

# Des Moines Area Catholic Athletic League Handbook

The DM Area Catholic Athletic League Mission is supported by the following Des Moines Area Catholic Parishes:

|                                   |                              |
|-----------------------------------|------------------------------|
| St. Luke's the Evangelist, Ankeny | St. Augustin, Des Moines     |
| Christ the King, Des Moines       | St. Francis, West Des Moines |
| Holy Family, Des Moines           | St. Joseph, Des Moines       |
| Holy Trinity, Des Moines          | St. Patrick, Perry           |
| Sacred Heart, West Des Moines     | St. Pius X, Urbandale        |
| St. Anthony, Des Moines           | St. Theresa, Des Moines      |

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## **Mission and Goals**

The Des Moines Area Catholic Athletic League is based in Catholic values. The mission is to provide each eligible member of our parishes an opportunity to participate in athletics through leagues functioning in a family-oriented environment. Catholic athletics furthers the mission of the Catholic Church by providing sports experiences for youth that are firmly rooted in the Catholic faith tradition, based on the goals of Catholic youth ministry, and aligned with the evangelizing mission of the Catholic Church. Our goals are to improve the health and wellness of the parish communities, promote healthy lifestyles among their members, and provide those members with the best possible facilities to use while participating in parish activities.

## **Pre-Season Requirements of Participants:**

- Fees paid by established deadline
- Registration Form - includes emergency and medical consent information (included in this Handbook)
- Current Annual Physical (you can get one from your doctor)
  - [Physical Form](#)
- Insurance Waiver (included in this Handbook)
- Code of Conduct signed by participant and parent/guardian
- [Concussion Protocol/Facts Sheet](#) with sign off
- Sign off on knowledge of and reading of the Handbook, participant and parent/guardian (included in this Handbook)

## **Participant Eligibility:**

- Students must be in grades 6-8 for girls volleyball, grades 6-8 for basketball, grades determined at each individual parish for cheerleading, and grades 5-8 for track.
- The participant's parent or legal guardian is registered with the parish of the team they wish to join, or the participant is a student in the parish's school or faith formation program.
- A participant may only play on one parish team at a time.
- Grade requirements may be considered by individual parish.
- A player ejected from a game due to unsportsmanlike conduct will be removed from all games that day and also ineligible for the next game date.
- Participants must attend school/home school at least a half-day immediately preceding an athletic event on that same day. Absences due to scheduled appointments with a healthcare provider or due to a family tragedy will be considered excused.
- Local parish athletics overseers (this may be an athletic director, athletic committee, etc) will determine eligibility for players in violation of the Player Code of Conduct (see below).
- This league is coached by volunteers. To respect the coaches' time and the effort of all the teammates, it is required that participants commit to a minimum of 50% of all practices during the week prior to that week's league events.

### **Coaching Selection/Requirements:**

- Must have completed VIRTUS training and have a certificate on file at the parish. Start out by registering with VIRTUS Online at <http://www.virtusonline.org>, click on the yellow link on the left side of the screen labeled "Registration". You can get instructions for completing VIRTUS from your parish office.
- Must have completed Diocesan background screening.
- Must complete the Coaching Application form
- Commit to the time requirements and responsibilities of the sport involved.
- Must support athletic mission, player eligibility and Code of Conduct.
- Be a responsible Christian role model.
- Must have completed concussion training and have a certificate on file.
- Head coach must be at least 19 years of age.

### **Player Code of Conduct:**

- All student athletes will demonstrate good sportsmanship, patience, manners and an attitude indicative of the spirit and mission of the Catholic Church.
- All students athletes are expected to carry themselves in a mature, Catholic manner on and off the court/field. Participating in athletics is a privilege, not a right.
- Student athletes are here to improve their skills, work on becoming a team and enjoy their athletic experience. For some students, this may be the only team activity they participate in. For others, they may be on other competitive, non-parish teams in addition to this parish team. This league is coached by volunteers. To respect the coaches' time and the effort of all the teammates, it is required that participants commit to a minimum of 50% of all practices during the week prior to that week's league events.

## **Additional Information Specific to St. Francis of Assisi Parish**

### **Track and Field:**

In order to be fully eligible for open meets, a student needs to attend a minimum of 50% of the scheduled practices the week of the meet and a minimum of 50% of the overall practices leading up to the meet. In order to be fully eligible to participate in the Championship Meet, all above practice requirements must be met, as well as participation in at least one of the open meets.

### **Boys and Girls Basketball:**

In order to be fully eligible for weekend games, a student needs to attend a minimum of 50% of the scheduled practices the week of the games. Fully eligible students should play a minimum of 50% of each contest. All teams established within each grade shall be divided as equally as possible based upon basketball talent.

### **Girls Volleyball:**

In order to be fully eligible for weekend games, a student needs to attend a minimum of 50% of the scheduled practices the week of the games. All teams established within each grade shall be divided as equally as possible based upon volleyball talent.

## Parent Code of Conduct

**“10 Things Parents of Athletes Need to Know”** adapted from a list created by the Diocese of Cincinnati

1. ***It's about the kids.*** Do not live your own sports' dreams through your kids. It's their turn now. Let them make their own choices, have fun, make mistakes and learn from them.
2. ***Never complain to a coach*** about your child's playing time after a game. If it's necessary to speak up, help your kid have that conversation. Follow the protocol set out in this handbook.
3. ***Referees are doing their best.*** How would you like it if someone came to your job and screamed at you while you were working? If you have a real issue, work through appropriate channels (outlined in this handbook) the next day, and keep your cool.
4. ***Let your coaches coach.*** Your job is to BE A CHEERLEADER. Understand more goes into coaching and playing than what you see at games.
5. ***It is EXTREMELY UNLIKELY*** you are raising a professional athlete. Relax, let them have a good time and learn the lessons they are supposed to be learning in sports.
6. ***Pursue LONG-TERM wins*** so that sports help kids learn to live well, make good decisions, be a moral person, live faithfully, and value honesty and good character way more than points scored and short-term wins.
7. ***If you have NOTHING POSITIVE to say,*** then be quiet and watch the game. Think about it: you really want to be “that” parent? Do you?
8. ***If you are LOSING YOUR MIND*** on the sideline of a game, it's time to look in the mirror and figure out why. It's not healthy - for you or your child(ren) - to care that much about sports. Put that energy into something more productive, like making sure every player feels good about the effort they made.
9. ***Let them FAIL.*** Forgotten equipment, not working out, not practicing at home? Let them experience the consequences. It will make them better people AND better at sports AND better at life.
10. ***Your kids are WATCHING YOU*** and so are everyone else's kids. Make them proud, not embarrassed. Show them how grown-ups are supposed to act.

### Grievance Procedure for concerns/problems:

- 1st - Parent(s) or player must initially contact the coach/assistant coach in a Christian manner.
- 2nd - Parent(s)/Player contacts the Athletic Director.
- 3rd - Parent(s)/Player contacts the program administrator (school or religious education).
- 4th - Parent(s)/Player contacts the parish pastor.

## **Sports under DM Area Catholic Athletic League:**

\*In season parish sports take priority in practices and games over out of season sports.

### **VOLLEYBALL**

Parochial Volleyball League (PVL)

Girls Volleyball -6-8th grade

August thru October

### **BASKETBALL**

Catholic Basketball League (CBL)

Girls Basketball - 6th-8th grade

Mid-October thru December

Boys Basketball - 6th-8th grade

January thru Mid-March

### **TRACK**

Boys & Girls - 5-8th grade

Mid-March thru Mid-May

### **CHEER**

Follow basketball dates for girls and boys

### **Other Athletic Opportunities**

1. Catholic Football League (CFL): <http://dmcatholicfootball.com/>
2. Cross Country: Visit [www.dowlingcatholic.org](http://www.dowlingcatholic.org) and click on Athletics. Scroll down for links to the middle school cross country program.
3. Dowling Soccer Club: <http://www.dowlingsoccerclub.org/>
4. Dowling Riptide Swim Club: [www.dowlingcatholicriptide.org](http://www.dowlingcatholicriptide.org)
5. Dowling Maroon MAT Club Wrestling Program  
[www.dowlingcatholicwrestlinginfo.shutterfly.com/dchsmatclub](http://www.dowlingcatholicwrestlinginfo.shutterfly.com/dchsmatclub)
6. Dowling Catholic Basketball Club (DCBC) - [www.dowlingcatholicbasketballclub.com](http://www.dowlingcatholicbasketballclub.com)
7. Maroon Basketball Association (MBA) -  
<https://www.dowlingcatholic.org/file/MBA-Information.pdf>
8. Maroon Softball Club (Cremators)- [www.maroonsoftballclub.com/](http://www.maroonsoftballclub.com/)

### **Admissions to the league:**

To begin this program (2015-16), Des Moines and surrounding area parishes with schools will be a part of the Des Moines Area Catholic Athletic League. If others outside of those parishes are interested in joining, they'll need to contact the committee with their proposal.

### Insurance Information and Waiver

I hereby authorize any medical treatment necessary for

(player's full name) \_\_\_\_\_ in event of accident/injury

during \_\_\_\_\_ (name of parish) league practices, games or

tournaments for the \_\_\_\_\_ school year. I understand that if a serious injury occurs, medical and/or hospital care will be given.

\_\_\_\_\_ (name of parish) is not responsible in case of accidental injury. I further understand that in case of serious injury, we will be notified. But if it is impossible to contact us, we grant permission for emergency treatment or surgery as recommended by the attending physician. I further understand that I am responsible for payment of any doctor and/or hospital fees arising from the treatment of my child. To assist the doctor and/or hospital in those tasks, we have provided the following information:

Insurance company \_\_\_\_\_

Address of insurance company \_\_\_\_\_

Policy number \_\_\_\_\_

Hospital of choice \_\_\_\_\_

Policy holder name \_\_\_\_\_

Authorized Signature \_\_\_\_\_

Phone number \_\_\_\_\_

Date \_\_\_\_\_

## Athletic Indemnity Agreement

I consent to (child's full name) \_\_\_\_\_'s participation  
in the sport(s) of \_\_\_\_\_.

As a parent or legal guardian, I agree to fully release, discharge, indemnify and hold harmless  
\_\_\_\_\_ (name of parish), its legal representatives, employees,  
and volunteers (all of whom shall be collectively referred to hereinafter as

\_\_\_\_\_ (name of parish) against any claim of cause of action

whatsoever brought by or on behalf of my child against \_\_\_\_\_  
(name of parish) which arose out of my child's participation in the above referenced sport,  
regardless of whether such claim results from the negligence of individuals or companies not a  
party to this agreement. I certify that I have read and understand this agreement and the risks  
and hazards associated with the above referenced sport(s).

Parent's  
Signature \_\_\_\_\_ Date \_\_\_\_\_



# Coaching Application

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Home phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Email address: \_\_\_\_\_

Student's name: \_\_\_\_\_ Student's grade: \_\_\_\_\_

I am interested in coaching or assistant coaching one or more of the following sports:

- \_\_\_\_\_ Volleyball
- \_\_\_\_\_ Basketball \_\_\_\_\_ boys \_\_\_\_\_ girls
- \_\_\_\_\_ Track
- \_\_\_\_\_ Cheerleading

Please provide any previous coaching experience/certifications: \_\_\_\_\_

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Coaching Selection/Requirements:

- Must have completed [VIRTUS training](#) and have a certificate on file at the parish.
  - Training only needs completed once in your lifetime.
  - Training can be completed through any parish.
- Must have completed [Diocesan Background Screening](#).
  - Must be re-screened every 7 years
- Must complete Coaching Application
- Commit to the time requirements and responsibilities of the sport involved.
- Must support athletic mission, player eligibility and [Code of Conduct](#).
- Be a responsible Christian role model.
- Must have completed [Concussion Training](#) and have a certificate on file.
- Head coach must be at least 19 years of age.

\*If you have already completed the Diocesan VIRTUS training, please provide the date that this was completed \_\_\_\_\_.

## TO BE COMPLETED BY PARISH / SCHOOL / OTHER LOCATION

Check one box:  Parish  School  Other

Location Name: \_\_\_\_\_ City: \_\_\_\_\_ Contact Person: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Email: \_\_\_\_\_

## Signature and Acknowledgement

I, \_\_\_\_\_, parent of \_\_\_\_\_ have

read and understand the policy as outlined in the Des Moines Area Catholic Athletic League Handbook. I also acknowledge that I have sat down with my Student-Athlete, and we agree to abide by the information as outlined.

In addition, we acknowledge that any violation of the rules as stated in the handbook, may potentially risk the ability of my student-athlete to participate in the current and future seasons on his/her parish team(s).

\_\_\_\_\_

Signature of Parent

Date: \_\_\_\_\_

\_\_\_\_\_

Signature of Parent

Date: \_\_\_\_\_

\_\_\_\_\_

Signature of Athlete

Date: \_\_\_\_\_