



# **ATHLETIC HANDBOOK**

## **2026 - 2027**

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# St. Michael School Mission Statement:

St. Michael the Archangel Catholic School provides a Christ-centered Catholic education, with a focus on academic excellence and the development of the whole person, through our core values of reverence, service, and leadership.

## St. Michael School Athletics Mission Statement:

The St. Michael School Athletic Program dedicates itself to the pursuit of excellence in athletics within the framework of a Catholic community and in accordance with its primary role as an educator and spiritual guide.

### Athletics Philosophy:

As a Catholic school, St. Michael School upholds Christian values and principles. Though our athletic teams strive to win in the sense of having the best score, we recognize the real value of Catholic school athletics is realized only if it fosters the development of the human person— both in spirit and in body—by cultivating Christian character, strengthening personal integrity and responsibility, and promoting the pursuit of excellence in all endeavors. Participation on a team is a *privilege*. With this privilege come responsibilities in the areas of preparation, attitude, sportsmanship, and academics. These responsibilities exist both in and out of school, both in athletic and non-athletic settings.

As our students grow, their evaluation of themselves will be determined by, in part, their success or failure in a multitude of tests and experiences to which they are subjected. St. Michael School Athletics program will prepare our student athletes for these tests and experiences by emphasizing mental, moral and physical development; encouraging broad participation in athletics; requiring coaches to provide quality instruction and to enforce rules openly and equitably; and to encourage friendly, healthy, positive relationships throughout the conference.

### Conference Affiliation:

St. Michael School is a member of the Triangle Catholic Schools Athletic Conference (TCSAC), a conference of nine area Catholic schools. The TCSAC operates under the North Carolina High School Athletic Association rules as amended by the bylaws of the TCSAC (2024-2025 bylaws coming soon).

# Registration Information

## Procedure for Registration

A student can become a full, participating member of a St. Michael athletic team once the following requirements are met:

1. Student and parent/guardian have completed and returned all St. Michael Athletic forms (see below)
2. Student and parent/guardian have read and [electronically signed](#) the St. Michael Athletic Handbook
3. Athletic fees will be paid prior to commencement of the season

## Athletic Forms

St. Michael students wishing to participate in a sport must fill out the following forms prior to the start of the intended sport season:

1. [Permission](#) and waiver (One per year, checking off all intended sports)
2. Contract
3. Physical (Good for one calendar year after physical date)

## Fees

Student athletes and their families are required to pay a \$150 per athlete fee for cross-country, boys and girls tennis, golf. All other sports will require a \$200 fee. Students and their families may be asked to provide their own personal equipment for certain sports. Fees for each specific sport should be paid prior to the season.

We believe that financial constraints should never inhibit any student from participating in student athletics. For financial assistance for StMS athletics, please contact the school administration at [administration@stmccary.org](mailto:administration@stmccary.org).

# General Information

## Levels of Competition

Development of the skills fundamental to each sport receives primary emphasis on each athletic team offered at St. Michael. Each team experience, however, may be slightly different depending on the level at which the team is competing. Below is an outline of what to expect, per the TCSAC by-laws (2026-2027 bylaws coming soon).

|                   | <b>Varsity</b>                                                     | <b>Junior Varsity</b>                                                  |
|-------------------|--------------------------------------------------------------------|------------------------------------------------------------------------|
| <b>Commitment</b> | High: students and families must commit to multiple events a week. | Moderate: students and families must commit to multiple events a week. |
| <b>Tryouts</b>    | Yes                                                                | Varies: according to interest and capacity.                            |

|                     |                                                                               |                                                                 |
|---------------------|-------------------------------------------------------------------------------|-----------------------------------------------------------------|
| <b>PLAYING TIME</b> | At the discretion of the coaches – no set minimum of guaranteed playing time. | Coaches will make every effort to play every player every game. |
|---------------------|-------------------------------------------------------------------------------|-----------------------------------------------------------------|

## Athletic Teams at St. Michael

St. Michael School offers the following sports as recognized by the Triangle Catholic School Athletic Conference to students in grades 6 - 8:

|                                                                                                              |                                                                                                                                                           |                                                                                                             |
|--------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| <b>FALL</b><br>Girls Volleyball<br>Boys Soccer<br>Boys Cross-Country<br>Girls Cross-Country<br>Girls Tennis* | <b>WINTER</b><br>Girls Varsity Basketball<br>Boys Varsity Basketball<br>Girls Junior Varsity Basketball<br>Boys Junior Varsity Basketball<br>Cheerleading | <b>SPRING</b><br>Girls Soccer<br>Boys Baseball<br>Girls Lacrosse*<br>Boys Lacrosse*<br>Boys Tennis*<br>Golf |
|--------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|

\* Denotes a club team. Club teams provide students opportunities to participate in a sport not sponsored by the Triangle School Athletic Conference. Skill development is emphasized with opportunities for officiated competition with other area programs. Commitment level and playing time varies according to grade and skill level of participants.

## Transportation Policy

Transportation to/from practices and games is the sole responsibility of the parents. Please ensure that your student-athlete is picked up promptly at the end of each practice/game. In accordance with the policies of the Diocese of Raleigh, St. Michael School does not provide any transportation to or from athletic events. All transportation is privately arranged by parents/guardians. St. Michael and the Diocese of Raleigh assume no liability for accidents that may occur en route to any sporting practice or activity.

## Tryouts

Tryout information will be posted in the weekly Principals letter, as well as school social media accounts. Students in grades 6 through 8 may try out for any St. Michael sports teams.

# Coaching Expectations and Requirements

Coaches are first and foremost educators and must work in coordination with the parents (who are the primary educators of their children), the Athletic Director, and the Administration. At all times, coaches must be examples of Christ and serve as role models for student-athletes to emulate. They must be messengers of the school mission and ensure that all athletic programs embody the Catholic characteristics prevalent at St. Michael School.

## Becoming a Coach

To become a coach for one of St. Michael's many sport teams, a person must fulfill all safe environment training to become Level C certified. It is also recommended that our coaches are CPR/AED certified and attend a concussion clinic.

All coaching positions are to be offered to any faculty member first. If they do not want to coach, then the position opens up to parent volunteers.

Coaches will be appointed by the Athletic Director, in partnership with school administration.

If a teacher wants to join a team after the start of a season, the coach at that time will co-coach with the faculty member.

## Coaching Duties

In addition to serving as witnesses and models of faith, exemplifying high standards of moral character, St. Michael coaches are expected to fulfill the following duties:

1. Have a vision on how to achieve a quality program, demonstrate competence and knowledge of the sport, and genuinely care for and motivate their players
2. Plan for practices and games, be efficient in teaching skills, evaluate athlete performance, and assess competition readiness
3. Supervise athletes at all times before, during, and after practice and remain present until ALL athletes have been picked up by an approved adult
4. Act as an educator and leader and stress the importance of academics, athletic eligibility and teamwork
5. Place the well-being of athletes above the desire to win
6. Basketball teams must have a minimum of 10 players per team exceptions must be approved by the athletic director
7. Communicate with the Athletic Director, providing him/her with team rosters and necessary documentation for athletic eligibility
8. Attend the coaches meeting held by the Athletic Director as well as plan their own individual team meeting to disseminate rules, schedules, and expectations to parents and athletes
9. Provide a safe, healthy experience for all athletes and take steps necessary to minimize athletic injury
10. Demonstrate good sportsmanship at all times and act in accordance with behavior modeled by Christ and as would be expected by the Catholic community as laid out below in the Coaches Code of Conduct
11. Ensure cleanliness of our home facilities as well as the facilities we attend
12. Maintain ongoing relationships with other schools, parents, athletes and community stakeholders
13. Teach the athletes the value of healthy competition, work ethic, responsibility, dedication, and self-discipline such that they can not only succeed on the field, but in life
14. Appreciate the moments of grace throughout the season, at times of winning and losing
15. Emphasize the importance of the student-athlete's education responsibilities and enforce any consequences imposed by the school administration.
16. Attend necessary training to become level C volunteer certified, CPR and AED certified, and attend a [concussion in sports clinic](#).

## Coaches Code of Conduct

Coaches are called to be models and witnesses to their faith each day and as such, coaches are expected to uphold high standards of conduct in and out of season. All StMS coaches are required to sign the Volunteer [Coaches Contract](#) form and the [TCSAC Coaches Code of Conduct](#).

1. **Language**

Language should be appropriate and constructive at all times. Coaches are expected to not only monitor their own language, but they should also set and enforce standards of appropriate language for their athletes. This includes, but is not limited to swearing, harassment, exclusionary language, sexual innuendo, personal attacks, and unsportsmanlike gestures.

2. **Treatment of Opponents**

Although opponents are not a part of our school community, they are members of the larger body of Christ and should be treated as such. Coaches should model such respect for their athletes and should instruct players on how to welcome their opponents and all visitors in a way that conveys a sense of hospitality and community.

3. **Prayer**

Athletic experiences play an important role in the spiritual formation of students at St. Michael School. Prayer should become an intentional component to a team's culture, not just a rushed event before or after a game or practice. Rather than emphasizing winning, prayers should focus on embodying the spirit of Christianity. Coaches are encouraged to build and create spiritual traditions into their approach to coaching at St. Michael School.

4. **Communication with Athletes and Parents**

St. Michael coaches should establish clear procedures and guidelines for communication with athletes and parents that align with the philosophy and mission of St. Michael School. E-mail should be used only to communicate basic information, such as time and location of games and practices.

Discussions of concerns should always be done in person. If a face-to-face meeting is not possible, a phone call is acceptable. Before meetings, establish clear agendas and communicate that certain topics will not be discussed. Coaches do not have to discuss playing time, coaching strategies and specific plays, or information pertaining to other athletes.

## Safety Protocols

At Saint Michael School, we strive to provide a safe, healthy experience for all athletes and take steps necessary to minimize athletic injury. Participation in sports brings an unavoidable risk of injury. Sports physicals must be performed before a student can attend tryouts .

### Keeping Heads Healthy

1. Any athlete who is suspected of suffering with concussion must be evaluated immediately on the field, on the sideline or in a quiet locker room. Coaches will be familiar with concussion symptoms and will be able to provide an immediate evaluation.
2. Once an injury occurs and an initial assessment has been made, it is important to determine an immediate plan of action, which may include additional referral to a physician and/or emergency department.
3. If an athlete displays any combination of the concussion symptoms, it will be assumed that the athlete has a concussion and will immediately be removed from play. Said athlete will be unable to return to play until a trainer, doctor, or other certified medical professional determines it is safe and appropriate for the student-athlete to return to play.

## Keeping Hearts Healthy

Coaches are asked to be aware of potential symptoms of sudden cardiac arrest. An AED will be available at all athletic competitions sponsored by our school. At least one person on the field will be CPR/AED certified.

## Keeping the Whole Self Healthy

St. Michael School focuses on the development of the whole person. It is important for coaches and parents to recognize and support student-athlete mental well-being. It is also important to emphasize the importance of hydration, nutrition, sleep and other tools that create the foundation of a good student and athlete.

# Procedures for Team Selections

In a Catholic school, it is essential to demonstrate respect for all members of the school community. There is not an expectation that all students will be able to be members of a team, but when cuts are necessary, students should be treated fairly and with compassion. Coaches - in collaboration with the Athletic Director - should provide individualized feedback to players rather than simply posting a list of team members. When individuals fail to make a team, alternative team roles should be considered, if possible.

## Non-Discrimination Statement

As a Catholic school in the Diocese of Raleigh, St. Michael School has a racially non-discriminatory policy for all students and admits students of any race, color, national and ethnic origin to the rights, privileges, programs, and activities generally accorded or made available to students. Additionally, our school does not discriminate on the basis of race, color, national and ethnic origin in the administration of our educational and admission policies, scholarship and loan programs, or athletics and other school-administered programs.

## Tryouts

1. Prior to the tryouts, the Athletic Director will generate an interest form to participate in a sport
2. The Coach and Athletic Director will establish a roster size for each sport
3. If there are more interested participants than spots on the team roster, tryouts will be held by the coach to assess individual skills and team needs.
4. When possible, at least two coaches will be involved in the assessment and selection process to maintain fairness and equity in the process.
5. Once the tryouts are over and the selections are made the coach, in collaboration with the Athletic Director, will provide individualized feedback to explain their selections.

# Student Expectations and Requirements

Students and parents should recognize that participation in the athletic program is not a right of all students, but rather a **privilege** to those selected individuals who possess the ability, attitude, disposition, cooperative spirit, and desire to represent the St. Michael community in a favorable way. By joining the school's athletic program, a student becomes a representative of his/her team and of St. Michael School.

## Eligibility and Probation

We expect student-athletes to maintain academic and behavioral standards in keeping with the St. Michael School Student-Parent Handbook and the teachings of the Catholic Church. These regulations and procedures apply while on school premises, during practices and competitions, and in the public arena.

| ELIGIBLE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | ON PROBATION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | INELIGIBLE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
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| <p>A student will be considered eligible to participate in interscholastic athletics at St. Michael School if their most recent academic and behavior report reflects:</p> <ol style="list-style-type: none"> <li>1. A “C” average in ALL subjects (70 or above)</li> <li>2. A satisfactory grade or better in all special subjects</li> <li>3. A satisfactory grade or better in conduct for all subjects</li> <li>4. No major demerits</li> <li>5. Fewer than 6 minor demerits</li> </ol> | <p>A student will be considered on probation if their most recent academic and behavior report reflects any one or a combination of the following:</p> <ol style="list-style-type: none"> <li>1. One or more in progress grade of “F” in any subject (59 or below)</li> <li>2. Below satisfactory in any special subject</li> <li>3. Below satisfactory conduct in any subject</li> <li>4. Conduct resulting in after-school detention, in-school suspension, or out-of-school suspension, including an accumulation of 5 or more minor demerits.*</li> <li>5. One major demerit*</li> </ol> <p>*Students on probation due to #4 and #5 above will not participate in any athletic events occurring on the day(s) of the suspension or major demerit, including games. If no games occur during the suspension period, the student must sit out the next game on the team’s schedule.</p> | <p>A student-athlete will be considered INELIGIBLE for interscholastic sports at St. Michael School if:</p> <ol style="list-style-type: none"> <li>1. The previous report card has any courses resulting in a failing grade of “F” (59 or below) or “N” for Not Satisfactory.</li> <li>2. There is no improvement after the two-week probationary period per our probation policy.</li> </ol> <p>Ineligibility means that a student-athlete may NOT participate in interscholastic athletics at St. Michael for the remainder of the season. This will result in the removal of the student from the team’s roster. The student, parents, coach, Athletic Director, and school administration will coordinate to set a plan for success for the student and for all involved.</p> |
| <p>A student whose academic performance in any class is receiving a <a href="#">grade below a 60 in one or more classes or below</a></p>                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |

a 70 average for all classes will be placed on academic probation. Parents of students on academic probation will be notified by our Middle School Dean and Athletic Director via email if/when this occurs. Students on academic probation will be monitored by Administration and the Middle School Dean to determine when/if the academic probation will be lifted. The student's coach and/or club facilitator may also be notified. During probation, the child can still try out, practice, participate, perform, and/or compete. During the probation period, the student must attend at least one scheduled help session per week with the teacher of the affected class, submit all assignments on time (no missing or late work), and show evidence of effort, such as redoing assignments or retaking assessments if allowed (though it may not result in an updated grade).

At the end of the 2-week probation, a decision will be made to determine eligibility. The possible outcomes are:

- If the grade has improved to meet the eligibility requirements, the student returns to full eligibility.
- If the grade does not meet eligibility requirements, but effort is clearly demonstrated (as confirmed by the teacher), the probation period may be extended for another 2 weeks.
- If the grade does not meet eligibility requirements and no meaningful effort or improvement is observed, the student will become ineligible to participate in practices, competitions, or games until improvement is demonstrated.

If tryouts for a sport or extracurricular activity occur when one quarter has ended and a new quarter is beginning, the student's class grades from the previous quarter will be considered.

*\* All student-athletes are allowed one probationary period per sport season.*

## Student-Athlete Expectations

A student-athlete's behavior is governed by the same rules, regulations, and procedures that apply to all students as set forth in the St. Michael Parent-Student Handbook. Each student-athlete is expected to demonstrate and encourage in others behaviors that reflect good sportsmanship. If behavior infractions occur, student-athletes may face both a school and an athletic consequence.

### Attendance

All student-athletes must be marked as present in school by 11:45 a.m. on the day of practice or a game in order to participate. Please see the Student-Parent Handbook for what constitutes an absence. All student-athletes must recognize the time commitment made to a team. One is expected to attend all practices and games. If one cannot attend a practice or game, please make sure the coach has been notified *in advance*. Consequences for a missed practice or game will be informed by the team rules as outlined by the coach/team at the beginning of the season in addition to the natural consequences that result from missing practice instruction or game experience.

### Forms/Dress Code

Student-Athletes are highly visible representatives of the school and, as such, are responsible for using good judgment in their overall appearance. All teams, regardless of level, have a responsibility to ensure that their game attire meets school dress code standards. No player should make modifications

to his or her uniform. Athletes are to wear a school issued uniform and treat their uniform with respect.

Uniforms must be returned to the Athletic Director within seven (7) days of the last game. Progress reports and/or report cards may be withheld until the uniform is returned. If a uniform is not returned, parents are responsible for the cost of replacing the uniform.

## Sportsmanship

All student-athletes are expected to represent St. Michael School in an exemplary manner. This behavior is expected both on and off the court or field. Student-athletes are expected to display the best of Christian courtesy and manners to all officials, coaches, opposing coaches, players, and spectators. At all times good sportsmanship is the rule, not the exception. The penalty for unsportsmanlike behavior during a practice or game will be left to the discretion of the coaches for each sport along with input from the athletic director. This can range from sitting out at practice to a one-game suspension or more. In extreme cases when an athlete has been ejected from a game, multi-game suspensions and dismissal from the team may be appropriate. The Athletic Director and Principal will make the final decision following a meeting with the athlete, coach, and parent.

## Transfer Students/Injured Students

Transfer students or students injured at the beginning of a season will be awarded a tryout for a team if there is one more than half of the games left in that sport's season. Transfer and injured students are guaranteed the same tryout duration as the other athletes, though they are not guaranteed placement.

## Team Captains Role

The captain of a St. Michael School Team should:

1. Assume a leadership role in initiating dialogue among the team
2. Assist the team in understanding the rules and expectations as set forth in the athletics handbook
3. Lead by example, be a steward of faith, and display good character traits both on and off the field
4. Help build team unity
5. Motivate the team both during practice and before and during competition
6. Attend weekly captains' lunches as provided by the Athletic Director

# Expectations of Parents

St. Michael School coaches and administrators respect the primacy of the parents as the first teachers of their student-athletes. St. Michael School will partner with parents in the growth, development, and holistic education of student-athletes. The expectations St. Michael School holds for the parents can be no less than those we hold for our athletes, students, coaches and officials. Parents attending athletic competitions are expected to speak and act as representatives of Saint Michael School and of the Catholic community, upholding Christian values and principles.

Parents should sign and return the [TCSAC Parent Code of Conduct](#).

## Parents Code of Conduct

1. **Be Prompt**  
Help teach our student-athletes dependability, promptness and accountability by being aware of practice and game times and schedules.
2. **Be Present**  
When possible, show up to games and support our teams! Support not only your children, but the entire team and their coaches.
3. **Be Positive**  
When talking about the game, season, performances and decision-making, please share the gift of a positive outlook. Make sure that your child knows that win or lose; he/she is loved and supported. Teach your student-athlete that it is alright to make mistakes, especially when we learn from them.
4. **Encourage Independence**  
Encourage student-athletes to be responsible for the care of their athletic gear and to be prepared for practices and games. In addition, student-athletes should speak directly with their coach about any questions and/or concerns.
5. **Respect the Coaches**  
We ask parents to not talk to coaches after a game or practice about matters that are emotionally charged; rather, arrange for a meeting time. Allow yourself and the coaches to have time to reflect on game situations and decisions. Coaches need not discuss playing time, coaching strategies and specific plays, or information pertaining to other athletes.
6. **Take Pride in our Athletic Program**  
Please cheer for our team rather than against our opponents. Respect the integrity and authority of game officials. Allow coaches to coach without criticism from the spectators. Help clean up at the end of athletic events, if needed.

## Withdrawal from Team – Parent Decision

The principal, athletic director and coaches will respect and support the decision of a parent to remove his or her child from a team for any reason. However, once the child is removed, he or she may not return to that team for the remainder of the sport season.

## Revisions/Modifications to Policy

The Principal may make changes to any policies outlined in this handbook as needed, and has the final decision with regard to any policy. Changes will be made public through various channels of communication. The Principal has the authority to remove a student or cancel a season if student-athletes or parents are not adhering to St. Michael School standards.

**2026 - 2027 StMS Athletic Handbook Signature Form All athletes and parents must complete the electronic signature [form](#) prior to the first day of practice (one form per family).**

I have read the 2026 - 2027 Athletic Handbook and am committed to a successful partnership between home and school.

I agree to cooperate in good faith with the stated philosophy and policies of the school and its athletic program and will support the St. Michael Parish and School Mission Statements.

I will model appropriate Christ-like values in front of my children and StMS faculty members, and I will support and cooperate with the policies in this Handbook to maintain participation in StMS Athletics.

I will respect that decisions made at the discretion of the Administration are for the best interests of all St. Michael students-athletes.

*Please complete this form electronically prior to the first day of practice using the link below:*  
[Athletic Handbook Form](#)