

St. Gregory Catholic School

ATHLETIC HANDBOOK

2026-2027



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<https://www.stgphx.org/>

“Win with class, lose with class! Character and humility matter!”

St. Gregory Catholic School Sports Philosophy

St. Gregory Catholic School's athletic program is an integral part of the education curriculum, and, as such, it provides opportunities for instruction, participation, and growth. Our athletic program strives to promote a Catholic atmosphere where our athletes promote the ideals of good character: teamwork, sportsmanship, leadership, hard work, self-discipline, responsibility, and respect.

Our goals are to challenge our student athletes to accentuate their Catholic values which are essential for the formation into responsible young adults and to strive to be the best they can be on and off the field and court. Students are encouraged to strive to compete at the highest level of their ability. St. Gregory will do its best to provide appropriate levels of competition for each athlete.

As a community, we meet the challenges of our athletic philosophy through the cultivation of the following values:

- A commitment to reinforcing Catholic values that recognize the importance of God and Church and the need for community and the value of service to others
- A commitment to achieving individual and team goals
- A commitment to diligent preparation, fair play, and self-discipline
- A commitment to exercise and competition which contributes to the development of an athlete's mental, emotional, and physical well being
- A commitment to age and skill appropriate coaching and competition at every level.

Athletic activities are a significant and valuable community effort. These activities foster loyalty, promote school spirit and student participation, and develop healthy competition and sportsmanship.

5th & 6th Grade Philosophy

This program is available to all students in the 5th & 6th grade. At the 5th & 6th grade level, the focus is on learning the athletic skill and game rules, fundamentals of team play, emotional growth, and healthy competition. Participation is a key component for our 5th & 6th grade student athletes.

When there are large numbers of students participating in a sport, there may be multiple teams, at which point we would divide the team by grade level.

7th & 8th Grade Philosophy

This program is available to all students in the 7th & 8th grades. At the 7th & 8th grade level there is a continued focus on emotional development, game knowledge, and rules. At this level, there is an **increased emphasis placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play.**

When there are large numbers of students participating in a sport, there may be multiple teams, at which point we would divide the team by grade level.

Ultimately, the number of teams and size of the squad in a sport will be determined by the availability of:

- 1) Qualified and certified coaches
- 2) Suitable facilities
- 3) A safe environment

Playing Time Philosophy

St. Gregory Catholic School follows all CYAA participation requirements, which is as follows:

Participation in student athletics on the 5th and 6th grade level is primarily for the purpose of instruction. During season and tournament play ALL team members at all grade levels **MUST PARTICIPATE IN EACH GAME** the equivalent of the time requirements listed below: During season play it is strongly recommended that playing time exceed these requirements. During tournament play the same time requirements are in effect. If this requirement is not met then the team will forfeit the game.

Football – each player must have the opportunity to play in each game.

Volleyball – each player must have the opportunity to play in each game.

Basketball – Minimum 4 minutes in first half for each player. Second half open substitutions

Baseball – 3 outs or one time at bat

Softball – 3 outs or one time at bat

Absentee Policy

On a school day, if any athlete misses school because of illness or an injury, he/she will be **automatically excused** from practice or game for that day. The coach must approve absences in advance for any other reason, in order to be deemed an excused absence for the practice or game. One unexcused absence from a game or practice may result in a one game suspension. An athlete suspended from the team three times may be removed from the team. Any combination of three unexcused absences from either a practice or game may result in removal from the team. Parents must communicate via email with Nazareth Felix, nfelix@stgphx.org, the Athletic Director.

Also, students must attend at least a half day of school (4 or more hours) on the day of a sporting event or extracurricular activity in order to participate. Students who leave school due to illness, or who are absent for more than half of the school day, may not participate in or attend any athletic or extracurricular activity that day. This policy is in place to support the health, safety, and well-being of all student athletes.

Role of the Athlete

All eligible athletes are encouraged to participate in the various C.Y.A.A. activities. Students who choose to participate in C.Y.A.A. activities must make a commitment to their team. Any player who chooses to play on a team must also make a commitment to his/her coach and teammates as well as himself/herself in order to remain on the team until the conclusion of the season.

1. Give a full effort of himself/herself during practices and games.
2. Make a commitment to the team over other activities.
3. Be accepting of his/her own mistakes.
4. Strive to achieve without placing undue pressure on self or teammates.
5. Recognize and respect the strengths and weaknesses of teammates.
6. Exhibit sportsmanship at all times.
7. Accept the guidance of coaches.
8. Respect the coaches and their decisions at all times.
9. Respect the decisions of officials at all times.
10. Never criticize coaches, officials, or fellow athletes.
11. Refrain from offensive or abusive language and actions.
12. Maintain a minimum standard of all classes per eligibility requirements
13. Follow the Athlete's Code of Conduct.
14. Sign the form that they have read the regulations and agree to abide by them.
15. Attend all practices and games.

Athlete Code of Conduct

Since athletes are representing St. Gregory Catholic School, they must follow a Code of Conduct at all times. The Code of Conduct is as follows:

- 1) Seriously accept the responsibility and privilege of representing the school and community of St. Gregory Catholic School.
- 2) Make a commitment to the team over other athletic activities.
- 3) Cooperate with the coach and fellow athletes in trying to promote sportsmanship.
- 4) Never criticize or disrespect the coach.
- 5) Respect the judgment and strategy of the coach.
- 6) Treat opponents with respect that is due to them as guests and fellow competitors.
- 7) Exercise self-control at all times, accepting decisions, and abiding by them.
- 8) Respect the judgment of the officials and their interpretation of the rules.
- 9) Never argue or make gestures indicating dislike with an official's decision.
- 10) Never be boastful or bitter, accept both victory and defeat with pride and compassion.
- 11) Congratulate the opponents in a sincere manner following either a victory or defeat.
- 12) Never taunt an opponent or celebrate an accomplishment in such a way as to "show up" the opponent or demonstrate a lack of respect or to provoke another team or its spectators.

As an athlete, the student is considered a leader and a role model for fellow students of St. Gregory Catholic School. They must conduct themselves with respect and consideration for others. They must abide by the behavior guidelines of St. Gregory Catholic School.

Commitment Agreement

Students selected to represent St. Gregory Catholic School on an athletic team must understand that **school team commitments take priority over outside league or club sports**. Participation on a St. Gregory team is considered a commitment for the entire season, which typically lasts 6–8 weeks.

We understand that other opportunities and activities may arise during the season; however, athletes are expected to attend all practices, games, and tournaments whenever possible. Frequent absences, tardiness, or lack of commitment can negatively impact coaches, teammates, and the team as a whole.

If a conflict with another activity arises, parents must notify the coach and Athletic Director in writing as soon as possible. Failure to communicate appropriately may result in suspension from the team and may be considered when evaluating future athletic participation opportunities.

In addition, athletes who quit a team after team selection, repeatedly arrive late, miss scheduled events without approval, or fail to follow the Athlete Code of Conduct may have future athletic participation reviewed by the Athletic Director and administration.

Please note that all sports fees are non-refundable.

Suspension and Removal from the Team

Players must follow certain guidelines while participating in the St. Gregory Catholic School Sports Program. An athlete who violates the rules listed below, could be suspended or removed from the team. A coach must notify the Athletic Director of any violation before taking any action to suspend or remove a player from a team. A player may be suspended or removed by the Athletic Director/School Administration once he/she has been notified of a violation under the following conditions.

One Game Suspension

1. Receiving any notices of concern that the administration determines is substantial enough to warrant disciplinary action, this includes, but not limited to, detention and or In School Suspension(ISS).
2. 2 unexcused tardies from practices.
3. 1 unexcused tardy from a game.
4. 1 unexcused absence from practice.
5. 1 unexcused absence from a game.
6. Misconduct during practices or games that a coach feels is substantial enough to warrant action.
7. Misconduct during a game in which the official disqualifies the player in question (ejection)
8. Violation of the Athlete's Code of Conduct.

Removal from the Team

1. Athlete is suspended from the team if three or more code of conduct infractions have been received.
2. Athlete receives three unexcused absences from practices and/or games.
3. Failure to bring grades up in accordance with the school's academic policy
4. If a parent is late three times to pick up their child from a game or practice, the athlete may be removed or suspended from the team.
5. Any action the administration determines is substantial enough to warrant disciplinary action.

Supervision

1. Athletes must report to the coach or designated adult when they arrive at the practice or game site.
2. **Athletes will not leave a site without permission.**
3. Coaches or designated adults must be present before team members arrive for practices or games.
4. Coaches must supervise players until all have been picked up from a practice or a game. Parents must be on time to pick up athletes.
5. Extended care will not be provided if you are late picking up your child on time, unless they have registered and paid for the service in advance.

Tardy Policy

An athlete is tardy when he/she arrives at a practice or a game after the designated starting time as determined by the coach. Any combination of 2 unexcused tardies to a practice or a game can result in a one game suspension. Any athlete suspended from the team three times may be removed from the team.

Eligibility

The after-school sports program is optional for students, both boys and girls, in the 5th through 8th grades. The sports available are:

- Boys: Flag Football (Fall), Basketball (Winter), and Baseball (Spring)
- Girls: Volleyball (Fall), Softball (Winter), and Basketball (Spring)
- Boys/Girls 7th & 8th Grade Only: Mini Soccer Season (Winter)
- Boys/Girls Cross Country Meet (Fall/Winter)

The ability to participate in the after-school sports program is a privilege and not a guaranteed right. Parents and participants must monitor the student's academic and behavior progress, with the appropriate teacher(s), to ensure the student's eligibility.

A **MAJOR** emphasis will be placed on the student's daily behavior. Students are expected to follow the school's athlete code of conduct in order to participate in the school's sports programs. Satisfactory conduct must be consistently maintained in all classes and at lunch/recess in order to participate in the school's sports programs.

If a student continues to exhibit behavior unbecoming of a Spartan Athlete, his/her eligibility for participation will be reviewed by the schools administration. If it is determined that the student has not rectified his/her behavior, then the student can and will be expelled from participation in after school athletics.

Participation in athletics at St. Gregory Catholic School is a privilege, and all students are encouraged to participate in the sport(s) of their choice as part of our whole-child approach to education and development. We believe students who demonstrate good effort, attitude, and commitment toward their education should have the opportunity to participate in school athletics.

To support academic success, there will be a minimum of two grade checks conducted each season. Students earning A's, B's, and C's will remain fully eligible to participate. One D is acceptable; however, if a student receives two D's, the Athletic Director and teachers will meet to discuss the most appropriate course of action regarding eligibility. Depending on the circumstances, participation may be terminated or continue on a limited basis. Students receiving three D's or at least one F, or any combination, will be considered ineligible for athletic participation until academic improvement is demonstrated. If a student is placed on the ineligibility list 2 times within a season, he/she will be removed from the team to focus on their academics. Also, students with poor academic effort, negative attitudes toward school, or failing grades may also be removed from practices, games, tournaments, and/or the team at the discretion of the Athletic Director and administration. Parents reserve the right to withhold their child from participation due to family academic expectations, with prompt communication to the Athletic Director and coaches.

****The administration reserves the right to treat each situation on a case by case basis.****

Uniform and Equipment Responsibilities

School-issued uniforms and equipment are the property of St. Gregory Catholic School. Athletes are responsible for returning all equipment in good condition at the conclusion of the season. Outstanding uniform obligations may result in holds on school accounts until resolved.

Parent Code of Conduct

- 1) I will model Christian sportsmanship
- 2) I will exhibit respectful behavior at all athletic events.
- 3) I will encourage athletes positively.
- 4) I will respect coaches
- 5) I will respect officials
- 6) I will avoid confrontations
- 7) I will support the philosophy that character and sportsmanship are more important than winning.

Role of the Parents and Family Members

Parents of St. Gregory Catholic School athletes participating in the C.Y.A.A. league should be aware of the philosophy and guidelines set forth by the C.Y.A.A.

1. Be a positive spectator when present for any practices or games.
2. Show cooperation and respect when relating to coaches and officials.
3. If you witness a coach's behavior, which is not consistent with the C.Y.A.A. philosophy, alert the Athletic Director and administration in writing.
4. Know and demonstrate the fundamentals of sportsmanship.
5. Refrain from offensive language and actions. Taunting and/or swearing will not be tolerated at any time.
6. Help censure fellow spectators who display negative behavior.
7. Monitor the academic progress and school behavior of their child to ensure they maintain the minimum standard of St. Gregory Catholic School.

Transportation Expectations

Parents are responsible for arranging transportation to and from all practices and games. Students may only leave athletic events with approved adults listed on the school transportation forms or with adults authorized by a parent in writing via email. Any individual transporting students other than their own child must complete all required Diocese transportation clearances and requirements.

Role of the Coach

A coach has a strong influence on the children with whom he/she works. It is of utmost importance that a coach displays the qualities of good sportsmanship and Christian attitudes. A coach should be an instructor and disciplinarian to the team players. The coach must abide by the C.Y.A.A. Code of Conduct.

1. Be committed to the philosophy of the C.Y.A.A. Program.
2. Be knowledgeable of the C.Y.A.A. rules and applicable AIA rules.
3. Be knowledgeable of the C.Y.A.A. Code of Conduct for all participants.
4. Make good use of practice time for instruction of all players in fundamentals and rules.
5. Have all necessary documents for all players in case of injury.
6. Guide team members in cooperating with one another and accepting the weaknesses and strengths of team members.
7. Ensure all players participate up to or beyond the C.Y.A.A. requirement.
8. Supervise the athletes at all times. This includes practices and before, during, and after the games. An adult must stay with the athletes until they have been picked up.
9. Coaches should be present before the team arrives for practices and games.
10. Ensure that an adult is present at all times who possesses basic first aid and CPR training and certification.
11. Oversee the safety and maintenance of athletic equipment. They should notify the Athletic Director of any faulty equipment.
12. Evidence of a positive attitude in relating to athletes.
13. Refrain from offensive language and tobacco products at all times in the presence of the players.
14. Respect the judgement of the officials and their interpretations of the rules.
15. Refrain from discussing publicly with spectators in an abusive manner an official's decision.
16. Refrain from physical or verbal abuse of a player at all times.
17. Be responsible for unruly actions or the misconduct of his/her spectators before, during, or after the game.
18. Never appear in an intoxicated condition, or have the presence of alcoholic beverages.
19. Insist his/her team shakes hands and be courteous at all times with the other teams/coaches.
20. Hold a pre-game prayer.
21. Scheduled games must be played. Advise the Athletic Director of any conflict A.S.A.P.
22. Follow the directives of the Athletic Director and Administration.
23. Attend or have on file evidence you attended the "Safe Environment Policy" training.
24. Be fingerprinted or have a DPS clearance card.
25. Ensure that everyone associated with the team conducts himself or herself in a Christian manner.

Coaches Code of Conduct

Since coaches are representing St. Gregory Catholic School, they must follow a code of conduct at all times. The following the code of conduct:

- 1) I hereby pledge to live up to my responsibilities as a coach at St. Gregory Catholic School.
- 2) I will place the emotional and physical well being of my players ahead of myself.
- 3) I will remember to treat each player as an individual, remembering the large spread of emotional and physical development for the same age group.
- 4) I will play each player up to or beyond the standards set forth by the C.Y.A.A.
- 5) I will do my best to provide a safe playing situation for my players.
- 6) I promise to review and practice the necessary first aid principles needed to treat injuries of my players.
- 7) I will lead by example in demonstrating fair play and sportsmanship to my players.
- 8) I will use coaching techniques appropriate for each of the skills I teach.
- 9) I will ensure that I am knowledgeable in the rules of the sport that I am coaching, and I will teach these rules to my players.
- 10) I will be sensitive to the score and the game conditions so as not to embarrass or belittle an opponent.
- 11) I will respect the judgment of the officials and their interpretation of the rules.
- 12) I will put sportsmanship over winning.
- 13) I will model ethical behavior and sportsmanship.
- 14) I will remember that I am a youth coach, and that the game is for the athletes and not the adults.

Concussion and Injury Awareness

Any athlete suspected of sustaining a concussion must be removed from participation immediately and may not return until medically cleared. Coaches are expected to maintain CPR and First aid certification and prioritize athlete safety at all times.

Heat Safety and Hydration

Due to Arizona weather conditions, athletes are expected to bring adequate water to all practices and games. Practices or games may be modified or canceled due to unsafe weather or heat conditions.

Grievance Procedure

Please remember that our coaches are volunteers who generously dedicate their time and energy to supporting our student-athletes. Maintaining open, respectful communication between parents, coaches, and school administration is essential to fostering a positive athletic environment. Communication between coaches, parents, and athletes should remain respectful and solution-oriented.

There may be situations that require a meeting between a parent and coach. When concerns arise, the following procedures should be followed to promote a respectful and productive resolution:

- Speak with the coach first to discuss the concern.
- If the issue is not resolved, contact the Athletic Director. The Athletic Director may coordinate a meeting involving all appropriate parties.
- If further resolution is needed, parents may schedule an appointment with the Principal.

We ask that parents wait at least 24 hours after a game or competition before addressing concerns, as emotions and tensions may be heightened immediately following play.

Appropriate Topics to Discuss with Coaches

- Your child's mental and physical well-being
- Ways to support your child's growth and development
- Concerns regarding your child's behavior, effort, or attitude

Topics Not Appropriate to Discuss with Coaches

- Playing time decisions
- Team strategy or play calling
- Other student-athletes

Please do not confront a coach before, during, or immediately after a game or practice. These are often emotional moments, and discussions at these times are rarely productive. We ask that all concerns be addressed at an appropriate time and in a respectful manner.

Role of the Athletic Director

The Athletic Director is responsible for the overall administration, supervision, and coordination of the interscholastic athletic program for St. Gregory Catholic School.

1. Submit completed coaching application to the administration.
2. Follow Diocesan and St. Gregory Catholic School guidelines when recommending coaches to the administration.
3. Notify coaching assignments to all coaches.
4. Explain the Diocesan and St. Gregory Catholic School policies in detail to all the coaches.

5. Review policies regarding fingerprinting, CPR Certification, and the Diocese of Phoenix Safe Environment Policy with all coaches.
6. Review all disciplinary policies regularly with coaches.
7. Review mandatory student participation time set forth by the C.Y.A.A. with coaches.
8. Interpret eligibility policies with students, parents, and staff with the cooperation of the administration.
9. Enforce eligibility standards and policies as set forth by the C.Y.A.A. and St. Gregory Catholic School.
10. Work with the administration for recruitment of coaches.
11. Keep an accurate account of all violations of policies and record the action taken in each case. Inform the administration of all actions taken prior to enforcement.
12. Provide written communication to coaches, parents, and athletes as needed.
13. Update master game schedule as needed.
14. Manage athletic contests.
15. Prepare and manage the athletic budget, requisition supplies and equipment, prepare all purchase orders, and maintain inventories for all athletic activities.
16. Complete all responsibilities associated with the program on a daily basis.
17. Keep record and if necessary offer training for C.P.R. for all coaches.
18. Submit all necessary documents to the C.Y.A.A. upon their due dates.
19. Keep the administration informed of any policy violation or sports concern.
20. Interact regularly with the principal on all aspects of our athletic program.
21. Collect all uniforms at the end of each season from the coaches/athletes.

Social Media Expectations

Student athletes are representatives of St. Gregory Catholic School both in person and online. Bullying, harassment, inappropriate content, or disrespectful online conduct may result in disciplinary action.

Emergency Numbers

In case of an emergency, the following telephone numbers should be used.

Principal:

Rachel Gatson rgatson@stgphx.org

Assistant Principal:

Margaret Welfelt mwelfelt@stgphx.org

Athletic Director:

Nazareth Felix nfelix@stgphx.org

Fees

Sports fees are necessary for the sports program to pay for officials and access new equipment and uniforms, please make sure all fees are paid online using our school website as soon as possible. Once paid, you will receive a paid receipt and a pass for your student athlete to receive their jersey. Sports fees are \$125/sport and must be paid prior to the start of the season.

Pre-Season Requirements

Before an athlete can begin participating and competing on a 1st official day of practice for a particular activity, the following forms must be turned in to the Athletic Director via **Google Forms**:

1. AIA physical examination, signed by a physician and dated no earlier than June 1st of this year. (*You may find this form on the St. Gregory's website*)
2. Transportation Form
3. Driver Information Form, If you intend on driving a student athlete other than your own
4. Fees paid through an online portal located on our website. (\$125/sport)

Team Schedules

St. Gregory Catholic School teams are limited on the amount of time they may have for practices and games. Practices or games, except tournaments, are Monday-Thursday with some Friday and Saturday games/tournaments. Team and master schedules will be available in the school office and on the St. Gregory Catholic School website shortly after the season begins.