

# I. Physical Education and the Athletic Program

## 1. PHYSICAL EDUCATION:

“Student Physical Education” activities will be required of everyone (unless a doctor’s medical excuse directs otherwise).

## 2. PHILOSOPHY OF THE ATHLETIC PROGRAM:

The athletic program at St. John’s is a very worthwhile part of the school’s overall plan for the moral, spiritual, and intellectual education of children. The primary goal of the athletic program, in conjunction with the entire educational program of the school, is to develop young men and women of character who possess and value a strong mind, body and spirit.

### The Athletic Program will:

- a. Provide opportunities for students to participate in a variety of sports throughout the year.
- b. Foster training in conduct, game ethics, and sportsmanship for participants and spectators.
- c. Engender respect for local and Diocesan rules and policies under which the school program is conducted.
- d. Be an integral, well-coordinated part of the school program.
- e. Be based on good sportsmanship.
- f. Assist participants in the development of required physical and sport-specific skills.

## 3. BELIEFS AND GOALS CONCERNING ATHLETICS:

- a. The good of the students is the highest priority.
- b. The dignity, worth, and self-esteem of participants should be carefully respected in all athletic activities.
- c. The most important result of competition is the development of lifelong values and skills.
- d. The athletic program is an integral part of the school experience.
- e. School athletics should be fun and rewarding.
- f. A well-designed athletic program promotes community and school pride.
- g. Open communication and mutual respect among coaches, parents, and athletes provide the foundation of a successful athletic program.
- h. Morale, satisfaction, and performance are enhanced when athletes work together as a team.
- i. Positive parent support and involvement enhance student growth and program quality.

## 4. ATHLETIC CODE OF ETHICS:

### It is the duty of all concerned with school athletics to:

- a. Emphasize the ideals of sportsmanship, ethical conduct and fair play.
- b. Eliminate all possibilities which tend to destroy the best values of the game.
- c. Emphasize the importance of a good Christian attitude toward everyone concerned: teammates, coaches, spectators, officials and opponents.
- d. Show courtesy to visiting teams and officials.
- e. Establish a cordial relationship between visitors and hosts.
- f. Respect the integrity and judgment of sports officials.
- g. Encourage leadership, use of initiative and good judgment.
- h. Recognize that the purpose of athletics is to promote physical, mental, moral, social and emotional well-being.
- i. Remember that an athletic contest is only a game – not a matter of life and death – for player, coach, school officials, fans and community.
- j. Establish player safety and welfare as a number one priority.
- k. Provide proper supervision of students at all times.
- l. Use discretion when criticizing and/or reprimanding players.
- m. Instruct players in the safe use of equipment.

## **5. CHEERLEADING PROGRAM:**

In addition to all that has been said above regarding the other athletic programs, the following guidelines are crucial to a successful Cheer program at St. John's:

- a. Parent supervision and cooperation are vital at all times.
- b. If a supervisor designated by the school is not present, cheerleaders are not allowed to remain on the school premises.
- c. Rules for transportation to games for the cheerleaders are the same as those listed under Transportation Rules for the other sports (cf. #8 below).
- d. All cheerleaders are required to participate in all games. If a cheerleader makes a habit of unexcused absences from games, she will be dropped from the squad.

## **6. ELIGIBILITY:**

In order to represent St. John's School in sports or any other extracurricular activities, a student must maintain at least an overall "C" (73%) average and a "B-" (82%) or better in responsible behavior.

## **7. GUIDELINES FOR SPECTATORS AT ATHLETIC EVENTS:**

- a. Remember that school athletics are learning experiences for students and that mistakes will be made. You would not jeer a student who makes a mistake in the classroom; why is an athlete an exception?
- b. It is a privilege to observe a contest, and license should not be taken to verbally assault others and be generally obnoxious.
- c. Learn the rules of the game, so that you may understand and appreciate why certain situations take place.
- d. Show respect for the opposing players, coaches, spectators, and support groups. Treat them as you would treat a guest in your own home.
- e. Respect the integrity and judgment of game officials. Do not question an official's call.
- f. Recognize and show appreciation for an outstanding play by either team.
- g. Refrain from the use of any controlled substances (alcohol, drugs) before and during games and afterwards on or near the site of the event (i.e. tailgating).
- h. Refrain from cheers which downplay the opponent or which use profane or abusive language.

These guidelines issued by the California Interscholastic Federation are endorsed 100% by the administration of St. John the Baptist School.

## **8. TRANSPORTATION RULES:**

St. John's School asks the parents to provide transportation for athletic events and other special activities. The school depends on the cooperation of parents in this all important matter. The rules for transportation are as follows:

- a. The driver must always be an adult at least 25 years of age with a valid California Driver's License.
- b. Students must go and return in the same car.
- c. The school and its insurance policy insist that cars not be overloaded, and each child must be in his/her own seat belt.
- d. In case of emergency, the School Office or Convent should be notified immediately, and a responsible party should notify the Principal of the names of the students involved so that parents may be contacted.
- e. Physical examinations should be insisted on if injury is suspected, within a reasonable period of time following an accident.
- f. If a parent agrees to drive, it is important that he/she maintains his/her commitment so as to avoid overloading other cars.
- g. Drivers must present their driver's license and proof of insurance for copying in the school office before driving St. John's students.

## **9. GENERAL RULES FOR ATTENDING GAMES:**

The following are the general rules for students and spectators attending games:

- a. No one is permitted to run around the grounds or go to any other playground equipment while attending a game.
- b. Spectators at games should stay in a group in the bleachers near the cheerleaders.
- c. Sometimes games end after dark. Parents must ensure that children are supervised at all times, especially in the parking lot.
- d. Parents picking up their child at St. John's after a game must be ON TIME. For obvious reasons, no student should be left waiting indefinitely for a pick-up, especially in the dark during the winter season. Parents are normally charged a penalty fee for late pick-up if staff are kept waiting.
- e. Sports uniforms should be treated with care.
- f. Going to local food stores while a game is being held at St. John's is absolutely forbidden to any student unless accompanied by one's parent.
- g. At away games, the snack bar may only be used during half time or after games.