

## **St. Sebastian Athletics Program General Rules and Guidelines (Updated July 2019)**

The purpose of CYO and other sports teams at St. Sebastian is to promote teamwork and good sportsmanship while learning and enjoying all aspects of the game. Special emphasis is placed on school and team spirit, self-esteem, respect, sportsmanship and the development of sound fundamental skills. To achieve these goals, players, parents, and guardians are expected to adhere to the following rules and guidelines:

1. ALL PLAYERS PARTICIPATING IN CYO SPORTS MUST HAVE A CURRENT PHYSICAL/MEDICAL RELEASE FORM ON FILE PRIOR TO THE START OF THE FIRST PRACTICE. (Physicals are valid thirteen months from issue date.) THIS IS A DIOCESAN CYO POLICY.
2. Families must pay the registration fee per sport by the deadline established for a particular sports season.
3. Uniforms issued from St. Sebastian must be returned at the end of the season to be eligible to participate in further athletics with St. Sebastian. DD Soccer and Soccer Stars teams, and teams that decide to purchase their own uniforms, are excluded from this policy.
4. The St. Sebastian Athletics Program is run solely by volunteers. Parents are asked to volunteer as needed to help support the program.
5. Every player and his or her parents or guardians or other family members are expected to treat all coaches, teammates, officials, and opponents with respect and dignity. Violations of this expectation will not be tolerated and may result in dismissal from the team.
6. Practices are open to coaches, players, and parents or guardians of players who wish to watch. Players and parents or guardians of players are expected to be respectful of the players' scheduled practice time, as well as the scheduled practice times of other teams. Players should be "ready to go" by the start of practice.
7. If a parent or guardian needs to discuss a concern with a coach, he or she should contact the coach to establish a time that would be best for all involved, and that does not take away from the team's practice or game time. In particular, if a parent or guardian has questions about a player's playing time, position, game performance, etc. during an event, he or she should wait at least 24 hours after the event before reaching out to the coach. At that time, if the parent or guardian still believes a concern exists, he or she should request a time to speak with the coach.
8. To discuss a concern regarding a coach or other parent, parents or guardians should contact the St. Sebastian Pastoral Designee, Athletic Director, or Sports Commission for the sport involved.
9. Players are expected to be at every scheduled team practice. If a player is going to request to be excused from practice, the coach must be notified prior to the start of practice. Failure to notify the coach will be viewed as an unexcused absence. Only the player's parents/guardians may notify the coach. Unexcused absences from practices can reduce playing time and possibly result in dismissal from the team.
10. Overall, all CYO rules are in effect for all CYO sports.

We have read, understand, and agree to adhere to the St. Sebastian Athletics Program General Rules and Guidelines, and we give permission for our child to participate in the St. Sebastian Athletics Program for the 2019-2020 sports season.