be followed. The administration at SEAS is responsible for making the final decisions in these matters, ensuring that the spirit of the guidelines is respected. We appreciate your continued support as we strive to develop our student-athletes' minds, bodies, and spirits in Jesus' name. Please note that the principal retains the right to amend the Athletics Handbook as needed.

CODE OF ETHICS FOR ATHLETIC COACHES

The function of a coach is to educate students through participation in competitive sports. The GHCAA program should never interfere with opportunities for academic success. Each student should be treated with the utmost respect by the coaches and his or her welfare should always be considered in decisions by the coach at all times. SEAS coaches will:

1. Uphold a high standard of excellence
2. Mentor and model a positive work ethic
3. Teach student athletes to believe in themselves
4. Teach student athletes to trust others
5. Teach student athletes the value of encouragement
6. Teach student athletes how to lose with character and win with dignity
7. Teach student athletes the responsibility of sacrifice for others
8. Teach student athletes to respect authority and rules
9. Teach student athletes the value of unselfishness and teamwork
10. Exemplify the motto of never give up on self and spirit
- 11.

COACHES ETHICS AGREEMENT

The GHCAAA was created to allow the youth in our community to participate in team sports within a positive Christian environment. It exists for children. Coaching in this league is a privilege and each coach has the responsibility to uphold the Ethics that the GHCAA has set forth. I hereby pledge to uphold the Ethics of the GHCAA during my tenure as a coach in this league.

- I will place the spiritual, emotional and physical well-being of all children that I encounter above all else, including my own personal desire to win.
- I will lead my team in prayer before each practice and game and will encourage every child to lead a prayer during the course of the season, if they so desire.
- I will be a positive role model for the children that I coach, leading by example in demonstrating Christian fair play and sportsmanship.
- I will encourage active participation of all players, always remembering the wide range of development and ability within any age group.
- I will be knowledgeable in the rules of the sport that I coach, and I will make every effort to teach these rules to my players
- I will provide a safe and healthy environment for my players. I will do my best to promote self-esteem and the desire to exude strong leadership while teaching the fundamentals of the sport that I coach.
- I will treat all facilities that I attend as I would my own church/school, and will demand the same of my team and their families.
- I will ONLY address officials, opposing team players, parents and coaches in a POSITIVE, RESPECTFUL and ENCOURAGING manner in the spirit of the game.
- I will in no way cause a disruption before, during or after any game that I am coaching. I will walk away from any inappropriate or negative situation, and follow the procedures for dealing with these issues, through the proper channels, with the proper league officials, AFTER I have left the game site.
- I have a plan in place for handling a situation in which my team is winning by a large number of points, and I WILL use my plan.
- I will uphold a drug, alcohol and tobacco-free sports environment for my players, and agree to refrain from the personal use of these substances at all practices and games.

ZERO TOLERANCE POLICY

The GHCAA has adopted a Zero Tolerance Policy for any coach, assistant coach, or spectator who is removed from a game by an official. Any inappropriate conduct on the part of any coach, assistant coach, player, parent, or spectator, before, during, or after any game while on any premise will be subject to removal/suspension for the remaining season of games. All participants in GHCAA activities are expected to abide by the Coaches and Parents Code of Ethics. Failure to do so may result in suspension from future GHCAA games. I have read and will abide by the above Ethics Agreement, as well as the rules, regulations, guidelines and interpretations of the GHCAA. I have read and understand the GHCAA Zero Tolerance Policy.

West Houston Christian Sports Association (WHCSA)

St. Elizabeth Ann Seton Catholic School is a member of the West Houston Christian Sports Association (WHCSA), and participates in the following PreK- 5th grade sports:

- Soccer
- Basketball
- Baseball
- Softball

Refer to the appendix for WHCSA's Rules, Regulations and Guidelines, these guidelines are subject to change on a yearly basis. All participating families in the WHCSA will be provided updated Rules, Regulations and Guidelines upon each sport registration.

Appendix

These guidelines are the basis for which we will begin our season. However, please be advised that these rules are subject to change at any time if there is significant increase of illness within our community, and adjustments must be made to avoid closing gyms and cancelling games

1. Parents, coaches, volunteers, and spectators are asked to assess their own and their child(ren's) health prior to attending any WHCSA game, and not proceed to game if any symptoms of illness are present. (See assessment questions below)
2. Parents will be required to immediately report any illness that presents during time in between any practices or games to the church/school commissioner and league administrator

Thank you for assisting us in bringing the joy of youth sports to our families!
We are here to answer any questions that you may have

Have you experienced any of the following symptoms in the past 48 hours:

- fever or chills
- cough
- shortness of breath or difficulty breathing
- fatigue
- muscle or body aches
- headache
- new loss of taste or smell
- sore throat
- congestion or runny nose
- nausea or vomiting
- diarrhea

Have you or anyone in your family been exposed to someone who has tested positive for Covid-19 in the last 10 days?

Has your child taken any fever reducing medication within the past 24 hours?

If you answered YES to any of the above for your child or any family member planning on attending any WHCSA event, you should not participate in the upcoming event, and must notify your church/school commissioner or league administrator

The WHCSA was created to provide the opportunity for the youth in our community to participate in team sports within a positive Christian environment. It exists for the children. Coaching in this league is a privilege and each coach has the responsibility to uphold the Ethics that the WHCSA has set forth.

I hereby pledge to uphold the Ethics of the WHCSA during my tenure as a coach in this league

- My conduct as a coach must be such as to bring HONOR to myself, my team, my church/school, and the sport of basketball
- I will place the spiritual, emotional and physical well-being of all children that I encounter above all else, including my own personal desire to win
- I fully understand that any disrespectful/angry/intimidating behavior directed towards any child in the league by a coach or assistant coach, is an immediate violation, and will be subject to the Zero Tolerance Policy stated below
- I fully understand that any disrespectful/angry/intimidating behavior by a coach or assistant coach directed towards anyone, while participating in WHCSA programs, is an immediate violation, and will be subject to the Zero Tolerance Policy stated below
- I will lead my team in prayer before each practice and game, and will encourage every child to lead a prayer during the course of the season, if they so desire
- I will be a positive role model for the children that I coach, leading by example in demonstrating Christian love, fair play and sportsmanship
- I will encourage active participation of all players, always remembering the wide range of development and ability within any age group
- I will be knowledgeable in the rules of the sport that I coach, and I will make every effort to teach these rules to my players
- I will provide a safe and healthy environment for my players. I will do my best to promote self-esteem, fun and friendship while teaching the fundamentals of the sport that I coach

- I will treat all facilities that I attend as I would my own church/school, and will demand the same of my team and their families
- I will ONLY address officials, opposing team players, parents and coaches in a POSITIVE, RESPECTFUL and ENCOURAGING manner in the spirit of the game
- I fully understand that the officials are the ultimate authority in the game. I will respect the officials and their authority before, during and after the game, and demand the same of my players. I will not verbally or through gestures question or criticize an official's call or decision, in the presence of the players and spectators even though I may disagree with it
- I will in no way cause a disruption before, during or after any game that I am coaching. I will walk away from any inappropriate or negative situation, and follow the procedures for dealing with these issues, through the proper channels, with the proper league officials, AFTER I have left the game site
- I have a plan in place for handling a situation in which my team is winning by a large number of points, and I WILL use my plan
- I fully understand that the league prohibits teams from using professionals in the sport being coached, whether paid or unpaid, as coaches or consultants for their team before or during the season. (Exception would be the parent of a team member who is a professional in the sport being coached)
- I will remind my team parents that excessive cheering is not permitted, including but not limited to noisemakers, horns, bells, clapboards, drums and confetti. Failure to abide by this policy after warning will result in stoppage of game until items are removed from gymnasium
- I will uphold a drug, alcohol and tobacco-free sports environment for my players, and agree to refrain from the personal use of these substances at all practices and games

ZERO TOLERANCE POLICY

The WHCSA has a Zero Tolerance Policy for any coach, assistant coach, parent or spectator who is removed from a game by an official. Any person removed from a game for any reason shall be suspended for the rest of the season. They will not be allowed to coach or attend games for the remainder of the season. The WHCSA will not entertain any type of appeal regarding the suspension.

Further, any inappropriate conduct on the part of any coach, assistant coach, player, parent, or spectator, before, during, or after any game while on WHCSA premises will be subject to the same Zero Tolerance Policy

as outlined above. All participants in WHCSA activities are expected to abide by the Coaches and Parents Code of Ethics. Failure to do so may result in suspension from future WHCSA games.

I understand and will abide by the above Ethics Agreement, Zero Tolerance Policy as well as the rules, regulations, guidelines and interpretations of the WHCSA

WEST HOUSTON CHRISTIAN SPORTS ASSOCIATION

- My conduct as a parent or spectator must be such as to bring HONOR to myself, my team, my church/school, and the sport of basketball
- I will at all times during my child's sports related activities make his/her spiritual, emotional and physical well-being my number one priority
- I fully understand that any disrespectful/angry/intimidating behavior directed towards any child in the league by a parent or spectator, is an immediate violation, and will be subject to the Zero Tolerance Policy stated below
- I fully understand that any disrespectful/angry/intimidating behavior by a parent/spectator directed towards anyone while participating in WHCSA programs, is an immediate violation, and will be subject to the Zero Tolerance Policy stated below
- I will lead by example in demonstrating Christian love, fair play and sportsmanship to all players, fans, officials, parents and coaches
- I will ONLY address the officials, opposing team players, parents and coaches in a POSITIVE, RESPECTFUL and ENCOURAGING manner, in the spirit of the game
- I will stand behind the coach and assistant coach and support his/her decisions at all times. I will not place the coach in a position to be concerned with my behavior, rather than the game being played
- I fully understand that the officials are the ultimate authority in the game. I will respect the officials and their authority before, during and after the game. I will not verbally or through gestures question or criticize an official's call or decision, in the presence of the players even though I may disagree with it
- I fully understand that excessive cheering is not permitted, including but not limited to noisemakers, horns, bells, clapboards, drums and confetti. Failure to abide by this policy after warning will result in stoppage of game until items are removed from gymnasium

- I will in no way disrupt the game I am attending. I will express concerns regarding any rules or calls only to the proper league officials, through the proper channels, once the game has concluded
- I will remember that the game is for the children, and not for the adults

ZERO TOLERANCE POLICY

The WHCSA has a Zero Tolerance Policy for any coach, assistant coach, parent or spectator who is removed from a game by an official. Any person removed from a game for any reason shall be suspended for the rest of the season. They will not be allowed to coach or attend games for the remainder of the season. The WHCSA will not entertain any type of appeal regarding the suspension.

Further, any inappropriate conduct on the part of any coach, assistant coach, player, parent, or spectator, before, during, or after any game while on WHCSA premises will be subject to the same Zero Tolerance Policy as outlined above. All participants in WHCSA activities are expected to abide by the Coaches and Parents Code of Ethics. Failure to do so may result in suspension from future WHCSA games.

Sport _____

Please **Circle** Season: Fall Winter Spring

Coach Signature _____

Date _____

Print Name _____

Church/School: **St. Elizabeth Ann Seton**