

Athletics Parent Meeting Agenda – Sept 12, 2024

About us: Devin and Ericka Herrera.

- Our kids
- Our history with CSAL
- CSAL
 - *CSAL is dedicated to developing youth sports throughout the Archdiocese of Denver. Its vision is to develop players spiritually, physically, cognitively, and emotionally. CSAL is equal parts recreational, instructional, and competitive. Through this equation, our student-athletes are taught to be lifelong champions on and off the field of play.*

Play Like a Champion: We expect our coaches, athletes, and spectators to conduct themselves with respect and sportsmanship. Parents, coaches, players, and spectators are required to uphold the virtues of Play Like a Champion Today, our schools and parishes' mission, and be visible witnesses of our Catholic faith.

- Requirements for parents
- Coaching requirements

<p>Sports offered at St. Vincent de Paul</p> <ul style="list-style-type: none"> • Flag Football • Cross Country • Basketball • Futsal • Volleyball • Baseball 	<p>Other Sports CSAL offers at the CSAL</p> <ul style="list-style-type: none"> • Golf Tournament • Cornhole Tournament • 3v3 Basketball • Swim Meet • Widget cross country meet • Wrestling – new this year
<p>Changes to Basketball Tryouts</p> <ul style="list-style-type: none"> • Weeklong tryout verse 1 1/2 hour tryout we have done in the past. Schedule to be announced next week. • September 30th – October 3rd • Student volunteers to run drills Monday, Tuesday, Wednesday • Scrimmage on Thursday amongst players • Team placement sent out 10/9 via email like we did last year. • Played on Friday evenings and Saturdays • Widget directors schedule games, AD's have no say in this • Games are hosted at “host” schools. <ul style="list-style-type: none"> ○ MPB ○ ND ○ Assumption ○ St. Therese 	

Changes to coaches and student behaviors consequences

- **Coach Ejections**-will result in a one game suspension with the coach not able to attend the team's next game.
- **Parent Ejections**-will result in a one game suspension with the parent being required to re-take the PLCT Parent Seminar.
- **Technical Fouls** issued due to poor sportsmanship-player accountability will depend on the level:
 - Widget-the player will be spoken to by the official/Widget Director
 - JV-Player will be removed from the game for 10 minutes of game time. Suspension may carry over into the next game.
 - Varsity-Player will be removed for the remainder of the game. Suspension may carry over into the next game.

- **Roster Violations**-a minimum of a \$50 fine per violation to the school. Additional penalties may be incurred by the team which is dependent on the sport.
- **Player Participation**: Players can participate in an event against students who are within 2 grades of the student. For students in grade 2, they can play against other players who are in 3rd or 4th grade. A 2nd grade student is not authorized to participate on a team competing against 5th grade players. An exemption may be granted after the principal and CSAL Director have spoken, and both agree to allow the child to compete.

Coaching requirements:

Concussion Policy

Effective for the 2012-2013 School Year, the Archdiocese of Denver has adopted the following Concussion Policy to be enforced for each athletic season. Also, all coaches and assistant coaches are required to complete a State of Colorado approved concussion course. The course needs to be completed before the first practice. On successfully completing the course, provide a copy the certificate to your school's Athletic Director. Click the link below to complete this free course. If you should have any questions, please contact your individual school.

[HEADS UP | HEADS UP | CDC](#)

Archdiocesan Policy No. 2190: Concussion Guidelines

Catholic schools are dedicated to a caring and orderly environment where students are provided safety in a community of faith. Sports and physical activity are a great way for children and teens to stay healthy and grow in virtue. Medical researchers have discovered that young athletes, especially children and teens, don't often recognize their own limitations; especially when they have a concussion.

This policy, based on the Colorado Jake Snakenberg Youth Concussion Act, applies to organized athletic activities for each public and private middle school and high school. It requires each coach of a youth athletic activity that involves interscholastic play to complete an annual concussion recognition education course.

A concussion is a type of traumatic brain injury--or TBI--caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. It is a disruption of how the brain works; it is not a bruise to the brain.

While most with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer. Not giving the brain enough recovery time can be dangerous.

Concussion signs or symptoms include changes in the person's behavior, thinking, or physical functioning.

The following steps provided by the Centers for Disease Control and Prevention are REQUIRED to be taken by the coach or supervisor whenever an athlete has experienced a bump or blow to the head or body and evidence any of the symptoms or signs of a concussion.

Remove the athlete from play immediately.

1. *Inform the athlete's parents or guardians about the possible concussion. Give them the CDC fact sheet on concussion for parents.*
2. *Ensure that the athlete is evaluated by a health care professional. ***
3. *Keep the athlete out of play and practice the day of the injury and until a health care professional, experienced in evaluating for concussion, states in writing that the athlete can safely return. The arrangements and cost of the health care provider are the responsibility of the parent.*

After a concussed athlete has been evaluated and received clearance to return to play from a health care provider, school officials may allow a registered athletic trainer/coach/athletic director with specific knowledge of the athlete's condition to manage the athlete's GRADUATED RETURN to play.

****"Health Care Provider"** means a Doctor of Medicine, Doctor of Osteopathic Medicine, licensed nurse practitioner, licensed physician assistant, or licensed Doctor of Psychology with training in neuropsychology or concussion evaluation and management.

SAFE training required by the Archdiocese of Denver.

Help:

We are always looking for volunteer coaches, volunteers to help with 8th grade night for basketball and other opportunities to get involved. Please reach out to Ericka for more information.