SAINT ROSE
CATHOLIC SCHOOL

St. Rose Catholic School 3rd - 8th Grade Athletics Handbook

2026 - 2027

St. Rose Catholic School Athletics Handbook

The St. Rose Catholic School Athletics Handbook is designed to guide parents and students in understanding their responsibilities and the policies that support the educational mission of St. Rose Catholic School. This handbook contains important information regarding the school's standards and administrative operations. *Please note that while the policy statements are written in general terms, the administration reserves the right to make adjustments as circumstances require.* We recommend reading this handbook carefully and keeping it for future reference.

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St. Rose Catholic School Mission and Policies

The St. Rose Catholic School Extracurricular Athletics Handbook is published as a guide for parents and students to understand their responsibilities and obligations, as well as statements of policy and procedure that enhance the educational ministry of St. Rose Catholic School. St. Rose Catholic School standards and administrative operations are included. Policy statements are necessarily general, and *the administration and athletic director reserves the right to adjust as circumstances arise.* Failure to comply with guidelines in this handbook may result in a student becoming ineligible for St. Rose Catholic School's extracurricular athletics

The overall mission behind Saint Rose participation in athletics is to provide a Christ-Centered platform to empower students with skills, knowledge, and attitudes necessary in an ever changing world. Athletics builds and promotes character traits of high value to personal development and success in later life. These include: the drive to take one's talents to the highest level of performance; embracing the habits and discipline needed to reach high standards; learning to work with others as a team in pursuit of a common goal; and adherence to codes of fairness and respect. And most of all give thanks to God for the opportunity to be a part of something that is bigger than us. Love, Kindness, Friendship & Community.

GENERAL POLICIES

CODE OF PARTICIPATION

St. Rose Catholic School will maintain a "no cut" policy for all athletic teams. We encourage each and every child who has a desire to be part of a team to come out and participate.

Upon entering any sport or other co-curricular activity, students agree to participate in accordance with the Code of Participation. The code is enforced commencing with the second week of practice.

- Students are required to attend practice/rehearsal as established for the activity. Absences or tardies may be excused as with classroom attendance. The participant has the obligation to clear these with the teacher or coach.
- Students joining a sport or other co-curricular activity will be given a one week grace period to determine whether they wish to continue with the activity throughout the entire season. The student and/or athlete will not arbitrarily or unilaterally "quit" a sport. After the grace period, the student may drop the sport only after consultation between the student, parent, coach or advisor and principal.
- Students are expected to respect and properly care for all property and/or equipment issued in conjunction with the activity. Team uniforms are the property of the school. Students who negligently lose or cause undue damage to a uniform will be charged for its replacement.
- Students will maintain a satisfactory level of academics and demonstrate satisfactory behavior and citizenship.

Also included in the Code of Participation are the coaches' expectations:

- Be at each practice on time and ready to work.
- Do what your coaches ask of you.
- Give your personal best for the entire practice time.
- Follow all school rules and be a leader of character.

Eligibility

Students on an extracurricular sports team must maintain a minimum 2.0 grade point average, have fulfilled the previous quarter's requirement for service hours, and not have an "F" in any class. Athletes must learn to balance their challenging academic environment with team activities. They must plan accordingly and remember that their academic education comes first. Students are placed on academic probation if they receive grades below a 2.0-grade point average for the previous grading period. Students in this category will not be allowed to participate (play or practice) in any St. Rose School athletic event for the following two weeks. At the end of the two weeks, the student's grade will be checked to see if he or she may resume St. Rose Catholic School's extracurricular athletic activities.

Every eligible middle school student has access to extracurricular programs which develop a personal connection to his or her school through activities that promote participation, interaction, sportsmanship, and competition. Coaches shall develop the skills of all the team members so they can participate as often as his/her skills will allow. Each team member must know they can make a valuable contribution to the team. All eligible student-athletes will:

- Be given transportation to and from athletic events via private vehicles.
- Have access to uniforms which will be distributed and collected by the athletic director.
- Attend mandatory practices. Playing time may correlate to practice attendance, effort, and what is in the best interest of the team. Practices and games are held a minimum of two times a week. The coaches will designate specific times and locations.
- Have access to game schedules which will be handed out before the season. The game schedule is subject to change.
- If multiple teams are possible, St. Rose Catholic School will generally follow the guidelines listed below:
    - Middle School:
        - "A Team": All 8th grade students and
        - 7th grade students (based on ability)
        - "B Team": All 6th grade (5th in some conditions) students and 7th grade students (based on ability)
    - Elementary:

- “A Team”: All 5th grade students
- “B Team”: All 4th grade students

Sports Offered

St. Rose Catholic School extracurricular athletics opportunities that are offered to 4th - 8th grade St. Rose Catholic School Students include:

- Fall: Coed Flag Football (6 - 8), Girls Volleyball (6 - 8), Coed Cross Country (4 - 8)
- Winter: Girls Basketball (6 - 8), Boys Basketball (6 - 8), Coed Soccer (4 - 5)
- Spring: Boys Volleyball (6 - 8), Coed Soccer (6 - 8), Coed Basketball (4 - 5)

Students’ families will be billed $80.00 (M.S) and $50.00 (Elementary) per student/sport to offset the cost of game officials and associate costs.

* Additional sports may be offered depending on interest levels.

Coast Valley Prep League (CVPL)

Student-athletes must represent themselves and their school and the communities of Paso Robles, San Miguel, Shandon, Creston, Templeton, and Atascadero. St. Rose Catholic School faculty and staff expect its student-athletes to conduct themselves positively and appropriately for our school. Uniforms are expected to be clean and in good condition, and respect must be shown to all referees, other athletes, and attendees at any game.

St. Rose Catholic School is a member of the Coast Valley Prep League (CVPL). Most seasons generally run about 8-10 weeks, with most practices and games being held on Monday through Thursday of every week. Occasionally there is a Friday or weekend tournament offered to our programs

CVPL Participating Schools

St. Rose Catholic School	SLO Classical Academy	Lillian Larsen
Coastal Christian	Solid Rock	Brookside
Cayucos	Trinity Lutheran	Wishing Well
Santa Lucia	Shandon	Almond Acres
Bradley	Civitas (Homeschool)	

Code of Conduct

Student-Athletes

Student-Athletes must serve as a positive example by exercising self-control and good sportsmanship while seriously accepting the responsibility and privilege of representing St. Rose Catholic School and the community. Student-athletes must take care of the facilities used when playing at a host school and must not steal, damage facilities or equipment, or leave graffiti on walls, lockers, etc. In the eyes of the host school, St. Rose Catholic School student-athletes are St. Rose Catholic School.Student-athletes should:

- Always shake hands with the opponents after a game, whether you win or lose.
- Accept both victories and defeat with humility and compassion.
- Never “cheer” when an opponent is hurt, nor “taunt” an opponent for a mistake or failure.
- Offer a hand to help a fallen opponent up off the floor or field.
- Never “rub it in” when your team is ahead during or at the end of a game.
- Not respond to unsportsmanlike conduct on the part of the opponents or spectators.
- Be a good host or guest to your opponents. Treat them as you would wish to be treated. Be respectful during the playing of the national anthem, pre-game ceremonies, half-time activities, and post-game activities.
- Exhibit the highest degree of good sportsmanship at events. Follow the directions of coaches and athletic directors. Avoid any provocative activity from the visiting school’s rooting section. Students involved in unauthorized activity at athletic events will be subject to disciplinary action.
- Use only announcements and posters to promote school spirit and good sportsmanship at events.

Parents

As with St. Rose Catholic School student-athletes, parents represent St. Rose Catholic School. Parents are expected to:

- Insist that your sons and daughters adhere to the highest standards of good sportsmanship on or off the playing field as athletes or spectators.
- Ensure your child understands that, win or lose, you love them, and be realistic about your child’s athletic ability when helping them set goals.
- Not place a burden on children to win games. Youth sports aim to develop physical, mental, and social skills. Provide positive support for all players on all teams. Emphasize “improved” performance above winning.
- Support the school athletic program through participation in “booster” clubs, transportation to away games, and attendance at athletic events.
- Adhere to the rules and regulations the St. Rose Catholic School athletic director and coaches set forth.
- Respect officials’ decisions and teach children to do likewise. Never argue with an official. Only a captain or coach should approach the official during a break or after the competition. Control emotions at games and events, even in the heat of battle.

- Support efforts to remove verbal and physical abuse from sporting activities. Support efforts to provide an environment free from drugs, tobacco, and alcohol.
- Above all, provide “adult” examples of good sportsmanship to all your people, players or spectators.

Parent/Coach Communication Expectations

Coaches are educators first and foremost. Coaches are educators who make decisions based on what they believe to be the best for all student-athletes and the educational goals of Saint Rose Catholic School. Clear communication is essential to a partnership between coaches, student-athletes, and parents.

Communication parents should expect from coaches include:

- Philosophy of the coach.
- Expectations and goals the coach has for your son or daughter and the team.
- Location and times of all events.
- Team requirements, special equipment, off-season programs, etc.
- Team expectations, guidelines, and consequences for infractions

Communication coaches expect from parents include:

- Concerns were expressed directly to the coach.
- Notification of any schedule conflicts in advance.
- Notification of any illness or injury promptly.

Game rosters, practice squads, playing time, and positioning shall remain at the discretion of the coaching staff, following thoughtful evaluation of all eligible student-athletes’ skill level, readiness, and team needs. Should a parent or guardian have concerns regarding placement or playing time, a meeting with the coaching staff and Athletic Director is advised. Certain concerns are appropriate to discuss with your son’s or daughter’s coach. Other areas must be left to the coach’s discretion and are not appropriate to discuss. Some situations may require a conference between coach and player or coach and parent. These conferences are encouraged as long as the subject is appropriate. All parties involved must have a clear understanding of the other’s position. Clear communication between parents and coaches can help both realize the positive experiences that can be gained from participation in athletics.

Appropriate subjects to discuss with coaches include, but are not limited to:

- A coach’s interaction with your child.
- Ways to help your child improve their athletic skills
- Concerns about your child’s interaction with others.

Inappropriate subjects to discuss with coaches include, but are not limited to:

- Team strategy.
- Play calling.
- Other student-athletes.

If you have any concerns to discuss with a coach, please adhere to the following procedures:

- Politely ask the coach to set up a future meeting or call the school and ask for the coach's extension.
- Request a time to meet with the coach.
- If the coach cannot be reached or is not able to return the call promptly, contact the Athletic Director and make your request to meet with the coach.

Please do not attempt to confront a coach before or after a contest or a practice.
These can be emotional times for the parent, the athlete, and the coach. Meetings of this nature usually do not promote positive resolution.
If a meeting with the coach does not provide a satisfactory resolution:

- Call or email the Athletic Director for guidance regarding the next step.
- Call or email the Principal of the school.

UNIFORM POLICY

Uniforms and athletic equipment assigned to an athlete are the sole responsibility of the athlete. Thank you in advance for keeping our athletic uniforms in good condition and helping control the costs of providing a fun and competitive athletic program. It is expected that:

- Uniforms and equipment will be worn for school sports events only.
- Uniforms will be cared for and cleaned regularly.

When returning uniforms and equipment at the end of the season, it is expected that:

- All uniforms and equipment will be returned in good condition (the condition received) within 5 school days of the conclusion of the season.
- All uniforms will be laundered before returning to the coach.
- Uniforms will be returned in a bag clearly labeled with the athlete's name, sport, and uniform number.
- The athlete/parent is responsible for the replacement cost of any lost or damaged uniforms and equipment.
- Students will not be allowed to participate in the next season until the uniform and equipment have been returned or paid for. *Approximate* replacement costs for damaged or lost uniforms and equipment are as follows:

MS Volleyball	MS Basketball	MS Soccer	MS Flag football
Jersey $60	Jersey $60	Jersey $60	Jersey $60

Elementary XC	Elementary Soccer	Elementary BB

Jersey $35	Jersey $35	Jersey $35

Activity Restrictions During Poor Air Episodes

The following restrictions have been designed to accompany the San Joaquin Valley Air Pollution Control District's Real-Time Outdoor Activity Risk levels (ROAR).

These guidelines should be followed for **all** students when ***two consecutive hourly readings*** from ROAR rise to Level 4 (Red, Unhealthy); and for students diagnosed with asthma, heart conditions or other respiratory ailments (on the nurse's list) when the ROAR reading is Level 3 (Orange, Unhealthy for Sensitive Groups) for two consecutive hours. Students with asthma, heart conditions or other respiratory ailments should not participate in outdoor activities (other than recess) when air quality deteriorates into ROAR Level 4 (Red, Unhealthy) for two consecutive hourly readings.

Type of Student	Level Three (Orange)	Level Four (Red)
Students with known medical condition	Restricted Activities Listed Below	Cannot Participate in Outdoor Activities

The following restrictions are outlined by sport/activity:

Volleyball, Flag Football, Cross Country, Soccer and Basketball: Games can be held as scheduled, and restrictions apply to practices: No wind sprints, running the mile, prolonged conditioning (don't exceed 8 minutes of strenuous activity), *Examples of acceptable activities would include: stretching exercises, short games, short runs, fundamental skill building, throws and jumps practices*

When the ROAR moves into Level 5 ("Purple", Very Unhealthy) for *two consecutive readings* no students should participate in outdoor activities.

http://healthyairliving.com/media/1046/roar-schools-2017.pdf

Heatstroke, Heat Exhaustion, & Cardiac Arrest

It is essential that coaches and trainers know the signs of heat exhaustion and heatstroke.

The chart below should be reviewed frequently during the season when and training hazards that accompany it are rare in the spotlight. It is recommended that short water breaks be scheduled every 15 to 25 minutes.

	HEATSTROKE	***HEAT EXHAUSTION***
FACE	Red and flushed	Pale
SKIN	Hot and dry	Moist
TEMPERATURE	Extremely high	Normal
PULSE	Strong and rapid	Weak and rapid

HEATSTROKE

Heatstroke is caused by high body temperature, salt loss, and dehydration. The body's mechanisms for dissipating heat will have stopped working and a tremendous increase in body temperature will occur rapidly. Heatstroke is a medical emergency and must be treated as a life-threatening situation. The signs and symptoms of heatstroke are as follows: dizziness, physical weakness, confusion, euphoria, unconsciousness and exceedingly high temperature. Skin will be hot to the touch, flushed, and extremely dry. Pulse rate will be strong and rapid.

HEATSTROKE FIRST AID PROCEDURES

Coaches must review first aid treatment with the Athletic Director before the season starts. Because heatstroke is caused by the body's acute inability to lose heat rapidly, the following steps must be taken immediately:

1. Make immediate arrangements to have the athlete transported to the nearest medical facility. Severe neurological, circulatory, and hepatic (liver) conditions may occur if quick and definitive medical attention is not sought.
2. Remove all clothing and pads and place the athlete in the coolest available place.
3. Cool the athlete's body by any means possible. Many physicians recommend placing the victim in an ice bath. Any method, however, that would help lower the body temperature (cold water, chemical cooling packs, ice rubbed vigorously over the body) would suffice.
4. If the patient can cooperate, give cold drinks to aid in heat loss.

HEAT EXHAUSTION

Heat exhaustion is sometimes difficult to recognize. Its symptoms generally are less severe than those of heatstroke and vital signs may even appear normal. Coaches should look for the following signs to determine if the victim is suffering from heat exhaustion:

1. The victim may experience progressive weakness, inability to work, and loss of appetite.
2. The skin is usually moist and clammy and may be pale or ashen gray.
3. The pupils may be dilated, and the pulse may be weak and slightly more rapid than normal (less than 100).
4. The victim is usually conscious, but it is not uncommon for fainting to occur.
5. The victim may be suffering from muscle cramps.

HEAT EXHAUSTION FIRST AID PROCEDURES

Heat exhaustion is an emergency situation, but it usually is not life-threatening. The following first aid steps should be followed:

1. The athlete should lie in the coolest available place and be given cool drinks.
2. Encourage the athlete to drink as much as possible.
3. Remove excess clothing and rub the athlete's body with a cool, wet cloth.
4. The athlete should be instructed to stay out of the heat for the rest of the day and be taken to a hospital in case of other complications.

CARDIAC ARREST

Potential Indicators of SCA. * Fainting or seizure especially during or right after exercise. * Fainting repeatedly or with excitement or startle. * Excessive shortness of breath during exercise. *Racing or fluttering heart palpitations or irregular heartbeat. * Repeated dizziness or lightheadedness. * Chest pain or discomfort with exercise. * Excessive, unexpected fatigue during or after exercise.

Certified coaches are empowered to remove from play a student who exhibits fainting, which is the number one sign of a potential heart condition. A student-athlete who has been removed from play with **SCA** or a **concussion** may not return to play until he/she has been evaluated and cleared by a licensed health care provider.

- Saint Rose has onsite defibrillators in the gym as well as in the school hallways.

CONCUSSION PROCEDURES

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed healthcare provider trained in the evaluation and management of concussions and receives written clearance to return to play from that healthcare provider.

Practice and Game Day Protocols

Every effort is made to schedule practices and games on weekdays and outside of school academic hours. Oftentimes, student-athletes may need to be dismissed from school early or may have time between the end of school and the beginning of practice or the start of a game.

Early Release for Away Games

Students may be released from school early to attend away games. The coach or athletic director will set the early release time and communicate this with school officials. Students are not excused from missed work; they must make up missed work in accordance with the guidelines set for in the St. Rose Catholic School Parent Handbook.

Practices

Student-athletes are expected to attend all practices. Student-athletes or parents are expected to notify coaches before any missed practices.
Practices begin at 3:30. Between the end of school and the beginning of practice, students may:

- Attend middle school staff tutoring sessions.
- Attend a study hall located in the school library.
- Leave campus with parent or parent-approved contact as listed on FACTS.

Students may not wait for practice on the field, in the parish hall, or in the courtyard unless with their coach or faculty member. Students attending middle school staff tutoring sessions, study hall, or extended care must adhere to St. Rose Catholic School SLEs and behavioral expectations. Failure to do so will result in disciplinary action in accordance with school policy and may result in loss of privileges of utilizing these school offerings and may result in dismissal from the team.

For practices that begin after 3:30, the coach or athletic director will communicate expectations and requirements for students until the beginning of practice. Any students not picked up within five minutes of the end of practice will be admitted to extended care (extended care fees apply).

Games

Student-athletes are expected to attend all games and support other student-athletes during their games. Student-athletes or parents are expected to notify coaches before any missed games.

Home and away games may begin and end at a variety of times. Between the end of school and the beginning of the coach/athlete game day meeting time, students may:

- Attend middle school staff tutoring sessions.
- Attend study hall in the school library.
- Leave campus with a parent or parent-approved contact as listed on FACTS.

Students may not wait for games on the field, in the parish hall, or wait in the courtyard unless with their coach or faculty member. Students attending middle school staff tutoring sessions, study hall, or extended care must adhere to St. Rose Catholic School SLEs and behavioral expectations. Failure to do so will result in disciplinary action in accordance with school policy. It may result in the loss of privileges of utilizing these school offerings and may result in dismissal from the team.

For pre-game sessions beginning after 3:30 or the coach-specified meeting time, the coach or athletic director will communicate expectations and requirements for students until the beginning of this time. Any students not picked up within five minutes of the end of the game will be admitted to extended care (extended care fees apply).

SPORTS BY-LAWS

VOLLEYBALL Volleyball Rules

FLAG FOOTBALL CVPL - Flag Football Rules

BASKETBALL CVPL Basketball Rules Revised 11-17

SOCCER CVPL Soccer Rules.docx

CROSS COUNTRY **CROSS COUNTRY RULES**

ADMISSION TO GAMES

Flag Football
All Students: $ 2.00
General Admission: $ 5.00
Children Under 5: $ Free
Senior Citizens: $ 2.00
Volleyball
All Students: $ 2.00
General Admission: $ 5.00
Children Under 5: $ Free
Senior Citizens: $ 2.00
Basketball
All Students: $ 2.00
General Admission: $ 5.00
Children Under 5: $ Free
Senior Citizens: $ 2.00
Soccer
All Students: $ 2.00
General Admission: $ 5.00
Children Under 5: $ Free
Senior Citizens: $ 2.00
Elementary Games:
Free

Policy statements are necessarily general, and the administration reserves the right to adjust as circumstances arise. Please check the website for the most up to date version.

St. Rose Catholic School Athletic Handbook

ATHLETIC HANDBOOK AGREEMENT 2026 - 2027

In order to continue hosting home games and to ensure the safety and smooth operation of all athletic events, it is required that each athlete's parent/guardian agrees to support the team by participating in either gate duty (collecting entry fees and welcoming families) or operating the snack bar, if desired by the team.

As a part of this agreement we as parents/guardians acknowledge:

1. A **parent/guardian must be present at the front gate** at all times to assist with entry and ensure safety for all.
2. The presence is considered a **safety requirement**, as it helps monitor who is entering and exiting the facility.
3. **Failure to provide gate entry coverage** may result in the inability to host future home games.
4. A sign up schedule will be created and shared in advance of each season. Families will be expected to take at least one shift per season.

By signing below, we agree to actively participate and support our team in this essential way, helping maintain a safe, organized, and enjoyable experience for all athletes, coaches and families.

We have read the St. Rose Catholic Extracurricular Athletics Handbook and discussed it as a family. We agree to abide by the rules, regulations, and policies outlined in this handbook.

PLEASE PRINT STUDENT NAME (S):

_____

SIGNATURES:

Parent / Guardian signature: _____ Date:_____

Student/s signature: _____ Date:_____

PLEASE RETURN THIS FORM TO YOUR CHILD'S COACH OR ATHLETIC DIRECTOR BY THE FIRST SCHEDULED GAME. STUDENT-ATHLETES WILL NOT BE ABLE TO PARTICIPATE IN GAMES UNTIL THE SCHOOL HAS RECEIVED THIS DOCUMENT