



**St Albert the Great
Athletic Ministry**

Coach Field Book (2020-2021)

St Albert Athlete's Prayer

Father,

Thank You.

You have blessed us with the will, strength, and courage to do our best and improve our skills.

If we achieve victory, it is in Your honor. If we should see defeat, we pray that You help us to accept it with grace.

Please send Your Holy Spirit to guide us as we compete so that our coaches, teammates, opponents, and parents see Jesus' example in our actions, words, and decisions.

Amen

St Albert the Great.....Pray for Us!

Prayer Guidance:

- Recite the St Albert Athlete Prayer before games with the team. Make sure that time is monitored before games to create time for the prayer.
- Recite a general prayer of thanks, or The Lord's Prayer (Our Father), at the end of practice and games.
- The prayer will be recited by an announcer before games hosted by St Albert.

TEAM GOALS

1. Spiritual Development ("Pray Together")

As a team, the athletes develop their relationship with Jesus Christ. Through prayer together, they open their hearts and minds to Jesus before or after practice and games to give them strength and be their best.

2. Character Development ("Grow as Christians")

As a team, the athletes develop as disciples of Jesus Christ. By spending time talking as a team about what they learn from Jesus through the context of athletics, providing service to others, and referring to our GREAT values for guidance and praise, they develop character and mature in their faith. Through the values of Growth, Respect, Excellence, Accountability, and Teamwork, the team comes together quickly and improves throughout the season.

3. Athlete Development ("Improve Sports Knowledge and Skills")

The athletes on the team develop consistent with the sports philosophy for their age group, and the competitiveness of the team improves as the athletes on the team develop.

4. Enhancement of the Parish Experience ("Have Fun as a Team")

Participation on the team, either as a coach, athlete, parent, or volunteer, creates a greater sense of

connection, pride, and enjoyment in our Parish community. The Parish views sports as a positive attribute of the Parish, and through our conduct those outside of the Parish see sports as a positive attribute of our community.

MISSION

The mission of St. Albert the Great Sports Ministry, as an essential ministry of our church community is to challenge student athletes to excel in their sport and grow spiritually, to prepare them to be socially responsible people with strong Catholic beliefs, practices, traditions and values, and to guide student athletes to embrace diversity.

VALUES

The St. Albert Athletic Ministry has aligned with the St. Albert the Great School core values to be used as a reference to help achieve SAAM's mission throughout the sports season.

GROWTH

RESPECT

EXCELLENCE

ACCOUNTABILITY

TEAMWORK

INCORPORATING VALUES

Our GREAT Values should be incorporated into everyday practices and competitions throughout the sports season. Coaches can support this objective with their team by discussing what the values look like in action, modeling these values, holding their players accountable to display these values in their actions, and recognizing them when they do so.

GROWTH:

Making good decisions given circumstances; increasing awareness of players' actions and how it impacts others; pursuit of achieving full potential by establishing team and individual player goals.

RESPECT:

Showing appropriate behavior toward coaches, officials, teammates, opponents, and parents; respecting oneself with their appearance in the St. Albert uniform; punctuality for practices and games; winning and losing with grace.

EXCELLENCE:

Adhering to the code of conduct; following team rules that you establish; displaying personal honesty in all situations; giving best effort and not giving up despite obstacles.

ACCOUNTABILITY:

Accepting responsibility results of their actions whether positive or negative; demonstrating resilience when negative results occur; being a positive example for others and following through with expectations.

TEAMWORK:

Focusing on the success of the team rather than as an individual; not drawing attention to oneself; getting along with others as well as encouraging and applauding teammates' successes.

COACH OBJECTIVES AND SPORTS PHILOSOPHY

In keeping with the idea that the sport leagues are within the Catholic School system, the values and teaching objectives differ from other forms of organized sports. Basic guidelines have been established for what the athletes should be learning at each level.

- **Kindergarten, 1st & 2nd Grade:**

The primary objectives at this level are building of community among the youngest members of the school and learning the basis of a sport. The league is developmental and instructional, designed to introduce sports and sportsmanship to young players.

- **3rd & 4th Grade:**

The primary objectives at this level are to teach fundamentals of the sport and encourage continued participation. Many of these players are doing so for the first time, it is unrealistic to assume that they are driven to succeed at this age.

- **5th & 6th Grade:**

The primary objectives at this level are to work with all players but also to understand and recognize those individuals that either excel at the sport or show tremendous potential and attempt to tap that potential so that all players are challenged. Additionally, to continue their learning of the fundamentals as well as introducing advanced techniques and drills.

- **7th & 8th Grade:**

The primary objectives at this level are to prepare the athletes for playing at the next level while encouraging and engaging the athletes that will never play beyond these years. This would certainly include continuing to stress the fundamentals of the sport. The athletes that have shown great ability and potential should be cultivated to help them achieve continued success in the sport. Additionally, there will be students that play no more after grade school and it is the job of the coach to make sure that they are challenged and find gratification in playing for that coach.

COACH EXPECTATIONS

- Model the Catholic, Christian values set forth by St. Albert the Great and SAAM at all sports-related functions.
- Take responsibility as a coach to teach my players virtue and lessons in Faith.
- Treat each athlete, coach, league official, parent and administrator with respect and dignity at all times.
- Learn the rules of the game and the policies and procedures of SAAM and the CSAA.
- Coordinate teams to complete a service project and attend Mass as a team during the sports season in which I am coaching.
- Be positive and encouraging and not berate any player.
- Communicate to my athletes and parents the rights, responsibilities and expectations of players, parents and coaches associated with my team.
- Discuss parental concerns/issues at an agreed upon time. This may require a 24-hour cool-off period.
- Not tolerate any form of abuse of children and immediately report it to SAAM and the proper authorities.
- Refrain from the use of drugs, tobacco, and alcohol at all youth sports functions.
- Refrain from using profanity at all youth sports functions.
- Not engage in any behavior that would endanger the health or safety of another at all sports functions.
- Not use social media to make derogatory/inflammatory statements against any youth athlete, parent, coach or school.

PLAYER PARTICIPATION

SAAM has playing time guidelines that align with our philosophy for each age group. Establishing playing time guidelines is a choice made by the ministry to prioritize our primary goals of skill and character development, over the secondary goals of winning games and competing at the highest level possible. This choice is also made recognizing that other parishes may not share our philosophy, and may make playing time decisions that do not align with our philosophy and goals.

PARENT COMMUNICATION

Coaches play an important role in communicating goals and expectations to parents to make the sport's season successful for the team and for the ministry.

Below are items to discuss with parents in an email/meeting early in a season, and throughout a season as needed:

- Why you coach. What you look forward to this season.
- SAAM team goals (see page 1)
- Parent and player expectations (See Parent Field Book, can access on [SAAM website](#))
- Team Mass attendance and service project participation (Request parent support and participation)
- Communication requests (24 hour rule before discussing issue with coach or parent; discuss issues or concerns in a timely manner; attempt to resolve between parent & coach before escalating to AD/Coordinator)
- Gameday (game schedule, roster, team communication)
- Athletic Directors and Coordinators names (Contact information on [SAAM website](#))

- Concession stand volunteer policy (EVERY player that participates in sports at St. Albert has to have a family member work at least 1 concession stand shift for that season. Only parents who are actively coaching in that season are exempt from working a concession stand shift.)
- Practice times and locations
- Practice and game attendance (do your best to attend, communicate in advance if player will miss)
- Playing time expectations for the team
- Parent Field Book and overall SAAM Handbook can be accessed on [SAAM website](#)
- Access to CSAA rules (Access on [CSAA website](#), send parents a copy or link of the rules for the sport)
- Encourage families to assist with SAAM activities such as Fish Fry, Trivia night
- Encourage parents to get involved with SAAM as a coach, volunteer, or by taking a role on SAAM