



ATHLETICS HANDBOOK



Divine Savior Academy
— SANTA RITA RANCH —

handbook

2023-2024

ATHLETIC OVERVIEW

Athletic Department Philosophy

The foundation of all interscholastic athletic programs and school activities at Divine Savior Academy is the Word of God. All programs are offered as an opportunity to grow as Christians outside of the academic school setting. All coaches and participants strive to model Christian behaviors and attitudes,

Athletic Department Mission

The mission of our athletic and activity programs is to develop and strengthen our participants' talents and abilities through unique learning opportunities difficult to duplicate in other areas of school life. The purpose of our programs is to develop Christ-like character qualities in our participants such as teamwork, dedication, sportsmanship, humility, and living faith in all situations.

Athletic Department Policies

All policies contained in this handbook have been revised and adopted by the school's executive council in accordance with the rules and regulations of the ACAA (Austin Christian Athletic Association)

Athletic Department Objectives

1. Spiritual Development
 - a. Provide a Christian environment where student athletes can grow in faith.
 - b. Encourage student athletes to let their light shine through great effort and good sportsmanship, properly representing their Savior and doing all to God's glory.
2. Intellectual Development
 - a. Student athletes learn to put school work before their athletic involvement.
 - b. Student athletes learn exercises, skills and rules specific to their sport.
3. Physical Development
 - a. Student athletes learn to respect their bodies as temples of the Holy Spirit.
 - b. Student athletes' discipline and train themselves according to the physical needs of their sport.
 - c. Student athletes will develop strength, stamina, skills, and abilities.
4. Social Development
 - a. Providing an environment where team play, cooperation, and respect for teammates and opponents is a priority.
 - b. Learn self-discipline, service, and humility as attitudes of team play that carry over into life.
 - c. Encourage friendships between teammates as they strive to reach their athletic potential.
 - d. Instill in student athletes the fact that participation in interscholastic athletics is a privilege with accompanying responsibilities.
 - e. Foster in student athletes an attitude that they faithfully commit themselves to all training rules.
5. Emotional Development

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- a. Student athletes learn to cope in a Christian manner with feelings they experience in competition such as winning, losing, anger, trust, jealousy, frustration, etc.
- b. Understand that winning is doing their best with their God-given talents, both individually and collectively.
- c. Develop in the student athlete the sense of satisfaction and joy that comes from using their God-given talents to their fullest.

Athletic Programs

Girls' Sports

Cross Country (4th-8th) - (Fall)

Volleyball (4th-8th) - (Fall)

Basketball(4th-8th) - (Winter)

Track and Field (4th-8th) (Spring)

Co-Ed Soccer (4th-8th) (Spring)

Boys' Sports

Cross Country (4th-8th)- (Fall)

Flag Football - (4th-8th) (Fall)

Basketball - (4th-8th) (Winter)

Track and Field (4th-8th) (Spring)

Co-Ed Soccer(4th-8th) (Spring)

ATHLETIC EXPECTATIONS

Game and Practice Attendance

It should be the goal of every member of a team to be at all practices. Improvement within a team comes from everyone being at each practice and working hard. If an athlete must miss practice for a valid reason, then he/she should inform the coach in person in advance of the missed practice. Unexcused misses should never happen. Injured players are still part of the team and should be in attendance for all practices. Students must attend school for fourth-hour classes to participate in practice that day.

Every member of a team is also expected to be at every scheduled contest. Every athlete is considered an integral part of the team. Everyone contributes to the unified team effort and success. This commitment is necessary for the progress of DSA teams and the consistency of the athletic program. Students must be in attendance for the entire school day to participate in an athletic contest that day.

If emergencies arise, the coach should be contacted as far in advance as possible. This communication is important to make sure every situation can be handled in the best interest of the athlete, family, team, and athletic department. Unexcused absences will likely result in dismissal from the team.

Equipment

Divine Savior will provide all teams and athletes with the proper equipment to be successful. It is the responsibility of the coach and the team members to take care of all school equipment, especially uniforms. Athletes will be held responsible for irresponsibly damaged equipment and lost equipment.

All uniforms will be washed and cared for by the athlete's family during the season. Therefore all uniforms must be washed and cared for according to the directions given by the Athletic Director. All uniforms will be returned to the school following the completion of the season.

Practice Gear and Apparel

Practice wear should be comfortable, allow for movement, and be in good condition. Clothing must be appropriate for a Christian school setting. If an athlete's practice apparel is unacceptable, the coach will ask them to change and the athlete will not be allowed back into practice until apparel is appropriate. If practice gear is issued to team members, they are required to wear that practice gear for all practices. All school-issued practice gear must be returned at the end of the season.

Transportation

All team members are expected to ride with parents to and from all away games together. It must be communicated with the coach as to how your child is getting to and from the away game. We suggest that parents caravan or carpool to away games. This policy is to ensure that all team members arrive at every game away from Divine Savior on time. Departure times will be given to all team members by their coach.

Injuries

All injuries should be reported to coaches immediately. Coaches will determine if the injury requires an assessment from a doctor. If so, the coach will fill out an injury form and hand it to the parent. There must be communication between doctors, parents, and coaches if an injury occurs. If a student goes to a doctor for an injury, they must have a note clearing them to play.

Playing Time

Coaches evaluate athletes daily in order to make playing-time decisions based on an athlete's ability, effort, and attitude. These decisions are not debatable. If you have concerns regarding your child's playing time, schedule a private meeting with your child's coach (see COMMUNICATION).

Sportsmanship

Coaches, spectators, and athletes will show respect at all times to officials, opponents, and spectators of the opposing team. Each one of us has a great opportunity to represent our Savior, our school, and ourselves, especially in an emotional setting like an athletic contest. Though this may be difficult at times, it is vital to let people see us as the Christians we are, showing love and respect to all.

The decisions of game officials are always final and our athletes, parents, and fans should respect their judgments and decisions. Any concerns with the officials will be communicated by the coach.

Dress and Grooming

A neat appearance goes a long way in representing our school. School grooming rules as stated in the school handbook will be strictly enforced by coaches. School uniforms or game uniforms should be worn to and from all games. The coach will determine if athletes will wear school uniforms while traveling to an away game or if athletes will wear game uniforms while traveling to an away game.

ELIGIBILITY

The following eligibility requirements apply to members of athletic teams, student clubs, and student organizations.

To assist students in focusing on their academics and to ensure that they use their gifts to their fullest, the following process is put into place.

- Academic Eligibility (for all students in student organizations, clubs, and athletic teams). Divine Savior requires that a student must not accumulate any cumulative F's or two or more D's at the mid-quarter marking period. If a student does end a mid-quarter marking period with any Fs or multiple Ds, that student will be declared academically ineligible for the marking period. Any student receiving an incomplete is declared academically ineligible until the coursework is completed, at which time their final grades will be reviewed for eligibility status. If the completed coursework and resulting grade meet the requirements listed above, the student will be declared academically eligible for participation in co-curricular activities.
- Academic eligibility/ineligibility lasts for an entire quarter. An academically ineligible student is not allowed to participate in any practice, meeting, game, or performance of any co-curricular or service activity until the end of the next quarter when eligibility has been regained. A student declared academically ineligible after the

fourth quarter will serve his/her ineligibility for co-curricular activities at the beginning of the following year. Co-curricular activities include participation in athletics, Student Council.

ATHLETIC COMMUNICATION PROPER PROCEDURES

Athletic achievement requires sincere commitment from all athletes, parents, and administrators. For all of us to be successful, effective communication must occur. Divine Savior Academy's athletic department and administration believe strongly in being accessible to parents and supportive of the coaching staff. We are continually attempting to improve communication with the students and parents. For our programs to be successful, it is necessary that everyone understand the focus and direction of the programs.

Your Expectations

A. It is reasonable to expect your child's coach to inform you:

1. When and where practices are held.
2. About his/her coaching philosophy.
3. About expectations he/she has for all athletes on the team.
4. What is required to be a member of the team.
5. If your child is injured during participation in a practice or contest.
6. Whenever any disciplinary action results in your son/daughter being denied participation in a practice or contest.

B. It is reasonable for you to expect that your child will receive:

1. Coaching that will focus improvement of skills.
2. Instruction in being a member of a team.
3. Guidance in positive Christian values.
4. Loving discipline when necessary.
5. Open communication on any topic.
6. Care and Christian concern.

C. Typical concerns that are appropriate to discuss with a coach are:

1. Any unhealthy mental or physical strain you detect in your child at home.

2. How you can contribute to your child's skill improvement and development.
3. Any dramatic changes you detect in your child's behavior.

Our Expectations

A. It is inappropriate to discuss with a coach:

1. Playing time.
2. Team strategy or play calling.
3. Other student athletes.

B. Coaches often need parents to tell them:

1. Any specific health concerns about your son/daughter expressed directly and informally to the coach at a mutually convenient time.
2. Notification of any schedule conflicts well in advance.
3. Your commitment to the program, and how you contribute to the program's success. For example, one way is to be sure your son/daughter is at practice each day on time and to supervise your child's nutrition and rest.
4. Strategies that have worked for you in dealing with your son/daughter being successful in the past.

C. If you have a concern to discuss with a coach, what procedure should you follow?

1. Make an appointment with the coach at a mutually convenient time.
2. If the meeting with the coach does not result in resolution to the problem, contact the athletic director to discuss the situation.

MAKE AN IMPRESSION

As athletes, fans and coaches we must always be mindful of the fact that we are representing our Savior and Divine Savior Academy at all co-curricular activities. As ambassadors who publicly represent Divine Savior Academy, we will be identified by the light we let shine. Many times, the only contact that other schools and communities have with DSA is through athletic events and activities. Our appearance, conduct, sportsmanship, and play will leave an impression everywhere we go. This is one way we can show our love for our Savior and let others know why Divine Savior Academy exists.

