



**St. Pius X School  
Athletic  
Handbook  
2010 - 2011**

# ATHLETIC HANDBOOK

Dear Parents,

A new season is upon us and I can't help but get excited about new classes, activities, and special events. The teachers and coaches can't wait to begin, and we all hope that you, too, share this enthusiasm.

This year will be a year of great achievement for St. Pius X-- both academically and athletically. In an effort to keep you and your son and/or daughter informed, we are offering you an Athletic Handbook.

As a specific sport rolls around, more information will be given to the student athlete and updates will be noted -- but for now, this information will serve as a way to get you and your athlete ready for an action-packed sports year.

If you ever have any questions or comments or need assistance, please call me at St. Pius X School at 276-1061.

Again, we're looking forward to this school year with great enthusiasm. Please join us this year by attending the games, activities, and events and by supporting and encouraging our teams for the best season(s) ever!

Thank you very much!

Sincerely,  
Tom Breitbach  
P.E. Teacher/Athletic Director  
St. Pius X School

## Regulation

### Athletic Program

The principal and Athletic Director shall approve coaches for all teams representing St. Pius X School.

It shall be the responsibility of the coach in conjunction with the Athletic Director, and in compliance with the governing rules of the league to determine an appropriate number of players on each team's roster.

All school sponsored athletic programs shall be conducted with a "no cut" policy for fifth, sixth, seventh, and eighth graders.

The Athletic Committee, under the direction of the Board of Education, will direct the coaches to provide equal attention and opportunity in practice to develop the skills required in the athletic program in which each player participates. Instruction of basic fundamentals is the foundation of the coaching philosophy at St. Pius X School. It is also the policy that all fifth, sixth, seventh, and eighth graders be provided equal playing time in all sports, per game and per practice, so that each player may learn and perform the skills practiced during the week, providing each player has complied with team rules and practice attendance as outlined by coaches. Players who miss practices/games, regardless of the reason (e.g., doctor appointment, TCY, other team practices, etc.) may forfeit equal game playing time. During tournaments, all players will play but time played may not be equal.

Scholastic standing must be maintained according to St. Pius X School's standard as outlined in the St. Pius X School Parent/Student Handbook.

In some cases, players may be moved to another team due to an inadequate number of players on a team. Players may be moved to another team at the discretion of the coaches and the Athletic Director. The parent and player will be notified prior to moving the player to another team.

Policy adopted: June 6, 1988

Policy reviewed: October 17, 1995

Policy revised: November 24, 1998, November 1, 1999, November 4, 2003, June 2, 2008

## **Sports Camps and Clinics**

Anytime I receive information regarding special camps or clinics from Dowling, Drake, Iowa State, University of Iowa, UNI, Y-Camp, F.C.A., or any other school or sport related agency, I will announce the information to the students and post notice to the PE bulletin board if a notice is provided. Many announcements are made through e-mail or websites, so it is important to investigate the sites of Dowling Catholic, the YMCA, and your local community to see what is being offered for camps and clinics. This is important because many of these camps have been created with the young athlete in mind. There is no better way to develop a young person's potential -- mentally, physically, and spiritually than by attending one of these special camps. What's more, we have some outstanding camps and clinics in our state -- not to mention Des Moines!!

I'll do what I can to post the information I receive and to obtain any other brochures that may interest the athlete.

Mr. Breitbach

## **Athletics, Extra Curricular**

### ATHLETIC PROGRAM

As is traditional in Catholic education, we seek to educate the whole child to the fullest of his/her potential. An integral part of our comprehensive program of total education is the use of athletics in cooperation and conjunction with our other departments to produce healthy, well-rounded Christian ladies and gentlemen. Specifically, the athletic department is designed to provide our children, by classroom instruction and field practice, an overall understanding and mastery of techniques and procedures of major sports. While our immediate emphasis is the acquiring of athletic skills, our department seeks to create a milieu where our young people may develop those character traits and discipline of mind and body, which will form them into well-integrated individuals who are conscious of cooperating with one another in obtaining a standard of excellence.

Scholastic standing must be maintained according to St. Pius X School's standards. Middle School students who are in Taking Care of Yourself, "TCY", (for two or more subjects or for a failing grade in any one subject) or fifth grade students in Take Responsibility for Yourself, "TRY", will not practice or participate in games that week (Monday-Sunday), however they will be expected to attend the games and sit on the bench in support of their team. Teachers will inform the athletic director, who in turn will inform the coaches, if one of the athletes is in TCY or TRY. The coaches will then inform the student and their parents. Once a student is out of TCY or TRY, they will be able to participate the following Monday.

## A. Athletics

Athletic participation at St. Pius X is an integral part of the school's total curriculum. The following programs are available:

- Boys Basketball: Sixth, seventh and eighth grades
- Boys Track: Fifth, sixth, seventh, and eighth grades
- Girls Basketball: Sixth, seventh, and eighth grades
- Girls Track: Fifth, sixth, seventh, and eighth grades
- Girls Softball: Sixth, seventh, and eighth grades
- Girls Volleyball: Sixth, seventh, and eighth grades

## B. P.E. Clothing

See Parent/Student Handbook for clothing requirements for Physical Education classes

## C. Athletic Pre-Participation Physical Exam

A certificate of physical examination is required before an athlete can participate in any sport. The physical is good for one school year only and allows an athlete to participate in any sport during that school year. (Ex. If a student gets a physical in the spring for track, then decides to participate in basketball, another physical is required because it is a different 'school year'.)

If a student-athlete does not complete a physical examination before the season, he/she cannot participate until a completed physical form is turned in to the school office.

A physical form may be obtained from the school office or from the athletic director.

It is suggested that student athletes have physicals the summer before the expected year of athletic participation. Many walk-in clinics throughout the area will do walk-in athletic physicals.

If for any reason we do not have enough players to field a team because physicals are not completed, members of the team are in TCY or TRY, etc. we will forfeit games until we have enough players to field a team.

### **Sports Participation Fees**

We have initiated fees for participation in sports. These fees cover the costs of purchasing athletic first aid supplies, sport related equipment (i.e., purchase of new and used equipment to upgrade the athletic program), and League and/or special team charges (may include use of field/court charges, etc.). These fees will help us to put out our best efforts to build a successful athletic program as well as to help us meet the needs of these "young athletes in training" for their future in sports.

The fee for Middle School Softball, Basketball, Volleyball and Track will be \$30.00 per athlete for the year. If the students participate in track ONLY, the fee will be \$15.00 per year.

If you have any questions, please call Mr. Breitbach at St. Pius X School at 276-1061.

### **Note to Parents:**

We cannot overemphasize the importance of the support and encouragement you offer to your own son or daughter, our teams, and our school when you attend the games, contests, and school events. It is, without question, an inspiration to see the stands filled with cheering spectators. It is my hope that we can get all the “backers” we can to each of the games this year. It is obvious that St. Pius X School is a strong contender in athletics and we want to keep it that way!

We have seen some fine young athletes in this school and will continue to see even more pass through these halls in the years ahead. What we need to do as parents and teachers is to continually support, encourage, and help our young people develop as positive, strong, caring, and responsible athletes. Teamwork, Sportsmanship, Camaraderie, and Positive Friendships are very important in athletics. Nothing prepares us better for life’s battles than the competition we face in sports -- the winning and losing, the hard work and sweat, and the total team experiences as well as the individual achievements -- it is terrific preparation for what’s ahead.

We, as teachers and coaches, will strive to offer our students and athletes the most positive experiences we can to help them develop as the athlete and student they are meant to be.

I also want to say that Sportsmanship is a very important part of the “whole game.” We **cannot** allow parents or athletes to conduct themselves negatively or as “poor sports” should things not be going the way we think they should. Our reputation needs to be one in which we can be proud, as parents, players, observers, and spectators. Too often we see and hear people who conduct themselves inappropriately -- our young people don’t need those experiences. We will take it in stride as we face our “thrill of victory” and the “agony of defeat.” No one can ask for any more from our athletes than to give their best -- and that is what we are doing.

Enclosed is a copy of a writing by Bart Starr that deals with what I’m trying to say: “What It Takes to Be a Winner; the 3-D’s.”

This year at St. Pius X we are all going to be Winners.

Thanks for your support!!!!

# What It Takes to be a Winner; the 3-D's

Bart Starr, former quarterback of the Green Bay Packers,  
tells what it takes to be a Winner . . .

Whenever I have the pleasure of talking with young people around the country, I spend a while describing what I call the 3-D's:

1. Dedication - An enthusiastic willingness to accept, even look forward to, the long hours of practice, conditioning, and preparation necessary for excellence in any type of endeavor.
2. Desire - Maintaining, within, a constant, ever burning fire to excel. With it you have the stamina, both mental and physical, to put in those long hours.
3. Discipline - Possessing the inner strength to commit yourself to the rules, regulations, and training needed to achieve excellence -- and sticking to them.

To me, team success comes before personal glory. And so it should with you. Thank God for your talents so that you will be humble in victory and gracious in defeat. Do these things . . . and you will not only be a better football player, but a well rounded person who is an asset to your team, your community, your country.