



2021 - 2022

Keep handbook for your own reference.

Introduction to the St. Pius X Athletic Handbook

This handbook is a guide for Parents and Students to be informed on processes and rules within the St. Pius X Athletic Department. All student-athletes and parents are required to read and adhere to the rules and regulation set forth within this handbook.

If you have any questions, please contact:

Athletic Director Tilden Watson (636)931-PIUS, x103 twatson@stpius.com

Athletics Mission Statement

St. Pius X High School is a Catholic community dedicated to the education of the whole person in an environment where extraordinary care and concern for the individual is ordinary.

St. Pius X uses extracurricular activities to supplement the formal classroom environment in furthering the mission statement of the school. These activities build character, confidence and promote mental, physical and moral development. Students from diverse backgrounds are offered as a means to learn positive life skills needed to be valuable members in society.

Athletics play an integral part in the education process by striving to:

- Promote sportsmanship, teamwork, dedication, commitment, self-discipline, unity and Lancer-pride.
- Educate student athletes and spectators of the rules of the game.
- Develop knowledge, skill and teamwork needed to participate in his/her chosen sport.

Expectations and Rules for Student-Athletes, Parents and Spectators

- Express proper Christian witness as demonstrated by a respect for others, displayed through the proper ideals of sportsmanship, ethical conduct and fair play.
- Respect school property and authority.
- St. Pius X is a drug FREE, alcohol FREE and tobacco FREE campus.
- Show respect for players who are injured.
- Stress the values derived from playing the game fairly.
- Show respect for opponents and opposing coaches and fans.
- Avoid profane and obnoxious language and behavior.
- Respect the integrity and judgment of sports officials (even if you disagree).
- Respect the judgment and strategy of the coach (even if you disagree).
- Avoid applauding errors or penalties of the opponents.
- Refrain from heckling, jeering or distracting opponents, including distracting behavior during the shooting of free throws.
- Refrain from being critical of players, coaches or officials for a loss.
- Avoid stomping on the bleachers or the use of artificial noisemakers.
- Refrain from using cheers that taunt or ridicule opposing players, coaches, cheerleaders or spectators.
- Refrain from booing or showing displeasure with game officials or activities.
- Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- Encourage leadership, use of initiative, and good judgment by the players on each team.
- To recognize that the purpose of athletics is to promote the physical, mental, social, emotional and spiritual well-being of the individual players.
- To remember that an athletic contest is only a game – not a matter of life and death for the player, coach, school, official, fan, community, state or nation.

Fundamentals of High School Activities: When hosting an event, the opponent should be treated as guests and treated cordially. Officials should be recognized as impartial arbitrators who are trained to do their job to the best of their abilities. Familiarity with the current rules of the game and the recognition of the necessity for a fair contest are essential. Sportsmanship requires one to understand his or her own desire to win and the ability not to allow that to overcome the rational behavior. Applause for an opponent's good performance is a demonstration of generosity and good will and should not be looked at negatively.

PARENTS ARE EXPECTED TO FOLLOW THE SAME GUIDELINES REGARDING THE CODE OF ETHICS/SPORTSMANSHIP AS THE STUDENT-ATHLETES.

Conference Affiliations

St. Pius X High School is a member of the Jefferson County Athletics Association (JCAA) and the I-55 Football Conference.

Jefferson County Activities Association		I-55 Football Conference
<u>LARGE SCHOOLS</u>	<u>SMALL SCHOOLS</u>	
DeSoto	Crystal City	Bayless
Festus	Grandview	Crystal City
Hillsboro	Herculaneum	Grandview
Perryville	Jefferson	Herculaneum
Windsor	St. Pius X	Jefferson
	St. Vincent	St. Pius X
		St. Vincent

Athletic Facilities

St. Pius X has on-campus facilities for most sports. This makes transportation for practices and games much more convenient for all student-athletes and parents.

- Father Dalton Stadium is home to the Lancer Football (fall season) and Girls Soccer (spring season) programs.
- Ralph Boyer Gymnasium is home to the Lancer Volleyball (fall season) and Basketball (winter season) programs.
- Barb Charboneau Field is the home of the Lancer Fastpitch Softball (fall season) program.
- The Dan Bokern Soccer Field is the home of the Lancer Boys Soccer program (fall season).
- The Baseball Field is the home of the Lancer Boys Baseball program (spring season).
- The track and field (spring season) and cross country teams (fall season) practice on-campus, but compete at local schools and parks for meets.
- The tennis team (girls- fall, boys- spring) practices on-campus, but hosts home contests at Crystal City Park.
- The golf (fall season) and roller hockey teams (winter/spring season) practice and compete off-campus at any one of several local facilities.



SECTION 1: RULES OF ELIGIBILITY

St. Pius X Standards and Rules

The following are standards set by the Athletic Department and the Administration of St. Pius X. They are in addition to, and may be more stringent than, the Missouri State High School Activities Association (MSHSAA) standards. Members of all sports, dance and cheerleading squads are subject to these standards and regulations.

A copy of "How to Maintain and Protect Your High School Eligibility" from MSHSAA can be obtained from the Athletic Director.

Transfer Student Eligibility & Rules

If a student-athlete transfers to a different school and the parents/guardians do not move into the district of the new school, the student-athlete will be ineligible for 365 days, unless the student-athlete meets one of the exceptions listed in the MSHSAA Residence and Transfer Rules. If one moves with his/her parents/guardians to a new school district, he/she will be eligible at the new school provided he/she was eligible in all other respects at the former school. A student shall not be eligible to represent two different schools in the MSHSAA state tournament series in the same sport during the same season. The student and parents/guardians must move to the new residence at the same time to be eligible. **Always check with the school Principal or Athletic Director before transferring to determine whether it will affect eligibility.**

Standards and Rules established by individual coaches

The Student-Athlete must abide by any additional rules set by an individual coach or coaches for his/her particular sport. This may be in the form of a contract, but could be in several manifestations.

College Freshman Eligibility Requirements

A student entering an NCAA Division I or Division II institution must meet certain requirements to be eligible for financial aid and to be able to practice or complete on an intercollegiate athletics team during his/her first year of college. Each Student-Athlete that is interested in playing an intercollegiate sport must register with the NCAA Clearinghouse (website: <https://www.eligibilitycenter.org>). Any additional information on NCAA Clearinghouse and/or Eligibility can be obtained in the College Counselor's office or Athletic Director's office. All seniors that need transcripts sent to the Clearinghouse need to indicate so on the final transcript request.

The Clearinghouse will also need ACT scores sent to them. You will need to the NCAA's code of "9999" in section "O" when registering for the ACT.

IF YOU HAVE ANY QUESTIONS, CONSULT YOUR COACH OF THE ATHLETIC DIRECTOR.

Academic and Citizenship Standards

The Student-Athlete must meet certain responsibilities before he/she may participate in athletics at St. Pius X. Academics, attendance and conduct are important priorities, and students must perform at an acceptable level to participate in athletics.

ACADEMIC STANDARDS

- A student with excessive failures will be ineligible for participation in contests until the next grading period. ***Students must attain 3.5 credits in a semester in order to be eligible to participate in the following semester. This is the equivalent of 7 classes in a semester.*** During this time, the student may practice with the team and attend games at the **discretion** of the coach AND the **permission of the administration**. NO SCHOOL OR CLASS TIME MAY BE MISSED TO ATTEND GAMES. **Furthermore, a student that has 1 (one) F at grade check will be put probation and not allowed to participate in competition but will be allowed to practice and attend games with the team. This will be in place until the Dean of Discipline signs off that the student is caught up and is in good academic standing.**
- Currently, student-athletes must be enrolled in and regularly attending courses that offer 3.5 units of credit or 80% of the maximum allowable credits, whichever is greater.

CITIZENSHIP STANDARDS

Students who represent a school in interscholastic activities must be creditable citizens and judged so by the proper authority. Those students whose character or conduct is such as to reflect discredit upon themselves or their schools are not considered “creditable citizens.” Conduct shall be satisfactory in accord with the standards of good discipline.

- **Law Enforcement:** *A student who commits an act for which charges may be or have been filed by law enforcement authorities under any municipal ordinance, misdemeanor or felony statute shall not be eligible until all proceedings with the legal system have been concluded and any penalty (i.e. jail time, fine, court costs, etc.) or special condition of probation (i.e. restitution, community service, counseling, etc.) has been satisfied. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies. Minor moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, accidents or injuries. After a student has completed all court appearances and penalties, and has satisfied all special conditions of probation and remains under general probation only, local school authorities shall determine eligibility.*
- **Local School:**
 - *A student who violates a local school policy is ineligible until completion of the prescribed school penalties.*
 - *While suspended (in or out-of-school), a student shall not be considered eligible until they have attended a full day of classes (while not suspended).*
 - *A student who is expelled or who withdraws from school because of disciplinary measures shall not be considered eligible for 365 days from the date of expulsion or withdrawal.*

- *If a student misses class(es) without being excused by the principal, the student shall not be considered eligible on that date. Further, the student cannot be certified eligible to participate on any subsequent date until the student attends a full day of classes.*
- *Each individual school has the authority to set more restrictive citizenship standards and shall have the authority and responsibility to judge its students under those standards.*
- *Each school shall diligently and completely investigate any issue that could affect student eligibility.*
- **Student Responsibility:** *Each student is responsible to notify the school of any and all situations that would affect his/her eligibility under the above standards. If the student does not notify the school of the situation prior to the school's discovery, then the student shall be ineligible for up to 365 days from discovery, pending review by the Board of Directors.*

ATTENDANCE & CONDUCT STANDARDS

- **Attendance/Tardiness:** Students who are tardy or absent for any part of the school day (outside of school-sponsored activities) may not participate or attend after school or evening events (including but not limited to games, practices, play rehearsals, and performances) on that day unless excused by an administrator. Examples of excused absences/tardies would be:
 - Health reasons/appointment (**MUST** have a doctor's note)
 - Funeral (**MUST** have a note from parent)
 - Pre-Approved (by college counseling office) College Visit
 - ***In the case of an emergency, please inform the administration as to your reason for tardy/absence and check to see if it is an excused absence.***

Excessive absences and/or tardies will affect student eligibility. If a student is excessively tardy or absent, they may be allowed to participate in school-sponsored activities.

- **Conduct:** A student may not be allowed to participate if he/she has received multiple detentions. If this occurs, the Dean of Students will speak with the Head Coach of the sport to determine outcome. Additional disciplinary action may be administered by individual coaches depending on the individual sports.
- **Suspension:** No student will be allowed to attend, practice or play in any athletic activity when he/she has a suspension (in-school or out-of-school). Additional disciplinary action may be administered by individual coaches depending on the individual coaches.

Alcohol / Drugs / Tobacco

The use of alcohol, drugs and tobacco compromises overall good physical conditioning. Any athlete who participates on any team representing St. Pius X is to refrain from the use or possession of alcohol, drugs and tobacco. The student-athletes are also asked to be cognizant of any environment that they are in or put themselves in to make sure they protect their eligibility.

ATHLETIC DRUG AND ALCOHOL POLICY

The St. Pius X Athletic Department believes that participation in athletics is a privilege. When a student chooses to participate in athletics at St. Pius, they must also accept the responsibility of representing St. Pius X High School. One of these responsibilities is to refrain from use, illegal possession, or sale of drugs, alcohol, and tobacco, and to refrain from being present where students are using drugs or alcohol.

The Athletic Department also believes that participation in high school athletics develops a close relationship between students and their coaches. These relationships offer valuable opportunities for coaches to aid in the growth of the student athlete.

Therefore, based on input of parents, coaches, athletic director and our administrative team, the following steps will be taken to implement our policy: *What is an offense?* An offense shall constitute illegal use, consumption of, sale, or the individual being under the influence of alcohol, tobacco, or drugs; or being present at a student gathering where fellow students are using drugs or alcohol. This includes evidence of the above infractions gathered from social networking sites and other electronic sources.

FIRST OFFENSE: In Season: Suspension for the remainder of the season or at least 1/3 of the season. **Out of Season:** (Out of season refers to that period of time during MSHSAA authorized sports season an athlete is not involved in athletics.) Suspension from at least 1/3 of the interscholastic competition, this would be applied to the next full sports season in which they **normally** participate. If a student is suspended from a sport for 1/3 of the season as a first offense; in season or out of season, the student may not quit the sport and play for another sport during that season.

SECOND OFFENSE: Suspension of the athlete from all sports competition for at least one calendar year from the date of notification. **Appeals for second offenses are not permitted.**

THIRD OFFENSE: Student will not be allowed to further participate in athletics or activities, and may be asked to withdraw from St. Pius X. **Appeals for third offenses are not permitted.**

Concerns regarding the implementation and execution of the SPSHS Drug and Alcohol Policy

- Suspension for the first offense applies to games. It does not apply to practice; nor does it impede an athlete's ability to be a member of an athletic team during the season in question or future seasons.

- Suspension for the first offense shall carry an intake interview in conjunction with the specified penalty. This interview is necessary prior to an athlete's return to the sports program.
- Although tobacco use carries with it the penalties under the —Drug|| provision, it shall not require an intake interview.
- The reporting of violations of the St. Pius X Athletic Drug /Alcohol Policy will be as follows:
 - All violations shall be reported directly to the Dean of Students, administration and Athletic Director.
 - Reporting agents must identify themselves to be considered a reliable source.
 - It will be the responsibility of the Dean of Students to make a judgment concerning the alleged violation in conjunction with input from administration, Athletic Director and an interview with the athlete.
 - If it is determined that a violation of the policy has occurred, the administration shall notify in writing the coach of the sport in question, the athlete, her parents, and the administration of the punishment.
- Process for the athlete should he/she appeal the first offense:
 - The appeal must be in writing and signed by both the athlete and his parents or guardians.
 - A committee of faculty and/or staff shall be chosen by the administration to hear the appeal.
 - The meeting of the committee shall give the athlete the opportunity to state his case; furthermore, her parents or guardians may request to address this meeting as well. This meeting shall take place as soon as possible after the written appeal is presented.
 - The committee shall inform the parents of their decision concerning the St. Pius X Athletic Drug and Alcohol Policy.

SECTION 2: BEING A MEMBER OF A TEAM

- **Selection to Teams/Playing Time**
 - All qualified students may try out for membership on a sports team in extra-curricular activities. St. Pius X High School is committed to providing everyone a fair chance to participate. Unfortunately, not everyone who tries can be accepted.
 - The decision of the coach is final in these matters. The administration will not intervene in “non-selections”. Parents are encouraged to help their children understand that not everyone will be selected.
 - Participation is a privilege; students represent not only themselves, but also St. Pius X. As such, they are expected to behave in a manner, both on and off campus that is consistent with the Catholic philosophy, principles of St. Pius X and with the Parent and Student Handbook. It is also an expectation that parents/guardians of each student follow these same standards of conduct. When a student does not meet these standards, the student may be suspended for a time and/or removed from the activity, per review of the Athletic Director and/or administration. **WHEN A PARENT(S) DOES NOT MEET THESE STANDARDS, THE PARENT(S) MAY BE PROHIBITED FROM ATTENDING GAMES/EVENTS.**

- **Communication with Coaching Staff**
 - **Parent/Coach Relationship:** Parenting and coaching are extremely challenging. By establishing an understanding of each other’s position, we are better able to provide greater benefits to the young people we work with. As parents, when your child becomes involved in one of our programs, you have a right to understand what expectations are placed on your child. This begins with a clear communication from the coach of your child’s program.
 - **Communication you should expect from a coach:**
 - Philosophy of the coach
 - Expectations (team rules) the coach has for all participants of the team.
 - Locations and times of all practices, meetings and contests.
 - Team requirements – fees, special equipment, off-season training, etc.
 - Procedures should your child be injured during participation in an activity.
 - Firm, fair and consistent enforcement of the St. Pius X Parent Student and Athletic Handbooks.
 - **Appropriate concerns to discuss with coaches:**
 - The treatment of your child mentally and physically.
 - Ways to help your child improve.
 - Concerns about your child’s behavior.
 - Non-school team membership.
 - Eligibility concerns

- Your child in the total “team concept”.

Coaches are professionals. They make judgment decisions based on what they believe to be best for the team members, team and program. Decisions involving issues such as ***team strategy, play calling, team personnel and other team participants*** are **NOT** appropriate items to discuss with coaches.

- **Appropriate time and place for discussion of concerns:**

Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parents and the coach. Meetings of this nature do not promote resolutions.

- **Chain of Communication:**

- The student-athletes will need to consult with their coaches first, this develops responsibility and a working relationship between your child and the coach. Most concerns can be addressed at this level.
- If necessary, the next order would be for the parent to contact the coach and set up a meeting to discuss your concerns. Communication between the parent and your child’s coach will provide a clear understanding of the problem and first hand solutions to your concern(s).
- If the Athletic Director can be of any assistance to you regarding your child, please contact **Tilden Watson at (636)931-7488 Ext. 103**. All of us working together will provide our students the opportunity to be successful. The Athletic Director will only meet with a student-athlete or parent after the first two (2) steps have been attempted.

- **Individual team’s Philosophy and What is Expected to be Part of the Team**

- **Boys and Girls Tennis Coach Stephen Kainz**

- **Philosophy:** Student-athletes should be ready and willing to put in the work to improve themselves physically while at the same time presenting the best version of themselves when it comes to sportsmanship and attitude in order to be a good ambassador for St. Pius X High School. Even though tennis can feel like an individual sport at times, we will practice and compete as one unit and support each other the entire season.
- **Practical Expectations:**
 - -Have the proper equipment with you for games and practices
 - -Be on time
 - -Communicate any schedule problems well in advance when possible
 - -Stay at matches to support your team even when you have finished your matches
 - -Take care of yourself physically and mentally
- **Attitude Expectations:**

- -A desire to improve and to be a good tennis player
- -Be supportive of teammates
- -Take instruction from the coach seriously
- -Be respectful of opponents
- -Be present and focused on the game going on

Football and Baseball Coach Dan Oliver

EXPECTATIONS

- TEAM FIRST
 - Be properly equipped for games and practices
 - Be to practice early because to give you time to dress and make your way to the field (remember if you are on time you are late)
 - Let the Head Coach know if there are any schedule problems well in advance when possible
 - Take care of yourself physically and mentally
 - Come to practice with a attitude to compete and improve not only yourself but everyone on the team
 - Be coachable
 - Remember we can not play without an opponent so be respectful of them
 - Be present and focused on the game going on
- **Girls Soccer, Boys Soccer and Girls Basketball Coach Aaron Portell**
- Philosophy:**
- To provide an environment that encourages athletes to learn and develop on and off the playing field, to create a positive learning environment in good (winning) and bad times (losing).
 - I think creating an environment that is conducive to learning is important. In addition the athlete needs to be aware of the standards and behaviors that myself, my assistant coaches and athletes are prepared to accept to help create the optimal learning environment.
 - I need to provide an environment that will allow the players the opportunity to develop his/her skill level in a structured learning environment that constantly challenges the athlete while still providing both encouragement and support. Each athlete needs to develop their core skills constantly to provide them with a solid base as they progress in their sport. The athlete will benefit when exposed to challenging drills that require effective decision making and precise execution under pressure. The repetitiveness of these varied drills during practice helps develop competency and confidence in the athlete.
 - When dealing with athletes the level of individual communication is important, giving them the opportunity to provide input to help deliver the program that is specific to their development. I believe if you can set

some short term goals in consultation with the athlete, this will provide them with direction and motivation that will help to keep them on task.

- Finally, the Coach needs to demonstrate effective leadership by maintaining the desired standards of behavior within the group that will instill confidence in all athletes knowing that their welfare and development is most critical.”

- **Golf Coach Austin Willis**

- **Philosophy**

- We are here to learn to play a game that can be played at any age. It is a game of honesty and integrity. Those two things are more important than any score you will ever shoot.

- **Expectations**

- - No cheating.
- - Players are expected to be at every practice.
- - Do not throw golf clubs/equipment.
- - No cussing/screaming/angry sounds.
- - Do not disrespect other players/coaches/golf course staff.
- - Allow faster groups to play through.
- - Golf Course Dress Code: polos tucked in; khaki pants/shorts with a belt (girls may wear skirts); hats must be worn forward.



- **Boys Basketball Coach Chris Miller**

- **PHILOSOPHY**

- Being a member of the St. Pius X Boys Basketball Program is an incredible opportunity for our student athletes. As an extracurricular activity, basketball plays an important role in promoting the mission of St. Pius X by striving for excellence and education of the whole person: physically, mentally, and spiritually. Participation in the boys basketball program comes with a responsibility of the student athlete to uphold and promote the mission of St. Pius X High School as well as embody it. Our standards are intended to hold our student athletes to a higher standard so that they will be an example of Christian morals to other students, the community, and the St. Pius X alumni. The goal of our program is to mold our student athletes into post-high-school-ready young men, who have the understanding of how to maintain a healthy, physical lifestyle for life, the mental fortitude to overcome any obstacles they will face, and a stronger union with Christ through their daily words and actions.

- **PLAYER EXPECTATIONS**

- "Be a good teammate."
- YOU MUST BE A GOOD TEAMMATE! Every other rule falls under this rule!

- Pick another player up instead of criticizing them/ promote positive talk!
 - Be able to be coached and taught by your coaches, and even teammates
 - Take constructive criticism on how to improve without taking it personally
 - Hold yourself and teammates accountable and with a high level of character: on the court, in the classroom, and in the community. Do not partake in activities that could be an embarrassment and/or lead to negative consequences for you, your teammates, the program, the school, and/or your family.
 - Be on time to practice/ do not miss practice
 - Late to Practices: makeup conditioning may apply
 - Excused Practices: must be communicated with your coach/ makeup conditioning will apply/ frequent absences could result in removal from the team
 - Unexcused Practices: makeup conditioning will apply/ frequent absences will result in removal from the team
 - Attend all games and practices.
 - This includes holiday tournaments and practices during breaks in school sessions
 - Must maintain the academic and citizenship standards set forth by the Missouri State High School Activities Association as well as St. Pius X High School
 - School Grade Checks
 - Student athletes who have failing grades will not be able to play in a game until they raise their failing grade.
 - They must also attend mandatory Athletic Study Hall.
 - Student athletes with 7 or more missing assignments at Grade Check must also attend mandatory Athletic Study Hall.
 - Stay focused on the game at all times, whether you are on the court playing or on the bench.
 - Talking to non-game participants during the game is prohibited
 - Be responsible for your basketball gear: shoes, uniform, warm-up top, etc.
 - Study the playbook and scouting report/ ask questions on things you do not understand
 - Help and mentor teammates who have questions
- **Softball Coach Kevin Halley**
- Philosophy is:**
- "Athletics are a great teacher of life skills and lessons. As a coach, I want to be able to enhance those lessons through the student-athlete's experience at St. Pius X High School. The coaching staff has a true love for the game and will work to pass that love onto the student-athletes through teaching the fundamentals of the game and focusing on the

process of improvement.

The coaching staff will work to teach student-athletes to be good teammates both on and off the field. We will do this through positive coaching methods and interactions while also holding student-athletes to be accountable for their own improvement and the improvement of the team. Each player is different, motivated differently and responds differently. Therefore, the coaching staff will work to build the necessary relationships with each individual student-athlete in order to be able to get the best of them in their own process.

These relationships, experiences and processes teach the necessary lessons of life's journey. Because of this journey, the student-athletes will be prepared to face the adversities in front of them both on and off the field. The coaching staff truly believes athletics teaches the necessary life skills to help student-athletes in life after sports."

Expectation of a Lancer softball team member:

- "Be a good teammate."

Expectation of a Lancer softball team parent:

- "To assist your daughter in being a good teammate."

o Volleyball Coach Shannon Leftridge

Coaching Philosophy

- The overall goal is to teach important life skills that athletes will use beyond their sport. Developing a work ethic beyond their comfort zone, teaching what it means to be unconditionally committed, how to deal with adversity while working with others, and how compete at a high level with respect, integrity, and confidence.

ST. PIUS X VOLLEYBALL EXPECTATIONS

Players:

- We seek athletes who WANT to put in the time and work necessary to be the best player and person they can be. We expect you to maintain a positive image that reflects highly of the St. Pius X Volleyball program. Attitude and effort are under your control. There is no excuse for a bad attitude or lack of effort at practice, games, or team events. Be accountable for your actions, words, and social media. Be aware of how they may affect the team or yourself personally. Playing time is earned. Regardless of your position, accept your role. Communicate with your coaches early and often in regards to sickness, injury, or conflicts. Face to face is always the best option. Athletes are expected to adhere to the student-athlete academic policies set forth by SPX. We expect each

athlete to be at every practice. Work, trips, family commitments, appointments, other sports or training should be scheduled as to not conflict with your commitment to the volleyball program. If unavoidable circumstances present, please communicate with your coach.

Track and Field/Cross Country Coach John Daly

Philosophy:

- Athletes first, winning second

Objectives:

- To help young people develop physically, psychologically, and socially. also to have fun and to have a winning team.

Expectations:

- Commitment, consistency, communication

○ **Wrestling Coach RJ Eberhart**

Coaching Philosophy

- Every athlete will become mentally tough, we just can't predict when. My job is to prepare these kids for the wins and the losses, both on and off the wrestling mat. To win the 6-minute war we must learn to win the 5 and 10 second battles of a wrestling match. That physical and mental preparation takes place during practice. Find success in every athlete and make it fun in the process. The term "wrestling" applies to things we do every day, I am reminded of that when we wrestle with injuries, wrestle with grades, wrestle with relationships, wrestle with our faith, and wrestle with the struggles of life. Lastly and most importantly, remember why you started on this journey and remember I will be there to help you no matter what match you are wrestling.

Proverbs 27:17

Iron sharpens iron, and one man sharpens another. Wrestling is for everyone. Once you have wrestled everything else is easy-Dan Gable

Expectations

- Set the example not just for wrestling but for all athletics
- Respect the Wrestling Room, the mat, your team, your opponents, and your coaches
- You can control 2 things no matter the situation. Your attitude and effort, I expect you to handle both.
- Be on time, be coachable, be a team player, and be ready to work
- Have fun, enjoy the sport, and embrace the grind

○ **Cheer and Dance Coach Brandee Boyd**

Philosophy

- St. Pius X High School Cheer and Dance will effectively execute a school spirit program that:
 - supports the athletic teams and the school
 - promotes sportsmanship within our school and among other schools
 - Foster and model a supportive but challenging learning environment that inspires individuals to reach their full potential.
 - Provides direction (set goals)
 - Offer continuous motivation and personalized feedback to ensure each athlete's success.
 - Builds team culture (supportive positive team)
 - Instils values
 - Instill an appreciation for purposeful training and structured programs. "If you work the plan, the plan works."
 - Encourage athletes to continually set new goals and expand their "comfort zone"
 - Maintain organization and communicate clear, reasonable expectations.
 - Above all, have fun!
- St. Pius X High School Cheerleaders squad is to effectively execute a school spirit program that supports the athletic teams and promotes the school itself. Cheerleaders will serve as positive role models and leaders for St. Pius X and should promote sportsmanship within our school and among other schools.

What is expected from Cheerleaders and Dancers

- Have a positive attitude
 - Be a team player
 - Fully participate at practices and games
 - Be responsible for communicating with coaches
 - Participate in community service projects
 - Show respect to others at all times
 - Encourage school pride at all events
 - Promote a positive image for the school community, peers, parent, teachers and community members
 - Set new goals and try things out of their comfort zone
 - Have fun!
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- **Early Dismissal/Conduct at Team Functions/Transportation**
 - Students leaving school early for ATHLETIC EVENTS must:
 - Display proper conduct and participation in class until the time of early dismissal.

- Be responsible for any work, lecture material or assignments given after the early dismissal.
 - Leave the classroom in a quiet orderly manner. This includes in the halls and at your lockers.
 - Inform your teacher before class starts that you will be leaving early and ask for the day's assignment(s).
 - If you know that you are going to have a test on the day of early dismissal, contact the teacher as early as possible to see if different arrangements can be made.
- **Uniforms/Equipment**
 - Team uniforms, shirts and equipment need to be approved by the Athletic Director, Dean of Students and President before purchase. All of the named items MUST be in school colors.
 - **Students are expected to follow the regular School Attire regulations and policies (according to the Parent/Student Handbook) on all school days.**
 - Uniforms are to be taken care of, kept clean, and turned in to the coach as soon as the season is completed. **Transcripts and grades will be held until all uniforms are turned in. Also, if the uniforms are not turned in at the end of the season the student cannot take their semester exams.** If your uniform is lost or damaged, payment for replacement is required.
 - School equipment and property should be treated properly. This includes the locker room and any storage areas. Willful destruction or loss of property or equipment will result in payment of replacement cost.
 - Boys are to have shirts on at all times when inside or around the building.
 - **THERE ARE TO BE NO CLEATS OR SPIKES WORN INSIDE THE BUILDING.**
 - **Regulations for Student Participation** – The first three (3) items listed below are also Missouri State High School Activities Association (MSHSAA) regulations.
 - **Physical & Concussion Information** – No student-athlete will be allowed to participate without a physical exam completed by a doctor and turned into the Head Coach or Main Office prior to the first practice. Physicals must be re-taken each year and must be completed after February 1st in order to be effective for the following school year. Included in the MSHSAA Physical Form is a section on Concussions. This must be signed as well (See Concussion section).
 - **Permission to Participate/Emergency Release Form** – Each student must read and sign an application to participate stating that they have read and understand the MSHSAA eligibility rules. Parents must read and sign a permission to participate form. This form includes VERIFICATION by the parents that the participant is covered by a BASIC ATHLETIC INSURANCE policy. Each student must also return a completed EMERGENCY RELEASE FORM to his/her coach. Managers

and Statisticians must also complete the Emergency Release Form. All of these forms are on one card that will be given to the student-athlete.

- **Practice Requirements** – Each individual athlete must have participated in conditioning practices with the team on 14 separate days before he/she may participate in a game or meet. This restriction is waived if an athlete competed in the previous sports season (*except spring to fall*).
- **Fees** - Any students who makes an athletic team is required to pay the Athletic Fee. This is to be paid for each sport he/she participates.

- **Dual Participation Policy** – This policy refers the concurrent participation in two sports in the same season. In order for an athlete to participate in two sports in the same season, the following procedures must be followed:
 - The athlete must initiate action or intent to participate in more than one sport before contests are played in either sport.
 - Student-athletes are allowed to participate in any combination of Team, Individual and Activities with the exception of two (2) team sports concurrently. The following classifications are set up based on MSHSAA by-laws:
 - **Team:** Football, Softball, Volleyball, Boys Soccer, Basketball, Baseball
 - **Individual:** Cross Country, Tennis, Track & Field, Golf
 - **Activities:** Cheerleading, Dance Team, Roller Hockey
 - The athlete must inform both coaches of their intent to participate in two sports concurrently.
 - The athlete must choose which sport will be the primary sport that will take precedence in any conflict of schedule. An athlete may not vacillate in this definition of the primary sport.
 - The athlete, the coaches of the two sports, and the parents of the student must sign a statement of understanding defining the primary sport, and this statement must be on file with the Athletic Director before dual participation will be allowed.
- **Dual Roster** – means that a player is listed and dresses out for both the lower level (9th or JV) and the upper level (JV or V). Being listed on both rosters does not guarantee playing time on the upper level or that they will automatically be on the post-season roster.
- **Off-Season/Summer Period**
 - **Sports Specific Camps (during school year)** – You may attend any out of season sports-specific camp during the school year as long as you do not receive any instruction from any St. Pius X coaching staff member. If you have any questions about eligibility, please contact the Athletic Director.
 - **Summer Camps** - St. Pius X offers a variety of summer camps for athletic and fine art activities. These camps are aimed to provide specialized sports instruction from the St. Pius X Coaching Staff. A maximum of two (2) calendar weeks is allowed for any one sport.
 - **Contact Days** – Per MSHSAA standards, coaches and athletes are restricted in the number of days that sports-specific contact that can be made between the Saturday of Memorial Day weekend through the Sunday before the first day of fall sports tryouts. Each coach is allowed 20 days of contact during the summer period per sport/gender (By Law 237.2a).
 - **Dead Period** – During the summer period (as defined above), each school must set a “*Summer Dead Period*” that is nine (9) consecutive days, starting on a

Saturday and extending through the second following Sunday. During this dead period, no contact between school/directors of MSHSAA-sponsored activities and students enrolled or will be enrolled the next year. School facilities are not to be utilized by students enrolled or will be enrolled the next year. This Dead Period for the following summer will be announced before the end of the first semester.