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# **Saint Vincent de Paul School**

## **Athletic Handbook**

### **2025-2026**

LEARNING THROUGH CHRIST,  
EXCELLING IN KNOWLEDGE, SERVICE, LEADERSHIP AND FAITH  
THROUGH THE ROMAN CATHOLIC TRADITION

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## **1. St Vincent de Paul's Mission**

The athletic program at Saint Vincent de Paul Catholic School supports the mission of Catholic education by promoting the holistic formation of the human person—mind, body, and spirit. Sports are not solely extracurricular activities; they are opportunities to develop character, cultivate community relationships, and encourage students to use their God-given talents to glorify God, both on and off the court.

This handbook outlines the expectations, responsibilities, and guiding principles for all who participate in athletics; students, coaches, parents, and spectators.

## **2. “The STV Way” of Athletics**

Our athletic program is grounded in the Church’s teaching on the dignity and development of the human person. Inspired by documents such as *Gravissimum Educationis* and the Vatican’s “Giving the Best of Yourself”, we declare and confirm:

- Athletics are a formational tool used to help reinforce and expand virtues used in all areas of Christian life.
- Excellence in athletes includes physical, moral, and spiritual states.
- Sports must promote and develop virtue, not pride or selfishness.
- Competition should support discipline, humility, teamwork and prayer.
- Winning is good; striving to be a saint in all that we do is essential to our program.

## **3. Core Principles of STV Athletics**

### **A. The Dignity of the Human Person**

Every athlete is created in the image and likeness of God.

- Disrespect, bullying, or degrading language is prohibited.

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- Each athlete, regardless of skill, talent or playing time, is a valued child of God and will be treated with respect and dignity for the gifts they bring to the team.

## **B. Virtue Development**

Athletics offer a natural classroom for virtue:

- Discipline: Attending practice regularly and working hard for the glory of God.
- Perseverance: pushing through struggle and leaning on God for strength
- Humility: Understanding that talent and success are products of God's gifts and design and being thankful for Him
- Respect: Treating others with dignity and love
- Charity: Conducting oneself with the best interest of others in mind

## **C. Spiritual Growth**

- Teams will pray before and after practices and games.
- Coaches model Christian leadership and moral behavior.
- Students are expected to integrate faith into competition.

## **D. Community & Fellowship**

**We strive for an environment in which:**

- Families feel welcomed and respected
- Spectators demonstrate Christian hospitality
- Rivalries never compromise charity or integrity

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## **4. Responsibilities & Expectations**

### **A. Student-Athletes**

Student-athletes must:

- Show respect to coaches, officials, teammates, and opponents
- Display excellent behavior at school and in the community
- Maintain academic standards
- Attend practices and games consistently
- Accept coaching decisions with maturity and respect
- Reflect Christ in conduct on and off the court
- Attend St Vincent de Paul School OR attend St Vincent de Paul parish and be registered and regularly attending PSR three months prior to a season.
- STV students must be present at school for at least half a day prior to competition and attend practice in order to be eligible to play in games. PSR students must attend PSR the Sunday prior to the week of practices and games in order to be eligible.
- Attend Mass weekly

### **B. Coaches**

Coaches are responsible for:

- Serving as Christian role models
  - Teaching fundamentals with patience and kindness
  - Ensuring safety and age-appropriate training
  - Communicating fairly and respectfully with families
  - Prioritizing formation over winning
  - Treating all athletes consistently and fairly
  - Maintaining at least two adults (with PGC and BCI/FBI on file) in a practice at all times and staying with all student athletes until they are picked up.
- There will be no exceptions to this rule.

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## **C. Parents & Guardians**

Parents are expected to:

- Support the mission of St Vincent de Paul School
- Encourage virtue, effort, and respect in their own child(ren)
- Address concerns privately and appropriately
- Pick up your children from practice in a timely manner
- Model Christian behavior at all events
- Honor Sunday obligations and faith commitments

## **D. Spectators**

Spectators must:

- Interact Positively
- Refrain from criticism or hostile behavior
- Respect officials and coaching decisions
- Embody our mission at all times and act with charity

## **5. Program Policies & Procedures**

### **A. Safety & Stewardship of the Body**

Because the human body is sacred:

- Certified safety protocols must be followed
- Injuries are taken seriously; athletes must be cleared before returning
- Conditioning must be developmentally appropriate
- Students will not be pushed past safe physical limits

## **B. Playing Time Philosophy**

Playing time is determined by:

- Effort and attitude
- Attendance
- Developmental readiness
- Team needs

Younger levels emphasize participation; older levels emphasize competition balanced with inclusion.

## **C. Conduct & Disciplinary Actions**

The school may suspend or remove participants for:

- Unsportsmanlike conduct
- Repeated disrespect or disobedience
- Academic ineligibility
- Behavior that undermines Catholic mission
- Inappropriate Parent Interactions which compromise our Mission

## **D. Academic Eligibility**

Athletes must maintain:

- Acceptable grades
- Responsible school behavior
- Completion of schoolwork
- Token Tally Counts

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## E. Faith Commitments

Athletics must never replace:

- Sunday Mass
- Sacramental preparation
- Required school or parish faith events

## 6. The Role of Competition

We support competition as a means of:

- Building discipline
- Learning teamwork
- Encouraging excellence
- Forming virtue

**Winning is NOT our ultimate goal; Character formation and striving for sainthood IS.**

*We reject win-at-all-costs attitudes.*

## 7. Communication Protocols

To ensure charitable and effective communication:

1. Athlete → Coach: Students are encouraged to address concerns directly when appropriate.
2. Parent → Coach: Contact coaches privately—never during or immediately after games.
3. Coach → Commissioner: Escalate issues when necessary.
4. Commissioner → AD/Administration: Final review of unresolved concerns.

**Social media complaints, public confrontation, or disrespectful messages are prohibited and warrant student removal from team.**

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## **8. Uniforms, Equipment, & Facilities**

- Athletes must care for uniforms and equipment responsibly.
- Lost or damaged items will result in replacement fees.
- Facilities must be treated with respect and cleanliness.
- Only appropriate athletic footwear and attire may be used.

## **9. Transportation & Supervision**

- Students must follow school rules during transportation.
- Athletes must remain under supervision at all times.

## **10. Weather & Emergency Policies**

- Practices and games may be canceled for dangerous weather
- Emergency contacts must be kept up to date.

# 11. Acknowledgment & Signature Pages

(The following pages should be printed and submitted.)

## Athlete Commitment

I agree to uphold the values of St Vincent de Paul Catholic School's athletic program and strive to grow in discipline, virtue, and Christian character.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Parent/Guardian Commitment

I/We agree to support the mission and expectations outlined in this handbook and model Christ-like behavior at all athletic events.

Parent/Guardian Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Name (optional): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Coach Commitment

I commit to forming athletes in mind, body, and spirit and to upholding the Catholic identity of our program.

Coach Name: \_\_\_\_\_

Coach Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Administrator Confirmation

Administrator Name: \_\_\_\_\_

Administrator Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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