

# Assumption Catholic School

## Athletic Handbook For Parents and Athletes

2023/2024



*Futsal*

*Basketball*      *Volleyball*

*Cross Country*

*Coed Volleyball*

*Softball*      *Baseball*

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## Phone Numbers/Contact Information

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### ***Principal - Dr. Darin Lovelace***

Phone: 303-288-2159 x109

Email: [dlovelace@assumptiondenver.org](mailto:dlovelace@assumptiondenver.org)

### ***Athletic Director – Mrs. Kathy Honomichl***

Phone: 303-949-1487 (Cell)

Email: [kkfarmgirls@yahoo.com](mailto:kkfarmgirls@yahoo.com)

### ***CSAL- Catholic School Athletic League***

<http://www.csalden.org>

### ***Volunteering***

Assumption Athletics is solely driven by volunteers. All time volunteered by you to any athletic event goes towards the 20 hours of volunteer time each family is to give to Assumption Catholic School.

### **Parents are expected to assist the athletic program by -**

- Running the game clock during home games – 1 person
- Score Book during all games (home and away) – 1 person
- Concessions – 2 to 3 people to assist with the running of our concession stand
- Lines Person – 1 person to be line judge during all volleyball games (home and away)
- Collecting admission fees at the door during Tournament games that Assumption is hosting.
- Donate items to the annual Palm Sunday Breakfast fundraiser

## *School Names/Addresses*

<b><u>Abbreviation</u></b>	<b><u>Name</u></b>	<b><u>Address</u></b>
ANNUN	Annunciation	3536 Lafayette St., Denver 80205
AS	All Souls	4951 S. Pennsylvania St., Englewood 80113
AVE	Ave Maria	9056 E. Parker Road, Parker 80138
BSCS	Blessed Sacrament	1973 Elm St., Denver 80220
CK	Christ the King	860 Elm St., Denver 80220
EDG	Escuela de Guadalupe	660 Julien St., Denver 80223
FCA	Frassati Academy	3951 Cottonwood Lakes Blvd., Thornton 80241
GA	Guardian Angels	1843 W. 52nd Ave., Denver 80221
GS	Good Shepherd	620 Elizabeth St., Denver 80206
BMP	Blessed Miguel Pro	7595 Federal Blvd., Westminster 80030
MPB	Most Precious Blood	3959 E. Iliff Ave., Denver 80210
NAT	Nativity of Our Lord	900 W. Midway, Broomfield 80020
ND	Notre Dame	2165 S. Zenobia St., Denver 80219
OLF	Our Lady of Fatima	10530 West 20th Ave., Lakewood 80215
OLL	Our Lady of Lourdes	2256 S. Logan St., Denver 80210
LOL	Our Lady of Loreto	18000 E. Arapahoe Rd., Foxfield 80016
SA	St. Anne	7320 Grant Pl., Arvada 80002
SB	St. Bernadette	1100 Upham St., Lakewood 80214
SHJ	Sacred Heart of Jesus	1317 Mapleton Ave., Boulder 80304
SJ	St. James	1250 Newport, Denver 80220
SJB	St. John the Baptist	350 Emery St., Longmont 80501
SLL	St. Louis in Louisville	no gym
SM	St. Mary	6853 S. Prince St. Littleton 80120
SP	St. Pius X	13680 E 14th Pl., Aurora 80011
SPP	Sts. Peter and Paul	3920 Pierce St., Wheat Ridge 80033
SR	St. Rose of Lima	1345 W. Dakota Ave., Denver, 80223
ST	St. Therese	1200 Kenton St., Aurora 80010
STM	St. Thomas More	7071 E. Otero Ave., Centennial 80112
SVDP	St. Vincent de Paul	1164 S. Josephine St., Denver 80210

# Athletic Department Rules/Regulations

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## ***CSAL – Catholic Schools Athletic League***

Assumption participates in Catholic Schools Athletic League (CSAL). This league is for all Jr. Varsity and Varsity Sports.

Website: <http://www.csalden.org>

Assumption participates in the following Widget Leagues:

- CSAL (Baseball)
- CSAL (Basketball)
- CSAL (Flag Football)
- Assumption (Girls Volleyball)

## ***Playing Times***

CSAL mandated playing times will be observed in all sports offered at Assumption with the following exceptions:

- If a player has missed a significant amount of practices thus not knowing “plays, positioning or strategy” coaches may use their discretion on the amount of playing time for that player.
- Students must attend school the day of a game in order to be eligible to play that day, for at least 3.5 hours. Final decisions on this policy will be made by Mrs. Dunn.

## ***Jewelry and Hair***

Jewelry may not be worn and hair should be pulled back.

- No jewelry of any kind can be worn during games. Medical alert bracelets and necklaces must be taped down with athletic tape during the game.
- Nothing is allowed in the hair except ponytail holders and non hard head bands. No beads, feathers, bobbie pins or scarves.

## ***Athletic Fees***

Fees are used to pay for CSAL referees and umpires. CC fees are used to pay race entry fees. Payment plans are available. Please contact the AD for additional information.

Basketball, Flag Football, Volleyball and Baseball fees are \$65 for each child. Cross Country is \$55 per child. Futsal and Coed Volleyball fees is \$50 per child.

**No late registrations will be accepted – Please register before each sport deadline!!!!**

***Note: Once a student plays in their first game or runs in their first meet the athletic fee is non-refundable.***

## ***Uniforms***

All uniforms are property of Assumption Catholic School unless otherwise noted when uniforms are handed out.

Players have 5 days from the end of each sport's season to return their uniform to the school office or a \$150 fine will be incurred.

## ***Shoes***

Many gym floors, including Assumptions, are slippery. When a student practices or plays in their everyday shoes they don't have the same type of traction from a rarely worn pair of shoes. This second pair of shoes does not have to be expensive. They should provide ankle support if possible and only be worn for practices and games. They should not be worn outside. New or like new socks are recommended also to help cushion the feet.

If you don't want to get a second pair of shoes then your child should have a pair of shoes that has good to excellent traction on the soles. When they are jumping and coming down on worn out shoes it is possible that they could sprain their ankle.

**Cross Country** – It is recommended that each runner has a good to excellent pair of running shoes. These shoes will not only protect their ankles but cushion their feet while running. Running socks are suggested.

**Basketball** - It is highly recommended that each athlete have a pair of shoes that is only used during practices and games. These shoes should not be worn outside.

**Volleyball** - It is recommended that each athlete have a pair of shoes that is only used during practices and games. These shoes should not be worn outside.

**Baseball** – The shoes do not have to have spikes. That is left up to each player. It is recommended that they do have a good pair of shoes to help with running and sliding. No metal spikes.

**Flag Football** – The shoes do not have to have spikes. That is left up to each player. It is recommended that they do have a good pair of shoes to help with running. No metal spikes.

**Futsal** – This is indoor soccer and shoes should have good traction. No cleats of any kind.

# Coaches

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## *Coach Guidelines*

Head Coaches and Assistant Coaches are volunteers who must abide by the following guidelines:

- Head Coaches must be at least 18 years old and Assistant Coaches must be at least 16 years old.
- All coaches are responsible for upholding sportsmanship amongst themselves and players during practices and games.
- A coach's interest form can be obtained from the AD or the school office.
- Coaches must also show a valid driver's license and proof of automobile insurance.
- Certificates of Completion for courses must be given to the school office before practices begin by all Coaches.
- Coaches must abide by all CSAL training requirements
- Coaches are to be role models and exhibit fairness and sportsmanship at all times
- Coaches do not automatically return to coach the next year
- **All Coaches must be approved by Dr. Lovelace and Fr. Larkin**

## *Coach Training*

All coaches are required to attend three training classes and must undergo a background check before working with our children as per the Archdiocese of Denver:

- All Coaches are required to attend the "Safe Environment" and "Play Like a Champion Today" training.
- Coaches must also complete the "Concussion" online training yearly and complete the on line State Mandate Reporting and give a copy their certificate of completion to the AD.

## *Link for training sites*

Safe Environment Training: <http://www.archden.org/child-protection>  
Click on "Safe Environment Training Classes"

"Play Like a Champion": [www.csalden.org](http://www.csalden.org)

Concussion: <http://www.cdc.gov/concussion/HeadsUp/Training/index.html>

State of Colorado Mandated Report Class: <http://coloradocwts.com/community-training>

# Assumption Sports

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## ***Play Like a Champion***

All Parents who have a child playing sports at Assumption for the first time must attend this one hour work shop per the Office of Catholic Schools and the CSAB board. Contact the AD for more information.

Register for list of available classes at: [www.csalden.org](http://www.csalden.org)

## ***Fall Sports -***

**Cross Country** – Girls and Boys 5<sup>th</sup> grade thru 8<sup>th</sup> grade.  
Cross Country season is from September until mid October.

**Flag Football** – Girls and Boys 3<sup>rd</sup> grade thru 8<sup>th</sup> grade.  
Football season is the last 2 weeks in September and the first 2 weeks of October.

**Coed Volleyball** – Girls and Boys 5<sup>th</sup> grade thru 8<sup>th</sup> grade.  
Coed Volleyball season is 5 consecutive Mondays (mid September to mid October).

## ***Winter Sports -***

**Basketball** – Boys and Girls – Widgets (3<sup>rd</sup> and 4<sup>th</sup> Grade), Jr. Varsity (5<sup>th</sup> and 6<sup>th</sup> Grade), Varsity (7<sup>th</sup> and 8<sup>th</sup> Grade).

Basketball season is from November until mid February. Basketball teams need at least 7 players.

**Futsal** – Coed – Girls and Boys 3<sup>rd</sup> grade thru 8<sup>th</sup> grade.  
Futsal season is 3 weeks in the middle of February – 3 games minimum

## ***Spring Sports -***

**Volleyball** - Girls – Widgets (3<sup>rd</sup> and 4<sup>th</sup> Grade), Jr. Varsity (5<sup>th</sup> and 6<sup>th</sup> Grade), Varsity (7<sup>th</sup> and 8<sup>th</sup> Grade).

Volleyball season is from mid February until mid May. Volleyball teams need at least 8 players.

**Baseball** - Boys – Widgets (3<sup>rd</sup> and 4<sup>th</sup> Grade), Jr. Varsity (5<sup>th</sup> and 6<sup>th</sup> Grade), Varsity (7<sup>th</sup> and 8<sup>th</sup> Grade).

Baseball season is from mid February until mid May. Teams need at least 10 players.

**Note: 2nd graders are only invited to play if there are not enough players for a Widget team that season.**



## Assumption Athlete Expectations

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The first priority of an Assumption student is their academics. Players are to strive to do their best academically every day. Failure to meet the Athletic academic policy will result in not being able to play in practices, and games.

Players are expected to uphold sportsmanship amongst them and be respectful to their fellow players, their coaches, and opposing teams.

Players are expected to be at practice on time. If you are going to be late to practice or have to miss a practice, players are expected to let their coach know, in advance if possible.

Players are expected to come to practice prepared and willing to work and learn. Players should have the willingness to work hard to become a better player at every practice.

All teams practice twice a week.

Missed practices can result in less playing time during games.

Players are expected to be at the gym, either home or away, for games 20 minutes early!

## Assumption Parent Expectations

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Both parents are required to attend a one-time “Play Like a Champion Today” workshop before their Student can play in games.

Fill out paper registration form for Assumption and register student on the CSAL website by the deadline set by Assumption. There will be minimal exceptions for accepting players after this deadline.

Pay the athletic registration fee for each sport on or before the due date. If there is a financial problem, please notify the AD or the Principal.

Volunteer to work the scoreboard, scorebook, concessions or be a line judge at games.

Keep player’s siblings off the floor during practice. Students, Parents and athletes waiting for practice are not to be playing with the balls and/or be on the court. This is a disruption of practice and should an injury occur Assumption School/Parish is not responsible.

If an athlete or parent (s) have questions or concerns with regard to a coach’s policies, playing time or coaching philosophy please make every attempt to contact the head coach. Our coaches are volunteers who give a great number of hours in service to our athletic program. They deserve to be treated with respect and that means going to them first with any problems. There are times when a coach may not be aware that a problem exists unless there is communication from you.

If you want to address an issue about the game please wait until 24 hours to discuss with your athlete’s coach. Then if need be contact the AD.

During Home and Away games parents are responsible for siblings. Please do not let them wander around the school, parking lot or run back and forth.

A large expense of running our athletic program is purchasing uniforms. It is very important that uniforms be properly cared for while they are checked out to athletes. Uniforms are to be worn to games only and players can not wear their sibling’s uniform as the roster will be wrong and technical foul will be issued, or a loss of service will happen.

Parents and all spectators are expected to uphold sportsmanship amongst them, and follow guidelines established in the “Play Like a Champion Today” program.

Although not required, CSAL strongly recommends that each child have a physical examination prior to participating in their first sport of the school year.

## Athletic Academic Policy

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3<sup>rd</sup>-8<sup>th</sup> grade students who wish to participate in Athletics at Assumption must maintain at least an C Grade Average at all times during the season. Students must turn in their homework on time.

Students may not have an 'F' in any subject area during the season, and students should not have any missing assignments.

If a student is below a C Average or has an "F" in any subject then they are ineligible to play in any games until their grades are brought up.

Students will be asked to miss practice to make up work, or to receive extra academic support from a teacher.

Grades are checked every Friday for eligibility for the following week of games. Final eligibility decisions rest with Mrs. Ellis.

Any student with violations against the Assumption classroom or school discipline policy may also be deemed ineligible for practice or games. Final discretion will be up to Mrs. Ellis.

# CSAL SPORTSMANSHIP GUIDELINES

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1. Be courteous to all participants, coaches, officials, fans
2. Know the rules, abide and respect the officials' decisions
3. Win with character and lose with dignity
4. Display appreciation for good performance, regardless of team
5. Exercise self-control and reflect positively upon yourself, team and Assumption

## **Unacceptable Behaviors:**

1. Derogatory/disrespectful yelling, chants, songs and gestures
2. Booing or heckling an officials decision
3. Displays of temper or arguing with an official's call
4. Derogatory remarks towards an official
5. Refusing to shake hands at the end of the game
6. Blaming loss on officials, coaching or individual contestant's performance.

## **Cheering should be kept positive with the overall rule "WE CHEER FOR OUR TEAM" including:**

1. When your team enters onto the floor or field
2. When your team or player makes an exceptional play
3. As encouragement and tribute to any injured player when the player leaves the game

## **Cheering should NOT occur when:**

1. A player is attempting a free throw, serving a volleyball etc.
2. When a player makes a mistake
3. When the opposing player may be penalized
4. When a player is injured

**Also: All artificial noisemakers are prohibited (cowbells, drums, whistles, horns etc.) Posters/signs are allowed BUT must be positive and cannot block the view of others.**

## Assumption Volunteer Opportunities

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The first priority of an Assumption student is their academics. Players are to strive to do You do not have to have a child playing in sports to volunteer. Our Athletic Department needs everyone's support to be successful.

Refreshment sales at home games - During the basketball season we offer refreshments for sale and need 2 to 3 volunteers for every home game. You will still be able to watch the game and sell popcorn. Times and dates depend on the home games scheduled.

If you would like to donate a case of water, a package of candy bars or any item to help make our profit margin wider we will gladly accept your kind donation.

Scoreboard - During home Basketball and Volleyball games 1 person is needed to run the scoreboard/clock. All parents are expected to work one home game.

Score Book - At every game a parent is needed to keep this book. You keep track of the score, fouls and individual player's points.

Tournament workers - Assumption offers its gym to CSAL to host Basketball and Volleyball tournament games. Volunteers are needed to run the scoreboard/clock, collect CSAL door fees and work the refreshment stand.

Sunday Morning Brunch - Every year we serve a hot breakfast to those attending church at Assumption. We ask parents to help defray our costs by donating breakfast food items and to help cook for a couple of hours. The date for this event is April 10<sup>th</sup>, 2022. (Palm Sunday)

All monies raised by the Athletic Department stay in the Athletic Department! This past year new uniforms for Futsal and the Girls Volleyball teams were purchased. New basketballs and volleyballs are purchased every other year.

Please help us, so that we can continue to have money to make our athletic program better and better.

