

INFORMATION FOR MATER DEI PARENT/GUARDIAN OF ATHLETE(S)

Since research indicates that a student involved in extra-curricular activities has a greater chance for success during adulthood, the Mater Dei programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote success after high school. We hope the information provided below makes both your child's and your experience with the Mater Dei athletic program less stressful and more enjoyable.

Practice Policies

Closed gym policy – practice time and gym use are for the coaches and athletes of Mater Dei. During practice time, the gym will be closed to parents, relatives, friends, siblings, etc. until the coach opens the doors (coaches may open doors for last 10-15 minutes of practice at their discretion). If there are special circumstances and you need to be in the gym, please contact the coach or athletic director for approval.

Electronic devices – athletes will NOT be allowed to use cell phones, mp3 players, etc., during practices OR games. If a cell phone needs to be carried, calls will be made before or after. Athletes will not be allowed to answer calls in the middle of practices/games.

Transportation – it is up to the parent/guardian to arrange for transportation of the student athlete to and from games/practices. Please make every attempt to be prompt about drop off and pick up times. Coaches are already giving so much valuable time, let's not have them waiting around after practices and games longer than needed.

Equipment/Uniform

Jewelry – no jewelry is allowed during games. This includes earrings, rings, bracelets, any hair pins that are not cloth. If you are planning to have your child's ears pierced, you may want to wait until after their sport is over to do so as they will not be allowed to play unless they take the earring out. This does not apply to the track season.

Tattoos – no permanent or non-permanent tattoos are allowed in a visible area of the athlete's body, this includes writing with markers on your hands or face.

Volleyball uniforms – uniforms will be provided for all volleyball athletes. This includes a jersey and shorts. Players may purchase socks together as a team, but they must be the same style, color, pattern. This will be decided by coaches and players during their first few practices. Also, NO volleyball (spandex) shorts are allowed during practices or games, no spaghetti strap tank tops either. Please have appropriate court shoes with you. It is a strong suggestion that you send your court shoes separate from your street shoes in another bag to prevent dirt, rocks, etc. from coming onto the courts. Also, please dress appropriately for weather. If it is cool after practices have sweats, hoodies, socks, etc. with you. Knee pads are required during practices and games and are to be purchased by the athlete.

Soccer uniforms – Purchase of shin guards and cleats are required by the athlete as well as shorts. Jersey's will be provided. Again, no spaghetti strap tank tops or short shorts and no sags. Socks may be purchased by the team together at the discretion of the players/coaches.

Academic/Health

Health - athletes MUST have a physical on file in the school office before they are allowed to practice or play in games. If your child uses an inhaler, please make sure that one is with the athlete at practices and games.

Eligibility - it is up to the parent/guardian and student to comply with academic standards set forth by the faculty and Principal and abide by the regulations of eligibility for participation in the Topeka Parochial League as stated in the Parent-Student Handbook.

Objectives and Functions of the Topeka Parochial League:

Through the competition of sport, young students will develop morally. The lessons learned with involvement in sports provide a basic part of ethics that will be applied in the development of their own moral code in life. When winning is kept in perspective, athletic programs produce young people who enjoy sports, strive for excellence, dare to risk error in the pursuit of knowledge and emotionally grow with praise, positive reinforcement and constructive criticism.

1. Provide participation for boys and girls in athletics.
2. To develop the mental, physical and moral abilities of young students.
3. Develop sportsmanship.
4. Develop teamwork and the spirit of cooperation between members of a team.
5. Develop individual skills and talents.
6. Prepare the student for the transition from adolescence to adult Christian living.
7. Create a feeling of mutual respect for opponents and officials.
8. Develop a sense of UNITY, PRIDE and COOPERATION through athletics, among the Catholic youth in Topeka.

Profane or abusive language or actions will NOT be tolerated in any form and will be grounds for immediate dismissal and subsequent review by the Athletic Director(s).

All complaints between the parent/guardian and or student athlete with any member of the coaching staff should be brought to the attention of the Athletic Director(s) immediately. Discussion of such complaint will be via a hearing process with parent/guardian, coach(es), and the Athletic Director(s). Should the hearing fail to rectify the situation, all parties will then meet with the Principal.

The parent/guardian, athlete and coaches shall abide and support the "Code of Ethics" listed in the Parent-Student Handbook.

Communication you should expect from your child's coach

Philosophy, expectations the coach has for your child as well as the team, locations/times, of practices/games, procedures if child is injured during participation, team requirements (i.e., special equipment).

Communication coaches expect from parents

Concerns expressed directly to the coach, not behind the coaches back, notification of any schedule conflicts well in advance, medical or physical limitations of your child.

Appropriate concerns to discuss with coaches

The treatment of your child, mentally/physically, ways to help your child improve, concerns about your child's behavior, missed time due to grades/family conflicts.

Issues not appropriate to discuss with coaches

Team strategy, play calling, other student athletes.

Extra-curricular activities are an important part of a child's development. Whether sports, community involvement or academic enrichment, children learn valuable skills that will provide life-long benefits. Striking a balance between school, family, and activities is one of the biggest challenges facing families today. Hang in there! It's worth the effort!