



## HOLY SPIRIT PREP ATHLETICS PHILOSOPHY AND STUDENT-PARENT-COACH HANDBOOK

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Athletics at Holy Spirit Prep play an essential role in the advancement of the school's mission, providing experiences that help student athletes develop physically, spiritually, emotionally, and intellectually. Athletics at HSP exist in order to foster and develop character in our students, rooted in the teaching of the Catholic Church. Effort, perseverance, sportsmanship, humility, teamwork, and self-sacrifice are but a few of the incredible virtues and life skills we strive to instill in our student athletes.

Our Athletics Department exists to support our student athletes in their holistic development. Student athletes are encouraged to passionately compete and to pursue athletic excellence, but it is imperative that good sportsmanship prevail at all times and that the educational values of competition be emphasized. Participation in athletics is an integral part of the educational experience at HSP. That participation carries with it responsibilities to the student athlete's team, the student body, and to the greater HSP community.

### **Athletes/Coaches/Parents/Spectators Behavioral Expectations**

All athletes, parents, coaches, and spectators are expected to represent Holy Spirit Prep in an exemplary manner as outlined below. This behavior is expected both on and off the court/field/track/course. **At the end of this Handbook, there is a Sportsmanship and Handbook Acknowledgement Form that all student athletes and their parents must sign and return to their head coach before the first game/match.**

Good sportsmanship is the expectation, not the exception. The penalty for unsportsmanlike behavior during a practice or game will be left to the discretion of the coach and the Director of Athletics. This can range from sitting out at practice to suspension. In extreme cases when a student has been ejected from a game, multi-game suspensions and dismissal from the team may be appropriate. The Director of Athletics will make the final decision following a meeting with the student athlete, parent, and coach.

### **Parent and Student Athlete Meeting**

Each team will have a parent/student athlete meeting either before or at the beginning of the season. Each coach will set up this meeting and will notify the Director of Athletics as well as students and parents as to the date it has been scheduled.



### **Athletic Booster Club**

The Holy Spirit Prep Athletic Booster Club has one goal - to enhance the experience of our student athletes. The HSP Athletic Booster Club funds enhance our budget, allowing us to provide supplemental equipment, coaching, and programs to improve the athletics experience for all our students. These funds will be obtained through HSP Athletic Booster Club membership, corporate sponsorships, restricted athletics donations, online week-long auction revenue, spirit gear sales, Coke Drive revenue, and event ticket and concession sales.

The HSP Athletic Booster Club recognizes that participation in school athletics benefits everyone. In addition to financial support, the HSP Athletic Booster Club will promote opportunities to build and strengthen relationships among all constituencies through the enthusiastic participation of volunteers, students, coaches, parents, school faculty and staff, sponsors, community members, alumni and grandparents.

The HSP Athletics Booster Club offers membership levels for all to participate. Also, volunteers are always needed and welcome. **We ask that ALL parents become members of the HSP Athletics Booster Club, at some level. In addition, any financial contribution is welcomed and appreciated.**

If your company would like to become a corporate sponsor, please contact the Director of Athletics, Kristina Wilhelm ([kwilhelm@holyspiritprep.org](mailto:kwilhelm@holyspiritprep.org)) and the Director of Development, Maria Kichler ([mkichler@holyspiritprep.org](mailto:mkichler@holyspiritprep.org)).

### **Semi-Annual Coke Drive**

We will host two all-school Coke Drives to support our student athletes on all three campuses. You can stock your pantry or purchase drinks to stock the Athletics Department coolers (waters/powerades only). You can select the sport for which you'd like to receive the credit. A certain % of each case sold will directly come back to the Athletics Department.

### **Official Registration, Waiver, and Sports Fee**

Everyone must register and pay the fee upon receiving placement on a team. This fee must be paid before a student receives their uniform and/or plays in their first game. This fee covers rentals of facilities, referees, uniforms, coach stipends, etc. The school-issued team uniform must be turned into the coach or Director of Athletics at the end of the season. The student athlete is responsible for the replacement cost of any item not returned at the end of the season. The coach is responsible for updating the athletics inventory sheet at the beginning of and end of each season to ensure that all items are accounted for.

### **Yard Signs and Magnets**

Sport specific yard signs may be purchased and personalized with your student athlete's name and jersey number, if you desire. These are available for purchase in the registration form. Each student receives one sport specific magnet. Additional magnets can be purchased during registration.

## Uniforms

Holy Spirit Prep will provide the student athletes school-issued uniforms at the beginning of the season. All items must be returned and inventoried to the coach or Director of Athletics at the end of the season. **NO DROPPING OFF** -- You must deliver the items in person! The student athlete is responsible for any item not returned at the end of the season. Depending on the sport, there are certain uniform items that your student athlete will keep – those items will be purchased by each family at the beginning of the season.

## Team Gear

There are additional items that your student athlete will need that are not covered by the Sports Athletic Fee. For example: t-shirts, sweatshirt, hats, socks, practice gear, shoes, etc. Some of these items will be required to purchase through our on-line pop up school store or [SquadLocker](#). The coach will communicate what team gear is required. There will also be optional items for parents to purchase for sideline spirit wear!

## Varsity Letter Jacket

Student athletes who have lettered in a varsity sport are eligible to purchase a varsity letter jacket from our provider, Neff. Visit [www.neffjacketshop.com](http://www.neffjacketshop.com), select Georgia, and then select Holy Spirit Prep to order. Student athletes will receive a varsity letter certificate and sport-specific pin upon completion of their first year on a sports team. Each year following, student athletes will receive a bar for every year they have lettered on the team. All athletic pins and bars are to be attached to your varsity letter jacket.

## Athletic Dress Down Days

Each sport gets two days when they have a home game and can wear their team shirt/jersey to school that day. **PLEASE NOTE:** The coach must communicate ahead of time which dates have been chosen so that communication can be sent to each campus. We suggest scheduling dress-down days for major events like region events/tournament, state event/tournament, senior nights, etc.

## Practices and Practice Expectations

A practice schedule will be set by the coach and given to families at the start of each season. Please note, this practice schedule is subject to change. The coaching staff will communicate any changes to you via email or other avenues of communication. **Communication is key to our team success.** It is imperative that your student athlete is at practice. Please communicate in written format with the coach if your student will be absent.

1. Students are **not allowed to miss practices or games** unless they have an excused absence approved by the coach in written format. Students are expected to **be on time**. Please communicate via email or in writing before the practice or game to obtain approval. Remember, your teammates always expect you to be there! An excused absence is defined as follows:
  - a. Personal Illness (with doctor's note)
  - b. Death or serious illness in the immediate family
  - c. Conditions rendering school attendance impossible or hazardous to a student athlete's health or safety
  - d. A pre-approved (at least one-week notice) excused absence (school function or another pre-scheduled event)

2. Athletes should be dressed and ready to practice with all required items. Don't forget to bring water and stay hydrated!
3. **Athletes are expected to stay the entire practice.** In the event that an athlete needs to be dismissed early from practice, he/she should notify the coach at the start of practice.

### **Match/Meet/Game Schedule**

Once it is finalized, the game schedule can be found on the Holy Spirit Prep website. Please understand that this schedule may change due to issues that are outside of our control. *Please have your student athlete let the coaches know if they will miss a game/meet/match.*

### **Locker Rooms-Upper School Only**

Locker room use is a privilege. It is the responsibility of **every** student athlete and coach to keep the space tidy. A team may lose their right to use the locker room if not kept orderly. Athletic equipment and uniforms that do not fit into the student athlete's hall locker should be neatly stored in a bag in the locker room during the school day. Bags must be dropped off in your assigned locker in the locker room before 8:30am. Locker rooms will be locked between 8:30am and 3:30pm. Only HSP athletic equipment and uniforms should be stored in locker rooms. Other items left in the locker room not in a locker, including other bags and loose uniform items, will be taken to Lost and Found. The school is not responsible for valuable items left unattended on campus. *Each student athlete will receive 1 locker as assigned by their coach.*

### **Academic Eligibility**

All school academic eligibility rules apply to Holy Spirit Prep athletics. Please review the [Student Handbooks](#) for more information.

### **Parent Contact Information**

Please make sure that you provide the correct contact information to HSP as well as through the registration link.

### **Transportation/Game Carpools**

An approved coach or another approved HSP driver will drive the players on the Holy Spirit Prep bus when available. The Athletics Department will do their best to provide transportation for our student athletes. We will also rely on parent carpools. HSP is not responsible for coordinating carpools in the event that a bus is not available. The HSP Cougar buses hold 14 students. In some cases, we will need additional drivers to help transport to different locations. The team is responsible to clean-up the bus after every trip. Any supplies that are left on the bus will be placed in the school's lost and found. In the event that a bus is left in a poor condition, that team might lose their bus privilege for future events. Students can help us with this by picking up after themselves.

### **Team Parent(s)**

We will need a Team Parent to communicate specific needs throughout the season. This could be to help coordinate pre-game/during game meals/snacks, help with set up at events, and other things throughout the season. The coach will determine who will be the team parent(s) based on their team needs.

### Parent Volunteers

All parents are expected to volunteer in one capacity or another for our athletics at HSP. Some sports require more support and we need to all step in to support our school. We need volunteers to work concessions, sideline help, set up, admissions and announcing at different games, just to name a few. We always need volunteers to help. Team Parent(s) and coaches will communicate volunteer needs. Every parent is expected to support our athletic teams. Any and all help would be appreciated.

### Concessions

We want to have concessions at each home game. We will need parent volunteers to help coordinate, stock the “pantry” and work the games/matches. Every parent is expected to support the different teams with volunteer work.

### Cougar Athlete of the Week

Each week in the Green and Gold school newsletter, we like to highlight a student athlete from each team based on their demonstrations of character, improvement, work ethic, service to others, the virtue of the month, etc. Coaches will select one student athlete per team and write a few sentences explaining why they chose the athlete. Be sure to check the Green and Gold each week to see who is selected!

### 2021-22 Virtues of the Month

- Aug      **Generosity:** Returning to school “unselfishly giving to others what they need”  
*A moral virtue:* a virtue gained through human effort which builds on the theological and cardinal virtues (Acts 20:35)
- Sept      **Charity:** “loving God completely and our neighbor as ourselves”  
*A theological virtue:* one of the three virtues given to us by God at our Baptism which makes us able to act as God’s children (1 Cor 13:4-8a)
- Oct      **Faith:** “believing in God and all that God has revealed to us”  
*A theological virtue:* one of the three virtues given to us by God at our Baptism which makes us able to act as God’s children (Mk 16:16a)
- Nov      **Gratitude:** “giving thanks to God and to other people who have given us things we need”  
*A moral virtue:* a virtue gained through human effort which builds on the theological and cardinal virtues (1 Thess 5:18)
- Dec      **Solidarity:** “standing with all humans in their physical and spiritual needs”  
*A moral virtue:* a virtue gained through human effort which builds on the theological and cardinal virtues (Gal 3:28)
- Jan      **Hope:** “trusting in God’s promises and desiring happiness in Heaven”  
*A theological virtue:* one of the three virtues given to us by God at our Baptism which makes us able to act as God’s children (Rom 12:12)

- Feb      **Forgiveness:** “allowing God’s love to turn our injuries into love for those who hurt us”  
*A moral virtue:* a virtue gained through human effort which builds on the theological and cardinal virtues (Eph 4:32)
- March    **Sincerity:** “being lovingly truthful in words and actions”  
*A moral virtue:* a virtue gained through human effort which builds on the theological and cardinal virtues (1 Peter 1:22)
- April    **Patience:** “waiting through difficult things with love”  
*A moral virtue:* a virtue gained through human effort which builds on the theological and cardinal virtues (Eph 4:1b-2)
- May      **Joy:** “choosing to always be positive because Jesus has saved me”  
*A moral virtue:* a virtue gained through human effort which builds on the theological and cardinal virtues (Ps 118:22-24)

### **St. Sebastian Society**

This award exemplifies the one member of the team that demonstrated and lived the virtues and values listed above on and off the field of play. These included sportsmanship, teamwork, representing HSP in a positive light, and showing respect to the other teams, players, parents, and coaches. We also wanted everyone to have fun and enjoy the activity and sport. Everyone on the team is eligible and will be voted on by the team members or chosen by the coaching staff. This really is the #1 award for each team. The St. Sebastian recipients will receive a prayer card as well as a St. Sebastian Medal.

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

The *Play Like a Champion Today Educational Series* has been crafted by leaders in the fields of educational development, sports psychology, and Catholic theology to partner with catholic schools in creating a more positive climate in sports. The series is comprised of unique and comprehensive programs designed to meet the needs of youth and high school partners by delivering research-based programs, resources, and consultation. *Play Like a Champion* is designed to elevate the culture of sport and enhance the life of each participant.

All *Play Like a Champion* programs share these important characteristics:

- *Play Like a Champion* is delivered primarily through personal interactive workshops and consultations for coaches, parents and student-athletes.
- *Play Like a Champion* establishes ownership on the part of the school or league and its key personnel through an integrative approach that involves the full range of stakeholders – coaches, parents, administrators and, ultimately, the athletes.
- *Play Like a Champion* is centered on the principles of justice, cooperation, integrity, respect and kinship.

- *Play Like a Champion* is research-based. Every aspect of the program is designed using the best “athlete-centered” practices at each age, supported by years of research into character development through sports-based education.
- *Play Like a Champion* resources are developed in collaboration with physicians as well as social scientists, philosophers, theologians, sports scientists and faculty at Notre Dame’s Shaw Center for Children and Families and other universities nationally.
- Each *Play Like a Champion* program has been designed by national leaders in sports psychology, moral development, and Catholic spirituality.

Through the *Play Like a Champion Today Educational Series*, program partners are in the vanguard of a movement to transform the culture of sports and better fulfill their Catholic educational mission by fostering character development and faith formation through sports.

### **End of Season Sports Celebration**

There will be an end of season celebration coordinated by the team parents and the coach. Each coach will recognize a select number of student athletes for various team awards. All high school coaches will nominate student athletes for grade-level Cougar Athlete of the Year as well as Academic All American, Positive Athlete, and Play Like a Champion.

Please feel free to contact our coaching staff or Kristina Wilhelm ([kwilhelm@holyspiritprep.org](mailto:kwilhelm@holyspiritprep.org)) with any questions you have throughout the season.

GO COUGARS!



**STUDENT-PARENT-COACH HANDBOOK AND  
SPORTSMANSHIP ACKNOWLEDGE FORM**

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**Sports-man-ship – *n.* conduct (as fairness, respect for one’s opponent, and graciousness in winning or losing) becoming to one participating in a sport. -Merriam-Webster Dictionary**

All athletes, parents, coaches, and spectators are expected to represent Holy Spirit Prep in an exemplary manner. This behavior is expected both on and off the court/field/track/course/range. At all times good sportsmanship is the expectation, 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 Director of Athletics. This can range from sitting out at practice to a one-game suspension. In extreme cases when a student has been ejected from a game, multi-game suspensions and dismissal from the team may be appropriate. The Director of Athletics will make the final decision following a meeting with the student, parent and coach.

As an athlete, parent, coach, or spectator at Holy Spirit Prep, I am expected to:

- Display the best of Christian courtesy and manners to all officials, coaches, opposing coaches, players, and spectators at all practices and games.
- Present mature and sportsmanship like conduct on and off the field/court/track
- Represent HSP to the very best of my ability
- Work as a team, have fun, cheer each other on and maintain a respectful attitude to others
- Refrain from profanity, racial or ethnic comments, harassment or taunting of teammates, opponents, coaches, officials and fans
- Encourage good sportsmanship by my teammates, coaches and family members
- Take responsibility for my actions
- Maintain a positive mental attitude
- Be coachable
- Understand that representing HSP is a privilege and I may not be able to participate in activities if I do not display good sportsmanship.

I have read and understand all of the HSP Athletics Philosophy & Handbook and will abide by the policies included in the Handbook.

Athlete Printed Name: \_\_\_\_\_ Sport: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Coach Signature: \_\_\_\_\_

\*\*This MUST be returned to your Head Coach before the first game.