



ST. JOSEPH SCHOOL

Athletic Handbook 2023-2024

502 Front Street, Conway, AR 72032
www.stjosephconway.org

DIRECTOR OF ATHLETICS AND COACHES

Director of Athletics	Coach Luke Davis '01
Baseball	Head Coach: Luke Davis '01 Assistant Coach: Brent Bruich, Chad Longing
Basketball	Girls Head Coach: Austin Neumeier Girls Assistant Coach: Andrew Beck '13 Boys Head Coach: Andrew Beck '13 Boys Assistant Coach: Austin Neumeier
Bowling	Head Coach: Jeremy Elsinger '08 Assistant Coach:
Cross Country	Head Coach: Larry Trussell Assistant Coach:
Golf	Head Coach: Mike Prall / Austin Neumeier Assistant Coach: Lindell Atkinson Assistant Coach: Brent Breeding
Quiz Bowl	Coach: Shade Gilbert
Soccer	Girls Head Coach: Kevin Rittman Girls Assistant Coach: Brooke Rittman '13 Boys Head Coach: Nathan McCrary Boys Assistant Coach:
Softball	Head Coach: Austin Neumeier Assistant Coach:
Spirit (Cheerleading)	Coach: Audrey Elsinger Coach: Kim Nutt
Volleyball	Head Coach: Luke Davis '01 Assistant Coach: Jessica Strack

ATHLETICS

One of the goals of Catholic education is to form Christian's firm in their faith. This faith should be evident to anyone who sees a St. Joseph School student, fan or teacher. In athletic contests, we are highly visible and our will to win should not take away from Christian values. St. Joseph School should always be represented by each student-athlete and each adult in the highest possible manner.

St. Joseph School is a member of the Arkansas Activities Association (AAA) and follows the constitution and bylaws and eligibility rules as stated in the AAA official handbook. St. Joseph School offers competitive sports and selection of teams and managers are at the discretion of the St. Joseph School coaches.

REQUIREMENTS FOR ATHLETIC PARTICIPATION

In order to participate in athletics, a student-athlete must maintain a cumulative "C" average with no F's in any course and conduct grades no lower than a "3" at the end of each quarter. If any mid-term grade is an F, the student-athlete will be suspended from all athletic activities until the quarter ends. If at the end of the quarter, the grade is above an F, the student may resume all athletic activities. If at any quarter term a student-athlete has an F, in any class, the student is suspended from all sport activities for next quarter. If at the next quarter the grade has improved above an F and a "C" average is maintained, the student may begin athletic events again. Any "4" in conduct is an automatic suspension for 9 weeks. If, at semester, the student-athlete has less than a 2.0, the student-athlete will be dismissed from athletics.

STUDENT-ATHLETE EXPECTATIONS

Your membership on a St Joseph School athletics team is considered a privilege, not a right. You are expected to demonstrate good sportsmanship, honesty, and integrity while abiding by the Student-Athlete Code of Conduct at all times.

As a St. Joseph School student-athlete, you are among the most visible students on campus as well as in the community. This platform brings with it a whole set of privileges and responsibilities. Every student-athlete is expected to abide by the school's rules and regulations and the constitution and bylaws as stated in the Arkansas Activities Association (AAA) official handbook.

You have a responsibility as an enrolled student-athlete to adhere to the team rules as provided by the head coach and the athletic department. These rules are important because they have the potential to affect your status as a student-athlete. Remember, that by signing the handbook acknowledgement, you are bound by all rules and regulations set forth in this handbook.

Student-athletes are expected to follow all rules as outlined in the St. Joseph School Student/Parent Handbook.

It is the responsibility of the student-athlete to make arrangements for any coursework or exams that may be due on a day that teams have early dismissals from class. Student-athletes should be making

arrangements with their teachers in advance. Early dismissals for athletic events are not an excuse to miss exams or turn in coursework late, unless prior arrangements have been made. As a student-athlete, you must plan your schedule so that you give sufficient time and energy to your studies.

St. Joseph School student-athletes are representatives/ambassadors of St. Joseph School. St. Joseph School student-athletes participating in summer sport activities sponsored by St. Joseph School will abide by the hair and facial hair dress policy.

St. Joseph School student-athletes will uphold the highest security when it comes to social media, refraining from posting anything that can make their teammates, coaches, or school look bad to the larger community. Cyberbullying, heckling, or inciting a war of words with another school or someone at St. Joseph School is absolutely not tolerated. Using social media in this fashion can lead to discipline from the school and/or suspension or removal from the team as warranted.

ATHLETIC ATTENDANCE

Understand that your participation in athletics comes before social activities. This means that your participation in athletics will oftentimes mean sacrificing some sort of social engagement. Also, St. Joseph School sports have priority over any other sport or club team you are involved with. A firm and lasting commitment to attend all practices and games is expected from all student-athletes that choose to participate. Failure to remain committed may result in dismissal from the team.

****As a school with few student athletes and many sports, we as coaches are trying to find the best answer for sharing players during concurrent seasons. To help in clarification, all student athletes that are participating in concurrent sports will have to declare their 1st priority sport. If at any time there is a conflict between the sports, the students will participate in the 1st priority sport.

Each Athletic season is defined by- Mandatory Practice starts 4 weeks before the first scheduled athletic event and finishes the day after the last scheduled or tournament game. If there are seasons that overlap, the first calendar season takes priority until that season ends.

Practice for all sports is pivotal in the development of individual players as well as teams. Coaches may have more specific or varied guidelines as far as discipline is concerned. As always, student-athletes and parents should communicate to the head coach when circumstances arise that may affect being at practices or games. If a coach is unaware, it is hard for them to be flexible. The following is a **general guideline** to which all coaches may adhere, although each coach can set their own policies:

Missing Practices during Mandatory Season-

- Missing a practice for an unexcused reason (1st time) can result in sitting out for part or all of an athletic competition.
- Missing a second practice for an unexcused reason can result in sitting out for part or all of up to two athletic competitions.
- Missing a third practice for an unexcused reason will result in sitting out for all of up to three athletic competitions.

- Missing a fourth practice for an unexcused reason will result in up to a six-game suspension and possible dismissal from the team.

(Excused reasons include, but are not limited to, academic tutoring, family emergencies, spiritual obligations and illness. Unexcused reasons, include but are not limited to, serving a detention, having a lot of homework, social engagements.)

- Missing a game for an unexcused reason (1st time) can result in a suspension from games OR removal from the team.

SCHOOL ATTENDANCE

As a student-athlete you must be present in school the day of any athletic activities (practice or games) to participate. Potential exceptions: permitted school absences, field trips, school responsibilities, documented medical action, funerals, etc...

As a student-athlete you must be at school by 9:00 AM, again with the same exceptions as above. Any medical action must have a doctor's note from the medical office.

As a student-athlete you may not leave school before the day has ended, again with the same exceptions as above.

Student-athletes with excessive tardies (excused or unexcused) may be forced to sit out from athletics at the Director of Athletics discretion in order to receive tutoring or make-up work from school.

ATHLETIC AWARDS

Fall sports awards (Volleyball, Golf, Cross Country) will be awarded during the basketball Purple and Gold Games. Seniors will receive all Winter and Spring (Basketball, Cheer, Bowling, Quiz Bowl, Baseball, Softball, Soccer) athletic awards during the senior banquet at the end of the school year. Students in grades 7-11 will receive their Winter and Spring athletic awards during the academic awards assembly for grades 7-11 at the end of the academic school year.

Letter jackets are purchased by student-athletes.

Seniors will receive a sports banner provided by the Booster Club for all the sports they participate in for a minimum of three high school years (Sophomore, Junior, Senior). The banner will be hung in the Family Activity Center gym for their senior year.

Parents of senior student-athletes will be recognized in each sport.

CLASSROOM BEHAVIOR

St. Joseph School student-athletes are expected to have exemplary performance and behavior in the classroom. Again, your participation in athletics is a privilege, not a right. It is a privilege given to those

who can handle the academic responsibilities that come before being a student-athlete. It is given to those students that can conduct themselves like mature and responsible students in the classroom. Failure to meet academic requirements will result in dismissal from the team. Misconduct in the classroom, depending on the severity of the misconduct, will have a number of different consequences. Consequences for inappropriate behavior include, but are not limited to, sitting out for part of or an entire athletic competition, suspension from the team (no practices or games), or dismissal from the team. This is in addition to any administrative consequences.

Reports by any teachers of inappropriate behavior will be handled by the administration first, and then will be forwarded to the Director of Athletics and appropriate coaches.

FUNDRAISERS (ATHLETIC)

Any fundraisers to benefit the athletic program at St. Joseph School must be approved by the St. Joseph School Board first and then the St. Joseph School Athletic Booster Club Board. All fundraisers must benefit the total athletic program.

INSURANCE

It is the responsibility of the parent to secure insurance to cover injuries incurred by student-athletes during participation in and travel to and from athletic events. Proof of insurance coverage must be submitted at the beginning of the school year. Parents may also purchase the supplemental insurance offered through the school.

PHYSICAL EXAMINATION (REQUIRED)

All student-athletes, 4th grade - 12th grade, must pass a physical examination and have all AAA paperwork loaded to the AAA mandated website DragonFly(<https://www.dragonflymax.com/academy/parents>) before any practice or activity can begin.

SUBSTANCE ABUSE

The possession, use, or distribution of illegal drugs or alcoholic beverages is not permitted in the school, on the school grounds, or at any student function.

- If any student brings to school or has in his/her possession any drug or alcohol during school hours or at any school function, regardless of time or place, he/she is liable for suspension and/or expulsion. (Ark. Code Ann. §6-21-608)
- Return to school will be contingent upon the student being actively involved in professional counseling and/or therapy if chemical dependency is evident.
- A second offense will result in automatic expulsion.

The possession, use, or distribution of electronic cigarettes, tobacco, or vaporizers is not permitted in the school, on the school grounds, or at any student function.

- If any student brings to school or has in his/her possession any electronic cigarettes, tobacco, or vaporizers during school hours or at any school function, regardless of time or place, he/she is liable for suspension and/or expulsion.
- A second offense will result in automatic expulsion.

TEAM TRIPS

Student-athletes must travel to all away sporting events with school transportation. The only exception to this rule would be extreme extenuating circumstances at the coaches discretion. Student-athletes may ride home from an athletic event with a parent or adult approved by parent/guardian (21 years of age). Prior to leaving for the athletic event, parents must sign the sign out sheet or submit written notice for another adult to bring the student-athlete home before you leave the St. Joseph School parking lot for the away game. The parent or approved adult must sign a list provided by the coach at the athletic event.

When participation in an athletic event requires an overnight stay, each student-athlete and manager will pay \$20.00 for the first night to the St. Joseph School Athletic Booster Club and the St. Joseph School Athletic Booster Club will pay for any remaining nights. Student-athletes are finally responsible for any room or facility damages accrued at the place of overnight stay. The individual participants will be responsible for the cost of meals. All student athletes will stay at the designated hotel assigned by the coach or athletic director. They will stay with their team at all times. Any student athlete that leaves the supervision of the Coach or designated chaperone faces the possibility of expulsion from the team.

UNIFORMS

The Booster Club pays for the uniforms for individual sports as follows: baseball, basketball, bowling, cheerleading (tops/bottoms property of the St. Joseph School Athletic Booster Club), cross country, soccer, softball, volleyball. Players pay for extra accessories.

Each athlete is responsible for purchasing his/her own socks and shoes. Coaches will keep additional accessories to a minimum in consideration of the financial burden placed on parents. Purchase of any equipment or additional accessories must be approved by the Director of Athletics

Uniforms will be turned in at the end of the athletic season. A student-athlete is financially responsible for all equipment checked out to him/her. The cost of destroyed/lost equipment will be the replacement costs.

UNSPORTSMANLIKE CONDUCT

St. Joseph School student-athletes are expected to display sportsmanship at all times on and off the playing field. Acting in unsportsmanlike manner at any time before, during, or after a game or practice under any circumstance will have a consequence ranging from dismissal from a portion of a game to being dismissed from the team. Cases of unsportsmanlike conduct will be handled on a case by case basis.

Consequences will be decided by the Director of Athletics, the coach of the student-athlete, and will be in addition to any consequence mandated by the AAA.

Serious disciplinary infractions, such as getting suspended or being ejected from an athletic competition will result in sitting out of at least the next game and/or competition and potentially result in dismissal from the team. Any punishment handed down by the AAA for unsportsmanlike conduct will be coupled with disciplinary action taken by the school as well. Any fines assessed to the school because of the behavior of the student athlete will be the responsibility of the student-athlete and his/her family.

PARENT RESPONSIBILITY

Communication with Coaches

Both parenting and coaching are extremely difficult vocations. By listening to each other, we are better able to be aware and accept the actions of those around us and provide greater benefit to our student-athletes. As parents whose student-athletes are involved in the St. Joseph School athletic program, you have a right to understand what expectations are placed on your student-athlete. This begins with clear communication from the coach of your student-athlete's team.

Parents should keep in mind that coaches are hired and/or volunteer professionals. As professionals, they make decisions based on such factors as AAA compliance, determination of what's best for the team as a whole, etc. Our athletic department's philosophy is that at the high school level, sports are a competitive endeavor and that coaches are expected to give their team's the best chance to win a game. Student-athletes can earn playing time through earning a position in practices.

Coaches should keep in mind that parents are the primary educators of their student-athlete and work with parents to help the student-athlete mature and grow.

Communication you should expect from your student-athlete's coach:

- 1) Expectations the coach has for your student-athlete as well as all the players on the team.
- 2) Locations and times of practices and competitions.
- 3) Team requirement, fees, special equipment, etc.
- 4) Procedures we follow should your student-athlete be injured during participation.
- 5) Disciplinary action that results in the denial of your student-athlete's participation.

Communication a coach expects from parents:

- 1) Student-athletes in high school are responsible first for speaking to the coach.
- 2) Notification of any schedule conflicts well in advance of the practice or event.
- 3) Specific concerns that have to do with the safety or academic success of a student-athlete.
- 4) Communication about any colleges or universities that have an interest in a student-athlete.
- 5) Offer to help with team events or fundraising.

Appropriate parent concerns to discuss with coaches:

- 1) Questions about what a student-athlete should be doing away from practices and games in order to improve.
- 2) Concerns about your student-athlete's behavior or health.
- 3) Concerns about scheduling or transportation.
- 4) Questions about your student-athlete's college search.

The St. Joseph School Athletic Department understands it is sometimes very difficult to accept your student-athlete not playing as much as you or your student-athlete may prefer. Coaches make judgements based on what they believe to be the best for all student-athletes involved and the program as a whole. These judgements and decisions must always be left to the discretion of the coach.

Issues that should not be brought up with coaches from parents:

- 1) Complaints about playing time
- 2) Position choices for student-athletes
- 3) Team strategy
- 4) Play calling
- 5) Other student-athletes

The only appropriate way to have a discussion about playing time is to have your son or daughter (the student-athlete) approach the coach and find out what needs to be done in order to warrant more playing time.

If you do have a concern to discuss with a coach:

Do not confront a coach before or after a practice or game. These can be emotional times for both the parent and the coach (and the student-athlete). Meetings of this nature do not promote resolution but only further conflict. Email the coach to address concerns so as to create a healthy environment in which to discuss the situation. The appropriate steps are:

Observe the 24 hour cushion rule. As do all good educators, St. Joseph School coaches will naturally and deliberately reflect on game situations and decisions. Please allow coaches the time they need to process their decisions before approaching them with any questions. Coaches need not discuss playing time, coaching strategies, and specific plays or information pertaining to other student-athletes.

Athletic concerns must be directed through the appropriate person(s) and in the proper order:

- 1) Student-athlete talk to their coach
- 2) Student-athlete and parent talk to the coach
- 3) Student-athlete, parent, and coach meet with the Director of Athletics
- 4) Student-athlete, parent, coach, and Director of Athletics meet with the St. Joseph School High Principal.

Financial

Financial support for the athletic program at St. Joseph School is provided by the St. Joseph School Athletic Booster Club. The St. Joseph School Athletic Booster Club provides the volunteer workforce for the upkeep of the Family Activity Center. All sports are dependent on the income from ticket sales, the sale of season passes, and concessions. Therefore, parents of all participants and cheerleaders must assist in keeping the gate, working in the concession stand, and cleaning the Family Activity Center during the basketball games and as needed for other sports. Parents will sign up or will be assigned to these duties at the beginning of the school year.

Support at Games

This applies to both home and away contests. Regardless of where games are being played, our fans are

representatives of St. Joseph School.

Bulldog Fans: As is the case with being a member of a Bulldog sports team, cheering on our Bulldogs in the stands must be appropriate and display ethical behavior. Our student-athletes and coaches strive to behave in sportsmanlike and Christian ways on and off the playing field. Support from the stands must model and mirror this commitment to upholding the integrity of the game and St. Joseph School.

Reasoning: Sports are in a sense, a performing art. Therefore while they don't require an audience, having spectators watch our teams and student-athletes compete is a natural occurrence. Furthermore, having support at games and competitions is a way to help student-athletes perform better, Having fan support at Bulldog Athletic games is highly encouraged.

Cheer for our teams and student-athletes. Encouragement and praise is key! Keep it positive! Do not cheer against the other team or harass the referees. This is heckling/hazing and has no place at St. Joseph School Athletic Events.

As guests at an opposing school you are subject to not only St. Joseph School rules, but also the rules of the opposing school. As a fan at a AAA sanctioned event, you are subject to the rules and regulations of the AAA as well.

Respect and appreciate the efforts of all involved in the game. Congratulate outstanding performances regardless of who performs them. Whether it is a Bulldog student-athlete or an opponent.

Understand that this is a school function, regardless of the time or place. You are subject to the St. Joseph School code of conduct and consequences.

Failure to abide by any of the above guidelines may result in any of the following dismissal from the game/event, disciplinary action such as suspension for students or prohibition of attending future games/events:

- 1) There will be a two (2) game suspension the 1st offense at any athletic event.
- 2) A five (5) game suspension for the 2nd offense at any athletic event.
- 3) Suspension for rest of the academic school year for the 3rd offense at any athletic event.

ST. JOSEPH SCHOOL ATHLETIC BOOSTER CLUB

The purpose of the St. Joseph School Athletic Booster Club is to assist the athletic program of St. Joseph School. All parents and supporters of the St. Joseph School Athletic program are members of the St. Joseph Athletic Booster Club. Any person who has completed high school and has reached the age of 18 shall be eligible for membership.

Officers are appointed on a two year term and consist of: President, Vice President, Secretary, Treasurer, three directors, and the St. Joseph School Director of Athletics. The President, Athletic Director and three Directors are the voting members of the club. Athletic Booster Club meetings are held quarterly. A special meeting may be called at any time by the President. Athletic Booster Club Board meetings shall be held at the discretion of the President.

**2023-2024
Booster Club Officers**

President (Board Member)	Mr. Jimmy Stobaugh
Vice President	Mrs. Destini Trusty
Secretary	Mrs. Holly Mckenna
Treasurer	Mr. William Wilhite
Director (Board Member)	Mrs. Holly McKenna
Director (Board Member)	Mr. Mike Prall
Director (Board Member)	Mr. William Wilhite
Director of Athletics (Board Member)	Coach Luke Davis '01