

**SAINT GREGORY THE GREAT
CATHOLIC SCHOOL
ATHLETIC HANDBOOK
2025 – 2026**



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St. Gregory the Great Parish/School Athletics

The St. Gregory the Great Athletic Department is committed to developing the whole student-athlete—physically, mentally, and spiritually. Our program supports individual growth, teamwork skills, and the opportunity for dedicated students to reach their full potential. Our goal is to prepare students to be faith-centered, productive citizens in a competitive world, within a religious-academic environment that remains our priority. We take pride in having our athletes represent the school with integrity and dedication. The mission of our Athletic Program is to provide opportunities for the spiritual, academic, and athletic growth of students in both our school and P.R.E.P. program. All participants are expected to follow the guidelines in the [Parent-Student Handbook](#). St. Gregory the Great Parish/Catholic School has a non-discriminatory policy. It does not discriminate based on race, color, nationality, religion or ethnic origin in the administration of its participatory policies, admission policies, or athletic programs.

Athletic Committee

The Pastor/Principal appoints the Athletic Committee to represent the School/Parish in establishing athletic programs, procedures, and handbooks to include a Safe Environment, development of student athletic abilities, and Catholic centered sportsmanship. The Athletic Committee works with/and supports the Activities Director in overseeing all sports programs.

General Communication Information

The Athletic Department shares essential information throughout the year via the Saints Weekly, daily announcements, the SGGS App, and email. All media communication, including press releases and mailings, must be coordinated by the Activities Director, Pastor, and/or Administration. Parents, coaches, players, and others should not contact the media directly.

Before each season, coaches will hold a meeting—under the Activities Director’s guidance—to review athlete expectations, the code of conduct, player selection, practice schedules, and other key details. Parents are expected to attend. Coaches will communicate with teams through GroupMe, which is limited to current rostered players’ parents, current coaches, the Activities Director, and Administration (if needed).

Grading Policy

All St. Gregory the Great School students must maintain a grade of 70% or higher in every class to be eligible to try out for and participate in school athletics. Academic performance will be reviewed at each interim and quarter.

If a student’s grade in any class falls below 70% on an interim or report card, parents, teachers, and coaches will be notified via email on Friday afternoon. The student will begin Academic Suspension the following Monday.

While on Academic Suspension, athletes may not participate in any athletic activities, including practices and games, until all grades are restored to 70% or higher.

Grades will be reviewed every Friday, and parents, students, teachers, and coaches will be informed of the student's status—whether they remain on suspension or are cleared to resume participation.

Definition of Terms

ACADEMIC SUSPENSION

- Students are not eligible to participate in team practices
- Students are not eligible to compete/play against other schools
- Students may attend as spectators
- Students may attend the team pictures

Player, Spectator & Coach Conduct Expectations

Participants and responsible adults involved in approved extracurricular activities are expected to demonstrate the same level of responsibility and behavior at practice and competitions as is expected in the classroom. These expectations will be reviewed at a mandatory Parent/Athlete meeting each season.

All players, spectators, coaches, parents, and staff are required and expected to:

- be role models of the Beatitudes, exemplifying the life of Christ
- act in accordance with the philosophy of the program, which emphasizes the importance of learning and growth of all people, commitment to good moral, ethical and social values, deep respect for the human dignity and uniqueness of every individual and the perseverance for upholding what is right and just
- Cooperate with the mission and policies of the parish and school
- Be polite, courteous, and respectful of all coaches, officials, and participants
- Refrain from any behavior that could reflect negatively on the program. This includes:
 - Arguing with or verbally criticizing students, spectators, coaches, parents, officials, players, staff, or other volunteers
 - Using profanity, derogatory language, or making inappropriate comments
 - Engaging in any form of physical or verbal abuse
- Support all teams with equal respect, dignity, and courtesy, regardless of their level of skill or school association.
- Abide by the guidelines and rules set forth by St. Gregory the Great Catholic School, as administered by the Activities Director, and the rules that govern the appropriate league of each sport or activity.
- In the event of these expectations not being followed during practices or games, the Pastor, Administration, and/or the Activities Director reserves the right to take immediate action, including asking the player, parent, spectator, and or coach to leave the property. They may not be permitted back until the Activities Director, Administration, and Pastor further investigate the incident. If the player, parent, spectator, and or coach refuses to

leave the property when instructed to do so by the Activities Director, Administration, or Clergy, the Police will be called to deal with trespassing.

Team Conduct

During practices, all ordinary discipline matters are the responsibility of the coach/assistants. The following procedures help set the atmosphere necessary for learning:

- At the beginning of the season, coaches shall outline the expectations for student conduct, practice, and game attendance
- Coaches set practice rules and give a copy to all players and parents
- Well-planned practices that keep students on task decrease the time available for misconduct

Behaviors which are not conducive to good discipline include, but are not limited to:

- Repeated screaming by a coach or assistant
- Threats of unrealistic punishments
- Inconsistent adherence to the rules
- Foul language

Punishment should be for behavior and not for athletic performance. If misconduct occurs, any or all of the following may be helpful:

- Sideline discussion with the player
- Loss of privileges for the athlete
- Running drills of reasonable length
- Individual timeout. Players should not be placed out of view of the coach for a timeout
- Contact the parents or guardians of the player to discuss possible strategies for improvement.

Facility Standards

All players, spectators, coaches, parents, and staff are required and expected to leave the area or facility in the same condition or better than it was upon arrival. All fields, buildings, and stadiums should be free of debris. Lights should be turned off if the team is the last in the facility, and doors should be locked. Any questionable activity should be directed to the attention of St. Gregory the Great Activities Director, the Program Director, Administration or Pastor as soon as possible. All practices, events, and meetings should end at or before 8:30 PM.

Practice times and field availability

To reserve/request practice times and field availability, one should contact the Activities Director. The Activities Director will coordinate with the Program Director and coaches to designate/confirm practice days/times.

Playing Time

Playing time for all participants is at the discretion of each coach within the league guidelines.

There are some general guidelines that coaches follow to help determine playing time for all participants. These guidelines include:

- Regular attendance at practice and games
- Good attitude on/off the court, field, or track
- Positive interaction with others
- Respect for players, coaches, and parents
- Obey the rules set by the coaching staff
- Work hard at practices and games
- Always on time (early) for practices and games
- Notify the coach in advance when a practice or game will be missed

It is essential to know that players who do not respect the coach or display negative behavior or attitude may not receive as much playing time as others who adhere to the guidelines. The coach, with the approval of the Program Director and/or Activities Director if needed, will determine playing time for each player.

Safety

St. Gregory the Great Athletics strives to provide a safe environment for all individuals engaging in athletics. Verbal or written threats made against the physical or emotional well-being of any individual will be taken seriously. Anyone making such threats faces suspension and/or expulsion from St. Gregory the Great sports program and/or the school.

Inclement Weather Policy

In the event of inclement weather, coaches should contact the school (757-497-1811) or the Activities Director to cancel practice and ask to have the announcement made over the PA system by noon if possible. This enables the school to contact parents or guardians for transportation in a timely manner. If the Pastor or Administration cancels school and after-school activities due to inclement weather, all evening activities, including practices and games, are cancelled as well.

Coaching Expectations and Requirements

The St. Gregory the Great Athletic Department is committed to serving the best-qualified coaches for all its sports and events. These qualifications include, but are not limited to:

- 1) Acceptance, integration, implementation, and a clear understanding of the mission and goals of the St. Gregory the Great Athletic Department
- 2) The ability to constructively teach all participants regardless of skill level
- 3) The ability to organize, run, and control practice
- 4) A positive attitude and an enthusiastic coaching style
- 5) Good communication

- 6) The coaching ability to effectively teach the sport
- 7) An adequate knowledge of the sport
- 8) The ability to provide a safe and physical environment for all

Coaches are required to attend practice, games, and meetings related to their team within the league or association. If coaches are unable to attend a practice, they must notify the Activities Director. The Activities Director will determine if practice will be canceled or designate an approved substitute coach. All coaches, assistants, and volunteers are required to comply with all standards, policies, and regulations of the Office of Safe Environment for the Catholic Diocese of Richmond which includes completion of protecting God's children and vulnerable adults through the VIRTUS program, an annual background screening, acknowledgement of policies, and a criminal fingerprint screening every five years. All aspects of the safe environment program MUST be complete and the results received before participation. In addition, all coaches must complete the [Faculty and Staff Medical Emergency Response Training](#). The Activities Director will coordinate with the school nurse and inform volunteers when they are cleared to coach.

Coaches are expected to be at practice before any student arrives and must make sure all children have been picked up before he/she leave the practice site. Players will not be released to anyone other than the names listed on the player registration form or those with pickup permissions in FACTS. In the event of an emergency, parents are to email the Activities Director or the program director.

Misconduct or ejections of a coach will result in game suspensions. The Activities Director, Pastor, or Principal may impose additional consequences and game suspensions in addition to the penalties handed down from the league.

Restrooms

Specific restrooms are designated for student use only; no adult may enter these restrooms.

- The boys' and girls' locker rooms will be open Monday through Friday from 2:40 to 3:15 for student changing.
- The boys' and girls' bathrooms on the 5th-grade hall will be for athletes both during practice and on game days.
- Foyer restrooms will be used as "Family Bathrooms". They will be for spectators and siblings.

Coach Selection Process

If you are interested in volunteering as a coach at SGGS, please complete the coaching interest form. Once submitted, the Activities Director will reach out to you.

Evaluation of Coaches

There will be ongoing observation and supervision of coaches by the Activities Director and/or Administration. A formal conference/evaluation will occur at the end of each season if necessary.

Volunteer hours for coaching

Coaching and volunteering at games does count toward the SGGS 24 volunteer hour commitment. Please refer to the Parent-Student Handbook for detailed information regarding volunteer hours.

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SGGS Athletic Programs

<u>Fall</u>		
Beach FC Soccer	boys/girls grades Pre-K-8th	Rules and procedures are established through the Beach FC. Their handbook can be obtained at the Beach FC website: www.beachfc.com
Cross Country	boys/girls grades 3rd-8th	Rules and procedures are established through the Tidewater Catholic Athletic Association
Volleyball	girls grades 6 th -8 th	Rules and procedures are established through the ETIS. At SGGS, there are two teams that are divided according to the following age groups: Challenger (6 th & 7 th grade) and Champion (7 th -8 th grade).
Boys Soccer	boys grades 6 th -8 th	Rules and procedures are established through the ETIS.

<u>Winter</u>		
Basketball	boys/girls grades 3rd-8th	Rules and procedures are established through the Tidewater Catholic Basketball League (TCBL).

		Teams are divided according to the following age groups: YOUTH (3rd & 4th grade), Jr. Varsity (5th & 6th grade), and Varsity (7th & 8th grade).
Cheerleading	boys/girls grades 3rd-8th	Rules and procedures are established through the Tidewater Catholic Basketball League (TCBL).

<u>Spring</u>		
Golf	boys/girls grades 6th-8th	The First Tee will sponsor golf events each spring. Participants will try out and practice at the First Tee Driving Range/Golf Course.
Field Hockey	girls grades 2nd-8th	Rules and procedures are established by coaches in conjunction with SGGS.
Track-n-Field	boys/girls grades 3rd-8th	Rules and procedures are established through the Tidewater Catholic Athletic Association
Baseball	boys 6th-8th	Saint Gregory the Great is not currently affiliated with a baseball league.
Beach FC Soccer	boys/girls grades K-8th	Rules and procedures are established through the Beach FC. Their handbook can be obtained at the Beach FC website: www.beachfc.com
Girls Soccer	girls grades 6th-8th	Rules and procedures are established through the ETIS.

Membership

Students who are enrolled in St. Gregory the Great Catholic School or who regularly attend the St. Gregory the Great Parish PREP program are eligible to participate in the school's athletic programs. Each student may play for only one school per sport.

Uniforms

Uniforms are provided to the players by the St. Gregory the Great Athletic Department. Uniforms must be returned in good condition by the end of the season. Full reimbursement must be made for lost and/or damaged uniforms.

Parent Requirements

One representative from the family of each player will need to complete the VIRTUS training to fulfill volunteer requirements during the season at the games.

Rosters

All final rosters must be submitted to and approved by the Activities Director before final rosters are made available to parents and players. The Activities Director is responsible for the distribution of the final roster(s) to the parents and or players. The number of players per team is at the discretion of the Activities Director and Administration. If two teams are playing in the same division, the number of players on both teams must be as close to equal as possible.

Health and Physical Requirements

St. Gregory the Great sports teams require different degrees of physical activity. If there is a medical condition present that prevents the athlete from participating in these activities, the parent must provide current and signed medical documentation from the athlete's physician that prohibits the athlete from participating in these activities, which will then be reviewed by the coach, Program Director, and Activities Director. Upon reviewing the information, the Athletic Committee, as recommended by the Activities Director, reserves the right to deny such participants from team play if it seems it is in the best interest of the child and/or other participants.

Concussion Procedures

Concussions sometimes occur among athletes in competitive sports programs. At St. Gregory the Great Catholic School, careful protocols are utilized, including the information provided by the Centers for Disease Control, to guide management of head injuries. The following will provide background information on concussions and describe the protocols followed at St. Gregory the Great Catholic School.

Our coaches complete a mandatory, 30-minute online course, titled "HEADS UP Concussion in Youth Sports". This course is also available for parents and can be found [here](#).

PLEASE NOTE: If a student athlete is suffering from any signs and/or symptoms of concussion resulting from a blow to the head, the athlete MUST report to a physician as soon as possible. The sooner a proper diagnosis can be made, the sooner healing can begin.

Definition of a Concussion- *A concussion is the disruption of normal brain function due to either a direct blow to the head, face, and neck or an indirect blow or jolt to another part of the body that transmits an "impulsive" force to the brain.*

Some concussions may result in a loss of consciousness. However, loss of consciousness is not the defining characteristic of a concussion. It is imperative that the brain have enough time to heal to prevent any further trauma or permanent damage. Rest must always come in the form of ceasing all physical activity, but may also involve a break from challenging cognitive activity.

Signs (observable behaviors) that may be present with concussions:

- Appears to be dazed or stunned
- Is confused about time, date, or location
- Is unable to remember what he/she did before or after the injury
- Has altered balance
- Is slow to answer questions
- Displays a personality change
- Has altered sleep patterns, is unable to fall asleep, or feels like he/she always wants to sleep
- Is vomiting
- Experiences loss of consciousness (not present in all concussions)

Symptoms (experienced and reported by the athlete) that may be present with concussions:

- Headache
- Nausea
- Dizziness
- Double or fuzzy vision or any other visual alteration
- Sensitivity to light and/or noise
- Feeling sluggish or slow
- Feeling "foggy"
- Difficulty in concentrating when reading, listening or speaking
- Extreme fatigue

Most important is the prevention of Second Impact Syndrome- **a catastrophic increase in intracranial pressure leading to massive brain swelling, herniation, and death.** This syndrome occurs in athletes up to 14 days post-concussion and when an athlete returns to competition before the complete resolution of symptoms. Therefore, the following concussion protocols are utilized:

1. Any student athlete diagnosed with a concussion is removed from competition.
2. No student with a concussion is allowed to return to play in the current game.
3. Consideration should be given to addressing the academic needs and gradual reintroduction of cognitive demands to students who have been diagnosed with a concussion. Modification to the academic workload may be needed during recovery.
4. All concussions are referred for medical evaluation following the injury by an appropriate licensed health care provider designated by the State of Virginia.

5. Before returning to activity:

- a. No physical activity; rest until asymptomatic
- b. The athletic trainer supervises light aerobic exercise
- c. Non-contact drills until 1 week post-injury
- d. Return to contact sports after a minimum of 1 week post-injury and completely asymptomatic (neurocognitive testing will now be used to assess return-to-play)
- e. Any recurrence of concussive symptoms should lead to the athlete dropping back to the previous level.

6. An athlete with 2 concussions per season will be removed from contact sports for the remainder of that season. Return to play will require neurocognitive testing and the approval by an appropriate licensed health care provider as designated by the State of Virginia.

7. An athlete with a history of 3 or more concussions is highly recommended to avoid contact sports. Participation will require neurocognitive testing and be at the discretion of the school nurse. More information on concussions can be obtained from [this website](#) or www.sportsconcussion.com

Coach's Code of Conduct

The function of an SGGs coach is to educate students through participation in athletics and contribute to physical fitness and development of skills, sportsmanship, and character through teaching and presenting a sound program of conditioning and practice. Each student should be treated with the utmost respect, and their welfare should always be considered in decisions by the coach.

- The coach commits to following all Safe Environment regulations and ensuring any additional volunteers for their team are also current and valid.
- The coach shall be aware that he/she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.
- The coach shall uphold the honor and dignity of the position. In all personal contact with students, officials, Activities Directors, school administrators, the Richmond diocese, social media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.
- The coach shall take an active role in demonstrating Catholic values during the season.
- The coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.
- The coach shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.
- The coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, parish, booster clubs, and administrators.

- The coach shall respect and support contest officials. The coach shall not indulge in conduct that would incite players or spectators against the officials. Public criticism of officials or players is unethical.
- The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.
- The coach shall not exert pressure on faculty members to give students special consideration.
- The coach agrees to always practice good sportsmanship; win without boasting, lose without excuse, but with grace and congratulations for the other team.
- The coach agrees to be aware of safety protocols and will follow team and league rules to ensure safe play.
- The coach will treat opposing players, opponents, fans & referees with respect.
- The coach agrees to develop, support, and encourage ALL players while keeping a positive attitude.
- The coach will be a positive role model and will not engage in public displays of anger.
- The coach will promote good sportsmanship by respecting opposing fans, coaches, all participants, and referees, even in adversity.

Player Code of Conduct

I pledge to be responsible for my participation by following the Player Code of Conduct at SGGS:

- I agree to always practice good sportsmanship; win without boasting, lose without excuse, and never quit.
- I agree to attend and participate in scheduled games and practices when reasonably possible.
- I agree to be aware of safety and will follow team and league rules to ensure safe play.
- I agree to wear the assigned jersey/uniform as directed by the coach.
- I agree to my coach's authority; I will participate and communicate positively with my coaches and teammates.
- I agree to treat fellow players, opponents, fans, and referees with respect.
- I agree to support and encourage my teammates and strive to maintain a positive attitude and embody the Catholic values of Saint Gregory Parish.
- I agree that I have read the Conduct Violations section of the Parent-Student Handbook and will
 - not participate in any way with cyberbullying – bullying by email, through social media, or transmission on other electronic devices. Any derogatory transmission, post, or email against SGGS, a coach, or player, etc., is cause for immediate removal.

- I understand that I represent my team and St. Gregory the Great Catholic School/Parish, and anything online I post or pose for in uniform reflects my team and the school.
- I agree to abide by the Academic Requirement for Extra-Curricular Activities as mentioned in the Parent-Student Handbook.
 - Our extra-curricular activities exist to promote good sportsmanship, teach fair play, and allow for student participation outside the academic environment. Participation in such represents a position of recognition and often bestows the position of role model upon the student participants. For that reason, high standards of behavior are expected from students participating in these activities. Students participating in extracurricular activities are expected to meet behavior requirements and criteria as outlined in the Parent-Student Handbook as well as the grade requirements outlined earlier in the Athletic Handbook.

Students who do not meet the minimum criteria will not be allowed to practice or play but may attend games as a spectator. This policy extends to JJV/JV sports at Catholic High School (CHS). Grades will be provided to CHS for any student who wishes to participate in high school athletics.

Parents' Code of Conduct Agreement

I pledge to provide positive support, care, and encouragement for all children, participants, coaches, other parents, and referees at all team events this season:

- I agree to let the coaches coach, let the referees ref, and let the players play.
- I agree to respect the schedules of the coaches and teammates by having my player arrive on time for practices and games, and I will notify my coach if my player will arrive late or is unable to attend.
- I agree to be a positive role model and will not engage in public displays of anger.
- I will promote good sportsmanship by respecting opposing fans, coaches, participants, and referees.
- I agree to respect the coaching decisions regarding playing time, position, and placement, and will refrain from coaching any player.
- I agree that I have read the Conduct Violations section of the Parent-Student Handbook and will
 - not participate in any way with cyberbullying – bullying by email, through social media, or transmission on other electronic devices
- I will not approach players, coaches, or referees before, during, or immediately after games or practices with anything other than support. All questions/concerns regarding players or coaches will be addressed the day after the game in an atmosphere conducive to problem-solving. Parents who need to speak with the coach, Activities Director,

and/or Administration must set up an appointment by scheduling via email or calling the office.

- Any violation of the Code of Conduct will result in your student being removed from all sports for the remainder of the year.

Practice Procedures for Coaches and Athletes

1. All coaches must check in at the front desk during the school day up until 3:00 PM and get a visitor's sticker.
2. Athletes are dismissed last and should not be in the halls until car lots have been dismissed.
3. All athletes will go to the cafeteria until picked up by coaches. Athletes are not permitted to change into athletic gear until a coach is present.
4. Changing is only permitted in the 5th-grade restroom or locker room with the supervision of the coach, who remains outside in the hallway until all players have exited the locker room. Please note that Beach FC soccer gathers in the front foyer of the gym with parents. Parents remain in the foyer as players change in the front restrooms.
5. Students/players must be under the supervision of an adult at all times. Students are not to be in the hallways, parking lots, fields, etc., unless a coach or parent/guardian is present.
6. If there is a break between the end of school and the game/practice time, and the athlete is not picked up by their parent/guardian, they will be escorted to Beyond the Bell, and the family will be charged for that day.
7. Siblings of players who have practice are not allowed to attend the player's practice as a spectator unless a parent is present. Additionally, a coach is not allowed to watch a player's sibling while they are simultaneously coaching the team; the sibling must go to Beyond the Bell.
8. At the end of practice, the coach must see each player off to their parent/guardian. If a parent is not available to pick up the student, the student will be escorted to Beyond the Bell by the coach. If it is after 6:00 pm, only the parent/guardian on the players designated registration form will be allowed to pick up their child.

Refund Policy

Refund requests must be submitted in writing (email accepted) before the second practice and must include the player's name and reason. A \$20 administrative fee applies to all refunds. Once players are registered and insured with their club, no refund will be issued. Late fees are non-refundable. Refunds by check will be processed after the second practice. No refunds will be issued after the second practice. Players not placed due to limited availability or from the waiting list will receive a full refund.

Ticket Price Structure and Policy

Ticket prices and structure are set forth by the league and/or school that the program is affiliated

with. The diocese of Richmond has converted to an entirely cashless environment, and all transactions will be electronic.

For basketball home games, both home and away, parents/spectators are required to pay an entry fee per the TCBL. For volleyball home and away games, only visiting parents/spectators are required to pay an entry fee.

Pictures/Media

SGGS is under contract with Hayne Photography. All professional pictures will be taken by them and scheduled through the Marketing and Media Coordinator(MMC) at SGGS. Outside professional photographers cannot be contracted by coaches or parents for team or individual pictures. If a photographer is needed for a specific game, please contact the MMC.

Social Media

Not all students involved in athletics at SGGS have media clearance. We encourage you to record or photograph your child, but please do not post any images on social media without consent from other parents, including on your personal accounts.

Submitting Media to the School

SGGS enjoys sharing stories and photos of our student athletes. However, since not all teams submit content during the season, weekly posts are not possible, as it would be unfair to others. Instead, we will post a season-end congratulations for all teams, with playoff or championship posts shared on a case-by-case basis. Please email all images to the SGGS Marketing and Media Coordinator. Even if not used online, they may appear in the yearbook or as stock photos. Only submit your own photos, and note that copyright is relinquished upon submission. SGGS cannot use professional images without written permission from the photographer.

Team and Individual Pictures

All team and individual photos will be taken by Hayne Photography, our contracted school photographer, and will be available for parents to purchase. The SGGS Marketing and Media Coordinator will schedule picture day and share details with coaches, who will notify parents and ensure each player is photographed. SGGS may use these images on social media, in marketing materials, yearbooks, and as stock photos. Each season, a professional photographer will also attend at least one game per team to capture candid action shots.

8th Grade Senior Celebration Posters

The Activities Director will work with the Marketing and Media Coordinator at SGGS to secure images of the players and design an appropriate graphic to be displayed at the school and then given to the student at the end of the year.

Official SGGS Logo Use

Any use of the SGGS logo, including athletic wear for athletes and spectators, must go through the Marketing and Media Coordinator. It is at the discretion of the Marketing and Media Coordinator how/if the logo may be used upon each request. Please allow at least 2 weeks for the creation of any graphic requests.

Disciplinary Policy

When coaching any athletic team, it is crucial that every member of the coaching staff knows what constitutes acceptable measures of disciplining a child or handling other problems. This helps to prevent many problems that can result from a conflict between coaches and players. Therefore,

1. All children are to be treated with respect and are not to be demeaned in any way.
2. Any child acting outside of the guidelines established by the coach will be warned as to what will happen if the behavior is repeated. Penalties appropriate to the age and maturity of the children should be assigned. This warning will be communicated to the child's parents or guardians.
3. If a player's behavior requires ongoing attention, the coach should inform the parents/guardians and the Activities Director before the next practice. A meeting with the child and their parents/guardians will be arranged to discuss solutions. Coaches should address concerns respectfully, never isolating or reprimanding a child away from the group. If needed, a player may take a brief break on the bench (no longer than 5 minutes).
4. No person should be berated, embarrassed, or singled out as an "example".
5. The coach should initially handle any parental complaint and contact the Program Director about the situation. If the problem persists, it may then be addressed by the Program Director in communication with the Activities Director, who will keep Administration informed.
6. Physical punishment is not an acceptable form of disciplining any athlete and will be grounds for immediate termination.
7. Coaches must be consistent with their disciplinary methods for all players. No athlete should ever be given special treatment regardless of his/her talent level. Coaches who are models of fairness help children learn the values of equity.
8. Coaches should contact the Program Director and/or the Activities Director regarding any issues or problems that are questionable in nature for further direction and/or actions to take regarding the situation.
9. All disciplinary procedures also coincide with the Parent/Student Handbook.
10. The Activities Director, working with administration, has the final say.

Grievance Policy

A grievance may involve any perceived unfair or prejudicial treatment of a player by a coach. Concerns should first be discussed directly with the coach. If unresolved, speak with the Program Director. If the issue remains unresolved, submit a written grievance to the Activities Director, who will respond promptly. Parents must follow this chain of command, and grievances should never be posted on social media.

Playing time, starting lineups, and similar decisions fall under the coach's authority per league rules. The Program Director or Activities Director will only intervene if a situation is deemed blatantly unfair.

Social Media Recommendations for SGGs Student Athletes

1. Be aware that potential athletic programs, high schools, and college admissions often access the information you place on social networking sites. Realize that any information you post will provide an image of you to prospective employers and/or schools.
2. Understand that freedom of speech is not unlimited; however, social networking sites are NOT a place where you can say and do whatever you want without repercussions.
3. St. Gregory the Great Catholic School has a zero-tolerance policy for negative social media behavior that does not align with good sportsmanship and Catholic values.

Right to Amend

St. Gregory the Great Administration and Pastor, in conjunction with the Athletic Committee and Activities Director, reserve the right to amend the athletic handbook. Notice of amendments will be made available to all participants.

St. Gregory the Great Athletic Department and Program Directors

- Fr. Daniel Malingumu, Parochial Administrator - dmalingumu@richmonddiocese.org
- Leanan Landry, Ed.S., Principal - llandry@sggsvb.org
- Sarita Vilorio, Ed.D., Assistant Principal - sviloria@sggsvb.org
- Leslie Nelson, M.Ed., Activities Director - lnelson1@sggsvb.org

Note: Individual program directors/league reps will be delegated by the principal