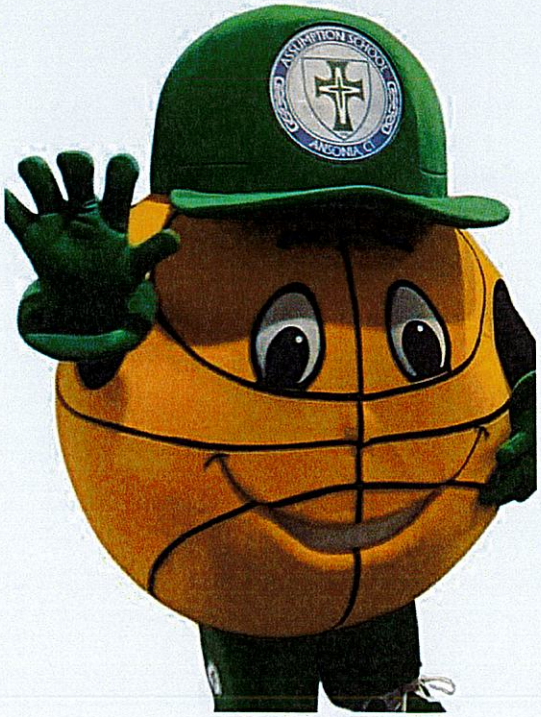


SPORTS HANDBOOK

2026 - 2027



I. Philosophy and Mission

The Assumption School Sports Program consists of junior varsity and varsity basketball teams for boys and girls and a girl's cheerleading squad. The program exists to not only provide an opportunity for students to learn the fundamentals of basketball or cheerleading in an organized, supervised environment, but to reinforce the importance of striving for excellence in education and sportsmanship. Our program is dedicated to the pursuit of excellence in athletics within the framework of a Catholic community and is committed to providing opportunities for each student-athlete to reach his/her highest potential while developing the qualities and spirit of a Catholic Christian. The Assumption School Sports Program promotes self-discipline, teamwork, concentration, friendship, leadership, and good sportsmanship.

II. Leadership

The principal in consultation with the pastor has final responsibility for and authority over all athletic teams. The principal is responsible for appointing the Athletic Director(s) and Coaches. Coaches report directly to the principal and/or Athletic Director.

III. Coaches

Coaches will be selected for their character and willingness to abide by school policies, as well as their coaching skills. All coaches must complete a formal application, must be approved by the principal and/or pastor, and must agree to follow the established policies stated herein. All coaches once selected must pass a Criminal Background Check and complete the Safe Environment Education program for the Archdiocese of Hartford. Coaches will have a group meeting with the principal prior to the start of the basketball season.

The athletic staff must keep in mind that they are functioning within the context of a Catholic educational community. Towards that end coaches must remember that they bear the following duties:

1. Duty to Instruct – use the latest methods of proper instruction – Play Like a Champion.
2. Duty to Learn – keep up to date on coaching skills and rules.
3. Duty to Provide a Safe Environment – check facility for fire exits, debris, litter, unsafe conditions, location of an AED (automated external defibrillator). Coaches must bring all emergency contact numbers and a first aid kit to all practices and events.

4. Duty to Keep Records – document all incidents or injuries, complete required forms, submit such reports immediately to the principal, notify the principal immediately in the case of a major incident or if medical attention is necessary, and keep attendance at every practice and game.
5. Duty to Follow Fair Practice – protect students from discrimination due to gender, race, color, creed, or other unfair practices.
6. Duty to Safely Transport Athletes – ensure that all students have safe transportation to and from practice and games, supervise each student until his/her transportation arrives. Do not (if at all possible) remain alone with a student; at least two coaches should wait with students.
7. Duty to Report Alleged Abuse or Misconduct – any coach who has reasonable cause to suspect or believe that a child is a victim of abuse, sexual abuse, or neglect must report such to the principal and/or Department of Children and Families.

Engagement of athletic staff services is "at will" and may be terminated at any time for any reason by the pastor in consultation with the principal.

IV. Player Eligibility and Participation

Students in grades five through eight are eligible. Varsity players will be seventh and eighth graders unless there are insufficient students to maintain a team then lower grade students may be eligible. Junior varsity players will be fifth and sixth graders unless there are insufficient students to maintain a team then fourth graders may be eligible. The cheerleading program is open to girls in grades four through eight. Once a child is a member of a team, he/she must maintain a C- grade (nothing below 70) in each subject on the report card in order to remain on the team. Any student in danger at progress report time (average below a 70) is considered on probation. It is the student's responsibility to improve his/her grade by the trimester report card. A grade lower than a C- (70) on the trimester report card will result in suspension from the team for the remainder of the school year.

It is not permissible for a student to participate in both basketball and cheerleading. The demand on the student and management of time conflicts cause too much stress on the student.

Tryouts and cutting will be allowed at the Varsity level only. Students transferring into the school cannot displace a returning student on the Varsity team. Because the focus of the Junior Varsity team is instructional, cutting students is not allowed. Coaches must see to it that all eligible Junior Varsity team members have substantially equal play time.

If a student has been exempted from physical education due to illness or disability, he/she is not eligible to participate in the sports program. If a student has been suspended from school (in or out of school suspension), he/she cannot participate in the program for the duration of the suspension. If a student is absent from school due to illness, he/she may not participate in practice or competition on the day of the absence. If a student is absent for all or part of the day due to any other reason other than illness, the student must gain written permission from the principal to participate. If such permission is not procured, the coach must not allow the student to participate. If a student has been absent from school for a longer period due to illness or injury, or if the student has been under the doctor's care for an injury, he/she must receive a doctor's clearance in writing to return to participation.

Parents/guardians of children with a serious allergy must provide written permission for the administration of an Epi-Pen® or other prescribed cartridge auto injection and shall supply the coach with that medication. In the absence of a coach who has been trained to administer such a medication, the parent/guardian must attend all competitions.

V. Scheduling and Finances

The following norms apply to athletic competitions and practices in regard to the scheduling of such. The principal must be given copies of schedules and be made aware of any changes made during the season.

1. When school has been cancelled, all practices and competitions will be cancelled as well.
2. No practices or regular season, post season, and tournament competitions may be scheduled to begin any earlier than 12:00 Noon on Sunday.
3. Religious holidays such as Ash Wednesday, Holy Thursday, and Good Friday must be reserved exclusively for religious observance – no game or practice may be scheduled.
4. All teams may practice up to a maximum of three times each week in pre-season. During the season and post season, teams may practice provided that the combined number of practices and competitions does not exceed three in a calendar week.
5. At the varsity level, regular season play cannot exceed 25 games.
6. Varsity teams may compete in a maximum of three regional tournaments.
7. At the junior varsity level, regular season play cannot exceed 20 games.

8. Junior varsity teams may compete in a maximum of three regional tournaments.
9. Exclusive of any state or New England championships, the total number of games played by a junior varsity team must not exceed thirty.
10. Students may be transported to competitions by a hired public service or chartered bus.
11. Students may be transported by their parents or guardians.
12. Students may be transported by other vehicles provided appropriate permission has been secured, driver of vehicle is at least 21 years old, the vehicle must be insured by the driver for minimum limits required by the Archdiocese's insurance company, and the principal has ensured that adequate coverage is in place.

All financial arrangements and transactions must have the prior approval of the principal and pastor. Such transactions shall include, but not be limited to payment and/or collection fees or other funds for:

1. tournaments
2. awards and banquets
3. league membership
4. student fees/dues
5. uniforms/equipment
6. officials
7. rental of facilities

The athletic staff may not sign contracts or purchase orders.

VI. Athletes and Discipline

If a student violates the code of conduct, the coach reserves the right to provide appropriate corrective action that is proportional to the violation. Such actions may include but are not limited to:

- Counseling the student regarding the conduct
- Advising parents of the violation
- Removing the student from the practice or competition.

If a student has repeatedly violated the code of conduct or if the student has engaged in a serious violation that is completely inconsistent with school or athletic rules the coach reserves the right to:

- Notify the principal of the violation
- Remove the student from the practice or competition
- Suspend the student from the team, after consultation with the principal

- Permanently remove the student from the team after consultation with the principal.

There are some disciplinary issues which will be addressed directly by the principal and/or pastor which may have ramifications beyond limiting participation in the program and which may be cause for detention, suspension, or expulsion. These issues must be brought to the attention of the principal immediately.

VII. Behavior of Coaches, Parents, and Spectators

If a spectator violates the rules, the coach, athletic director, or the principal (if present) shall take appropriate corrective action to remedy the situation. Such actions may include:

- Reminding spectators of the rules
- Quietly counseling the spectator
- Asking the spectator to leave
- Having the spectator removed (only in extreme situations)
- If spectator is a minor, reporting the incident to a parent/guardian
- Reporting the incident to the principal and requesting that the spectator be barred from attending additional events

Parents/guardians attending as spectators who violate the code of conduct shall be subject to the same corrective actions as above. If spectator is a student from the opposing school, the coach of the opposing team will be informed of the problem and address the issue. Coaches shall be subject to appropriate disciplinary actions.

VIII. Resolution Process

The direct approach involves clear and polite requests for conversation regarding the problem. This is best done at least one day after the incident when calm tempers prevail. Examples of behavior warranting this approach include:

- A coach asks a parent or spectator to be more positive when supporting the team
- A parent speaking to a coach about being more encouraging rather than critical when addressing the team during breaks.

The indirect approach involves the parties concerned meeting, either together or separately depending in the situation with the principal to resolve the problem. This would be appropriate when:

- The complaint is of a serious nature
- The direct approach has not worked.

Code of Conduct for Coaches/Athletic Staff

Coaches and athletic staff will:

1. Lead the team in prayer before each practice and competition.
2. Exhibit high moral character, behavior, and leadership.
3. Never place the value of winning, or his/her own personal satisfactions, above the value of instilling the ideals of character and Christianity that are consistent with an Assumption School education.
4. support and follow all Archdiocesan, school, and league policies regarding athletic programs.
5. Work collaboratively with other school, league, and Archdiocesan officials in reviewing athletic programs, policies and procedures to make the sporting experience more beneficial to the students.
6. Respect the integrity and personality of the individual athlete.
7. Abide by and teach the rules of the sport.
8. Set a good example by refraining from arguments in front of players and spectators, gestures which indicate disagreement with or disregard for officials or opposing coaches and throwing objects.
9. Set a good example by publicly shaking hands with officials and opposing coaches in welcome, gratitude, and congratulations.
10. Respect the integrity of the officials.
11. Display modesty in victory and graciousness in defeat in public and in meeting with any media.
12. Confine remarks to game statistics and to the team's performance.
13. Instruct players and spectators in proper sportsmanship responsibilities and demand that they make good sportsmanship.
14. Not using profanity, obscene language, or improper actions; nor shall they allow students to do the same.
15. Refrain from using alcohol or tobacco during practices and competitions and take an active role in preventing students from using such products.
16. Encourage parent/guardian participation and observation as is Practicable.

Code of Conduct for Athletes

The student-athlete in Assumption School will:

1. Start every competition with a team prayer.
2. Act in a Christian manner exhibiting good sportsmanship both on and off the court/field keeping in mind that he/she is an official ambassador of Assumption.
3. Respect opponents, officials, coaches, teammates, and spectators at all times.
4. Remember that participation is a privilege not a right.
5. Remember that participation in an athletic program is an opportunity to learn and have fun and not focused on winning or pleasing other people.
6. Welcome opponents and congratulate them sincerely at the end of the competition.
7. Be a good sport; applaud all good plays regardless of which team made them.
8. Accept both victory and defeat with pride and honor—never be boastful or bitter.
9. Maintain grades by giving the best effort to academics.
10. Display good behavior in school and at any school event.
11. Listen to and learn from the coach.
12. Work hard to improve skills and help the team.
13. Follow all the rules and regulations set by the coach, school, sport/league, and Archdiocese.
14. Co-operate with officials, coaches, teammates, and opponents as without them there would be no competition.
15. Respect the judgment of the officials. Never argue or show disrespect to the officials or opposing coachers. Only the coaches should ask the officials for a clarification of the rules.
16. Attend all practices and competitions. If not able, the athlete or the parent/guardian should notify the coach in advance.
17. Respect school property at all venues; do not destroy or damage that property.
18. Return all school property including uniforms to the coach in a timely manner and in good condition.

Code of Conduct for Parents/Guardians

The parents/guardians of a student-athlete in Assumption School will:

1. Model Christian behavior for all students, spectators, and coaches.
2. Encourage good sportsmanship, effort, and teamwork.
3. Remember that a ticket or admission to a competition is a privilege.
4. Learn the rules of the sport in order to understand and appreciate why certain situations occur, or respectfully inquire about such situations after the competition.
5. Be respectful by refraining from yelling, shouting, arguing, gesturing, inciting other spectators to such behaviors.
6. Make sports a part of your child's life, not everything in his/her life.
7. Keep winning and losing in perspective; help your child to do the same.
8. Help your child meet academic requirements as well as team requirements.
9. Let the coach guide and instruct your child.
10. Compliment and encourage all players, never ridicule or yell at a child for making a mistake or losing.
11. Support all efforts to remove unsporting behavior from the program.
12. Refrain from using alcohol, drugs, or tobacco while still on or near the site of the competition.
13. Return all school property in a timely manner and in good condition. Parents are responsible for replacing or repairing missing, damaged, or destroyed property.

Code of Conduct for Spectators

All spectators at Catholic school sporting events will:
1. Model Christian behavior for all students, spectators, and coaches, remembering that they represent the school in the community and at the sporting venue.
2. Encourage good sportsmanship, effort, and teamwork from the student athletes, coaches, and spectators.
3. Remember that a ticket or admission to an event is a privilege.
4. Respect the judgments of the officials and efforts and strategies of the coaches by refraining from yelling, shouting, arguing, gesturing, or inciting other spectators to such behaviors.
5. Remember that athletic experiences are learning opportunities for the players.
6. Keep winning and losing in perspective.
7. Let the coach guide and instruct the team during competitions and practices.
8. Compliment and encourage all participants. Never ridicule or yell at a child for making a mistake or losing.
9. Support all efforts to remove unsporting behavior.
10. Refrain from the use of alcohol or tobacco before and during competition and/or after competitions while still on or near the site of the competition.
11. Use only those cheers that support and lift up the teams involved.
12. Refrain from damaging or destroying the property of the school hosting the event.

Assumption School Athletic Permission Form

Name of athlete _____ Grade _____
Emergency Phone Number _____

The sports fee for the 2026- 2027 season is $130.00 per player for basketball players and cheerleaders. Checks should be made payable to Assumption School. Please read and sign the form below and return this with the sports fee. Thank you.

Assumption School Sports Program
Release and Indemnification Agreement

Read carefully before signing.

I am the parent/guardian of _____. I have read the rules and regulations pertaining to the Assumption School Sports Program. I hereby attest and verify that my child is physically fit. I hereby release the Assumption School coaches, staff, and parent volunteers from any liability resulting in injury as a result of my child's participation in the Assumption School Sports Program.

In further consideration of the acceptance of my child in the Assumption School Sports Program:

1. I hereby agree to comply with all the rules and regulations applicable to the Assumption School Sports Program, as well as encouraging my child to comply.
2. I hereby waive and release any and all claims that I may have against the Assumption School Sports Program coaches, staff, and parent volunteers from any liability including any and all claims for damage caused by the negligence of any of these, resulting from or arising out of my child's participation in the sports activities.
3. I FURTHER HEREBY AGREE TO INDEMNIFY AND HOLD HARNLESS the releases of each of them against any such claim for injury, damage or costs, including attorney's fees, arising from, related to, or otherwise occurring as result of the negligence of any of them, in connection with any child's participation in the Assumption School Sports Program.
4. AND I FURTHER HEREBY CONSENT to allowing my child to receive medical treatment (in an emergency), which may be deemed advisable in the event of injury, accident, and/or illness, resulting from or arising out of my child's participation in the Assumption School Sports Program.

Signature of Parent/Guardian: _____
Signed the _____ day of _____year _____

Please note any medical condition(s) of your child that the coach must be aware of:

_____

_____

Athletic Contract
2026 - 2027

Please initial each statement below to acknowledge you agree to this contract. Then, sign the form at the bottom and return to the Athletic Director to be eligible for participation.

As an Assumption School Student – Athlete…

____ I will strive to give my best to the team in every practice and every game.

____ I will be on time for all practices and games.

____ This experience is an opportunity to learn not only basketball or cheerleading, but also teamwork with all its inherent responsibilities.

____ I will take my coaches' directions and comments as constructive suggestions, which make me a better athlete and my team a successful unit.

____ Practice is where I learn the concepts of the game. How I apply those concepts in mind and body in practice will carry over into the game situation.

____ I will always play hard but always will be a fair sport whether we are winning or losing the game, realizing that everyone on my team and my opponent's team is playing for fun and the competitive experience.

____ I will carry these principles to my schoolwork and my family life with the realization that these are of great importance and take precedence to any sport.

____ I will be an example of Christ in all my actions on and off the court. of competition.

____ I have read the athletic handbook and agree to follow the policies and procedures as stated.

Player Signature: _____ Date: _____

Parent Signature: _____ Date: _____

PLEASE RETURN THIS FORM TO THE PRINCIPAL

Assumption School Athletic Permission Form

Name of athlete _____ Grade _____
Emergency Phone Number _____

The sports fee for the 2026- 2027 season is $130.00 per player for basketball players and cheerleaders. Checks should be made payable to Assumption School. Please read and sign the form below and return this with the sports fee. Thank you.

Assumption School Sports Program
Release and Indemnification Agreement

Read carefully before signing.

I am the parent/guardian of _____. I have read the rules and regulations pertaining to the Assumption School Sports Program. I hereby attest and verify that my child is physically fit. I hereby release the Assumption School coaches, staff, and parent volunteers from any liability resulting in injury as a result of my child's participation in the Assumption School Sports Program.

In further consideration of the acceptance of my child in the Assumption School Sports Program:

1. I hereby agree to comply with all the rules and regulations applicable to the Assumption School Sports Program, as well as encouraging my child to comply.
2. I hereby waive and release any and all claims that I may have against the Assumption School Sports Program coaches, staff, and parent volunteers from any liability including any and all claims for damage caused by the negligence of any of these, resulting from or arising out of my child's participation in the sports activities.
3. I FURTHER HEREBY AGREE TO INDEMNIFY AND HOLD HARNLESS the releases of each of them against any such claim for injury, damage or costs, including attorney's fees, arising from, related to, or otherwise occurring as result of the negligence of any of them, in connection with any child's participation in the Assumption School Sports Program.
4. AND I FURTHER HEREBY CONSENT to allowing my child to receive medical treatment (in an emergency), which may be deemed advisable in the event of injury, accident, and/or illness, resulting from or arising out of my child's participation in the Assumption School Sports Program.

Signature of Parent/Guardian: _____
Signed the _____ day of _____year _____

Please note any medical condition(s) of your child that the coach must be aware of:

_____

_____