



for Coaches, Parents, and Students

2023 - 2024

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I. Philosophy and Goals

Similarly, if one takes part in an athletic contest, he cannot receive the winner's crown unless he has kept the rules. — II Timothy 2:5

A. General Philosophy of Athletic Department

At Seton, the spiritual growth of the student is of primary importance, followed by intellectual development. Physical education is also important in the student's growth and should complement and contribute to spiritual and academic well-being. Students are therefore encouraged to participate in athletics.

B. Our Goal is Heaven

St. Paul uses sports imagery to motivate us in our spiritual life. We are encouraged to run the race as if to win and to imitate the diligence of a runner preparing for the contest. Holy Scripture uses sports to teach higher truths, namely that union with God is our life project. It is, therefore, with great hope and enthusiasm that we encourage our student-athletes to strive for excellence in their sports. In the development of their God-given talents, the mental and physical conditioning, the healthy competitive contest of a match during the regular season and, particularly, in a play-off or championship, a student-athlete absorbs in a real way life-long lessons that lay the foundation for a saintly character.

We need to be vigilant to create a culture of life and excellence at our contests. Athletics is a unique environment for evangelization. Our example of excellence and commitment to Christ amongst our teams can build up Christ's kingdom at Seton and to all those with whom we compete.

And so, let us run the race as if to win and give God the glory!

II. Guidelines for Student Participation in Athletics

A. Levels of Teams

The sports program, varying with the sport, includes junior high, junior varsity, and varsity teams for both boys and girls. Players will be selected by the coaching staff to be on the team for which they are best suited. In the case of underclassmen trying out for varsity, a relative amount of time is encouraged at the JV level to evaluate if the player is ready to earn a spot in the rotation on the varsity team.

Junior high and junior varsity teams will concentrate on learning fundamental skills and physical conditioning to play the sport well. These teams support and feed the varsity program.

Varsity players will be selected based on their demonstrated skill and knowledge of the sport, and are expected to be sound in the fundamentals so that strategy and conditioning may be emphasized. Students in eighth grade and above are eligible for varsity.

B. Playing Time

At all levels, playing time in games and scrimmages cannot be guaranteed to any particular player, but is subject to the discretion of the coach according to what he sees as benefitting the team as a whole.

Participation in sports is a privilege not a right. A student who does not take pride in the school as evidenced by egregious behavior or sustained disciplinary trouble, even of minor offenses, will be removed from the team or forbidden to join.

C. Practice/Game Attendance

Members of the teams must make all practices and games unless they have been absent from school on that day or unless they have been previously excused. When a player is unable to attend a practice or has some good reason for being late for practice, he must inform the coach ahead of time. Students who maintain a job and therefore are not able to make practice should not consider themselves eligible for sports. Students who are unexcused from practices may be penalized in games.

In order to participate in a game or practice, a player must attend at least four periods during the school day and have taken all tests due that day. Permission for a student who was absent during the school day to participate in an after-school practice or game is at the discretion of the Athletics Director, and must be requested by a parent or guardian.

Student athletes are expected to exhibit responsibility. **Therefore, students who forget clothing or equipment for a practice or a game will not be permitted to go home during the school day to get it.**

D. Parental Permission/Physicals

Written permission from parents and a physical examination is necessary for a student to participate in a high school sport. In addition, the coaches or Athletic Director may require a letter of permission from the student's physician for any student whose physical fitness might be in question.

E. Academic Requirement

Students must be enrolled in at least five classes on campus (or four plus one dual enrollment off campus class) in order to participate in a sport. Furthermore, students must meet academic guidelines listed below.

F. Athletic/Academic Policy

Athletes who are having academic trouble within a grading period may be taken off the team, with the agreement of the teacher, coach, and parents, until he/she improves academic performance.

Athletes who fail one or more courses on a report card may be placed on academic probation and will be suspended from games and practices. See the student handbook for protocol for return to team play.

G. Sportsmanship Policy

Good sportsmanship is emphasized at Seton. Spectators are not to jeer, hiss, boo or in any way display negative emotions regarding the referees or opposing teams. Cheering for Seton is encouraged.

Players, Coaches, and Fans are asked to follow these guidelines at Seton sports events:

1. Seton always plays fairly within the rules.
2. We maintain poise and composure under pressure.
3. We control our emotions and our tongues.
4. We play as hard as we can in practices and games.
5. We make a commitment to the team.
6. We respect coaches, players, referees and opponents.
7. We win and lose gracefully.

H. Student Behavior

For all sports, once student spectators arrive, they must stay in the gym until the end of the game or leave campus to go home.

Some games are scheduled an hour after school. Players are to remain on school grounds until they leave with coaches for the games. Players who suit up for the game must remain for the entire game.

Some games are scheduled in the evenings. Players may go home and return to school for evening games.

For both home and away basketball games, players must remain in the gym from the time they first arrive until their games are over.

I. Inexcusable Behavior

Athletic teams represent the school and all those who have ever attended it. Members of all our teams must represent Seton in a responsible way if they are to remain members. Coaches have the authority to remove anyone from a Seton team for serious transgression/s from the code of conduct. A partial list of behaviors that cannot be tolerated and may result in suspension or removal from a team (and possible further discipline by the school) includes the following:

- Failure to follow the coach's instructions
- Smoking, drinking alcohol, using illegal drugs **

- Using vulgar or other disrespectful language
- Fighting or threatening to fight
- Unexcused absences from practices or games
- Being unprepared to play
- Arguing with referees
- Any display of poor sportsmanship

**** Any athlete found smoking, vaping, drinking, or using illegal drugs anytime or anyplace will be automatically kicked off the team.**

Coaches must determine the extent of discipline necessary to ensure that Seton is well represented on the playing fields/floors and that fair and just corrective actions are taken with the best interests of the team in mind. **Coaches should report inexcusable behavior by a student athlete that results in disciplinary action being taken to the Athletic Director as soon as possible.**

J. Appropriate Dress

Clothing worn to practices must meet the same standards of modesty as the Casual Dress Code (see *Seton School handbook*). It should not be too short, too low, or too tight. Open-sided shirts, also known as muscle shirts, and tank tops are not allowed. Shorts must be below fingertip length.

When students are allowed to change at lunch for away games, they must wear athletic pants over their shorts.

III. Parent Involvement

A. Volunteering

Parents who wish to become involved in athletics are encouraged to make this known to the school. Coaching, providing transportation, and donation of equipment are several ways parents may assist Seton in its athletic endeavors. All such donations of time and expense will be coordinated by the Athletics Director. All volunteering for the Athletics Department (driving, score keeping, coaching, admissions, snack bar) earns PRO points.

B. Team Parents

Each team will need a **team parent**. These parents should assist in:

- communication between the school, coach and parents through reminder emails or phone trees
- coordinating transportation to and from practices and games. (*Seton only has two vans and always needs help from parents to get to the games*)

C. Respect for Coaches

During games and practices parents who are not part of the coaching staff are to respect the authority of the coaches over the players. Any question on policy should be brought up with the coach involved or with the Athletics Director.

D. Younger Siblings

Children younger than Seton age must be with a parent at all times. Children unsupervised and allowed to wander may get hurt at athletics events.

E. Display of Sportsmanship

Good sportsmanship is emphasized at Seton. Spectators are not to jeer, hiss, boo or in any way display negative emotions regarding the referees or opposing teams. Cheering for Seton is encouraged.

As role models for their children, parents should lead by example in following Seton's standards of sportsmanship listed under the *Sportsmanship Policy*. (See page 3)

IV. Responsibility of the Coaches

A. Strive for Excellence

Seton teams strive for excellence. We play to win in a spirit of Christian competition and diligence. This example of excellence begins with the coach and his/her approach to the sport and the team. As a coach, be an example of high Christian ideals. In competition, there are many temptations to let emotions control our actions — constantly evaluate your priorities. Never let the opponents lack of sportsmanship influence our attention to excellence.

B. Prepare for Practice

Practice time is very precious. Preparation is key to the success of a team. Plan out your practices with attention to detail (e.g. outline the skills/drills/conditioning to be covered and set a time limit to each). Practice plans develop you as a coach and guarantee individual and team development.

C. Encourage Character Development

Seton does not encourage athletics so that we may win as many trophies as possible. Athletics at Seton exist to further develop a student's character. Self-sacrifice, hard work, perseverance, integrity, humility, loyalty, cooperation, friendship, enthusiasm, self-control, initiative, patience and faith are some of the many qualities to be developed through sports. What a great opportunity to teach life-long lessons!

D. Develop Team Spirit

In team sports, individual development is important, but not self serving. Rather, each player should ask how he/she can help this team. The team is the highest priority. Please look for the many ways to foster team spirit in your practices and game approach. In particular, try to find more ways to involve players with smaller roles throughout the practice and game.

E. Enforce School's Academic Policies and Concussion Protocol

Seton has an athletic/academic policy that is stated in the school handbook and this handbook. Please encourage your players to take their studies seriously. Encourage study time on away trips, after school while waiting for a game, and in their free time. Students who do not meet academic expectations may not be allowed to play. The Athletics Director will inform the coaches of these players.

Seton has a Concussion protocol. See page 15 of this handbook for details.

F. Enforce School's Dress Code Policy

Casual Dress Code applies for any sporting event or sports practice. Other events may be announced as "Casual, but modest dress" as well. In these instances, follow these guidelines. The general guidelines from the handbook are:

1. Students may wear modest and appropriate clothing to sports events, unless announced otherwise.
2. Shorts worn on Seton property or to any Seton activity must be below fingertip length.
3. No tight clothing of any type. No short shirts or bare midriffs allowed. Open-sided shirts, also known as muscle shirts, and tank tops are not allowed.

G. Appointing Team Parents

Coaches are responsible for finding a team parent for their team. These parents should assist in:

- communication between the school, coach and parents
- coordinating transportation to and from practices and games

H. Transportation

Seton relies on parent transportation to and from games. The team parent is expected to schedule parent transportation with the help of the coach and the A.D.

Team dismissal and departure times will be sent to the coaches and the team parent will then forward this information to the parent drivers.

I. Field/Gym Set-up

The A.D. will work with the county/city Parks and Recs to ensure fields are prepared for the game.

J. Time Keepers/Score Keepers Etc.

Coaches are responsible for time keepers, score keepers, line keepers, or any staff that is needed for their game. Again, this responsibility may be delegated. Score books will be provided by the Athletic Department.

K. Uniform Collection

The uniform manager (Mrs. Mary Lewandowski) will be responsible for handing out and collecting uniforms with the help of the coach and the A.D.

Uniforms should be collected on the day of the last game or immediately following.

Players who do not hand in their uniforms/equipment as stipulated will be fined. Coaches will give a list of delinquent students to the Athletic Director.

Seton loses money when uniforms are not properly cared for or not returned.

L. All Conference Voting

Varsity Coaches at the end of their season must submit All-Conference selections to the A.D. and subsequently vote on the VCAC's list of selections. Submissions should include a little blurb of why each player is worthy of consideration. Submissions and Voting must be done in a timely manner.

M. Communication

- Coaches need to collect an email distribution list (via their team parent).
- Coaches are asked to send out a weekly schedule email to their players and parents on Saturday night
- **Varsity** coaches are asked to update the MaxPreps page with scores
- Coaches are asked to direct parents to the SetonSports.com page and ask parents to LogIn and "Subscribe" to their team. For instructions, go to: <https://setonsports.com/main/filesLinks/> and click on "Steps to Receive Big Team Game Alerts" (also see page 15)
- Coaches who would like to add information to their SetonSports.com page may ask

the Athletic Director for a Log in and Password.

- Coaches are asked to send scores to Nancy Bauer at setonconquistadors@gmail.com.

N. Inform and Enforce Cell Phone Policy

- Seton is grateful to parents and students who have supported the Seton cell phone policy. It is important that student-athletes adhere to the cell phone policy while traveling to and from games and while at another team's school, for several reasons. First, student-athletes represent the school at these times. In addition, the temptations of internet access exist at these times as well. Furthermore, team unity is not promoted if students are on their phones or other devices.
- Therefore students are not to use their phones or other devices without permission of the coach or parent driver when traveling to or from games or while at games.

O. Sports Awards

Sports Awards are coordinated by the Athletics Director in conjunction with the coaches.

The following is a list of things to do for sports awards:

1. Collect roster and stats about the team for the year.
2. Obtain a schedule for the event from the Athletic Director.
3. Request all student athletes to bring a finger food.
4. Remind the parents/players of the date/time of sports awards night and what they should bring.
5. Ask the student athletes to assist with clean-up at the end of the event.

V. Sports Seasons:

A. Seasons

Sport	Boys/Girls	Levels offered	Season
Cross county	Co-ed	all grades	Aug. - first week of Nov.
Soccer	Boys	jhs, jv, and v	Aug.. - first week of Nov.
Volleyball	Girls	jhs, jv, and v	Aug. - first week of Nov..
Tennis	Girls	all grades*	Aug. - first week of Nov.
Basketball	Boys & Girls	jhs, jv, and v	1 st week of Nov. - 1 st week of March
Swimming	Co-ed	all grades*	Nov. - February
Baseball	Boys	jhs and v	*March - May
Lacrosse	Boys	jv and v*	*March - May
Soccer	Girls	jhs, jv, v	*March - May
Softball	Girls	all grades*	*March - May
Tennis	Boys	all grades*	*March - May

*preseason training or tryouts may start in late February

B. Seton Websites

SetonSports.com is the source for most of the information. Detailed schedules for each sport will be available prior to each season. Addresses to game fields and schools are provided. Pictures of the teams and any pertinent files are found on this webpage. PLEASE MAKE A LOG IN AND SUBSCRIBE TO YOUR STUDENTS' SPORTS.

- Questions concerning games/practice schedules should be directed to coaches. Since schedules often change, office staff may not have current information.
- Seton also has a MaxPreps page where most varsity scores against opponents are updated. The VISAA requires that Seton upload varsity scores to MaxPreps for State eligibility.
- Seton swim team has its own website: setonswimming.org

C. Practice Guidelines

1. Practice for each of the sports should begin as the season dates are outlined. Outdoor sports will need to obtain practice fields and ensure transportation to the practices.
2. **Seton does not schedule practice or games on Sundays out of respect for the Lord's Day.** Furthermore, practices are generally not held on Wednesday so that students may participate in other activities at school. However, due to limited gym space, some of our junior high teams have scheduled practices on Wednesday. Also, due to weather and a shortened season, spring teams are allowed to have optional practices after the spring musical is over.
3. The Athletics Department will meet with coaches to develop a practice plan. Coaches should give a **practice plan to their players** at the beginning of the season, so they can arrange transportation and carpools. A copy of this schedule should be given to the A.D. Each Saturday night a weekly schedule should be sent out to the team by the coach.
3. If a team needs **gym time**, the coach should see the Athletics Director about the gym schedule. Coaches should not plan practices in the gym without clearing their schedule with the A.D.
4. Gym time is available to the teams in season. However, due to **limited gym time**, first preference of practice time will be given to indoor varsity sports in their present season. Subsequent time slots will be given to the junior varsity and then to the junior

high teams.

5. Due to the heavy winter gym schedule, the **spring teams** will not be able to obtain gym time until basketball teams have finished with tournaments. However, spring teams may use other facilities or the outdoors for pre-season practices.
6. Coaches holding **pre-season practices** should be aware of students who play more than one sport and should not over burden a student with practices if he/she is on a Seton team in season. The current season takes priority over the upcoming season.

D. Sports Awards

Varsity teams hold three sports awards for the fall, winter and spring seasons. Junior varsity and junior high teams are encouraged to hold their own end of the season gatherings.

Recognition for achievement in varsity sports is given by the awarding of letters. An athlete who participates in a sport for an entire season and stands out in skill and sportsmanship, and also shows pride in his school is eligible for a letter.

After a letter is earned, an athlete may be awarded a pin for his sport, and bars for the subsequent years that he has been on the varsity.

Dress Code for Sports Awards is Activities Dress or better.

VI. Conference/League Information

A. Virginia Christian Athletic Conference

In 2021, Seton founded the **Virginia Christian Athletic Conference** with Fredericksburg Christian School and Trinity Christian School. Previously Seton School was a member of the Delaney Athletic Conference (which dissolved in 2021). Other teams in the VCAC that we play and their abbreviations are as follows:

Fredericksburg Christian School (FCS)
Trinity Christian School (TCS)
John Paul the Great (JPG)
Oakcrest School
Immanuel Christian School

NOTE: Sometimes the fields for the school are not at the school address.

B. VISAA Tournaments

Seton also participates in Virginia Independent Schools Association Tournaments. VISAA provides tournaments for soccer, volleyball, tennis, cross country, basketball, swimming, baseball, lacrosse, and softball. Teams that excel in their seasons may qualify for states and travel to these tournaments.

VISAA information can be found at www.visaa.org.

VII. Concussion Protocol

A. Concussion Signs and Symptoms

Athletes who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

SYMPTOMS REPORTED BY ATHLETE

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can’t recall events prior to hit or fall

B. If You Suspect That an Athlete Has a Concussion You Should Take the Following Steps:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the athlete out of play the day of the injury. An athlete should only return to play with permission from a health care professional, who is experienced in evaluating for concussion.
5. All concussions should be reported to the A.D. and the Guidance department.

C. Guidance Department Protocol for Concussions:

For students returning to the classroom while still recovering from a concussion, Seton's faculty is able to work with the parents to maximize the benefit of class attendance while still supporting a student's recovery. To that end:

1. Parents must contact each teacher and let them know their child has suffered a concussion, and what symptoms their child is still experiencing. A discussion can then be had about what accommodations would be appropriate for each class.
2. The guidance department needs to be informed, since coordination of support may be important while the student is at school. Please call the school to speak to the guidance department.
3. Please do not rely on your student to be the messenger. Even with mild concussions, short term memory may not be complete. Also, it can be stressful for a student to arrange his/her own accommodations. In addition, a teacher-parent discussion can be fruitful, since some symptoms may appear while at school and not at home.

Most concussion episodes are expected to resolve within 2 weeks of an injury. If the symptoms are persistent beyond 2 weeks after the injury, then the student will need to have a full evaluation before continuing in the classroom. Teachers will need guidance from a doctor familiar with complicated concussions, and therefore a doctor's note will need to be provided to give such a student permission to attend classes.

VIII. How to sign up for Alerts on SetonSports.com

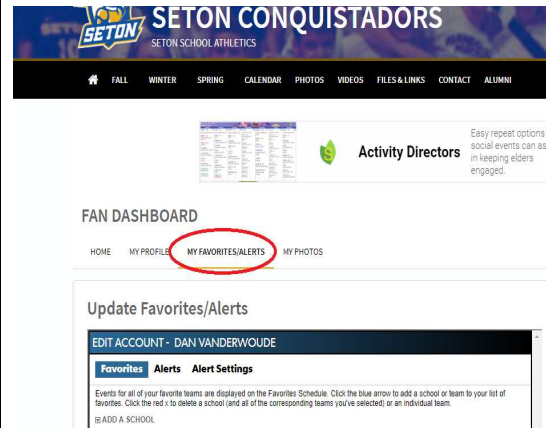
Seton parents can receive email alerts when games are changed in any way (either change of date, time or location or canceled).

For those who keep digital calendars there is a way to subscribe to your teams digital calendar. HOWEVER, if a game is changed, there MAY be a delay in the change reflected on your digital calendar, so it is important to sign up for alerts. The coach will also be communicating changes to you as well.

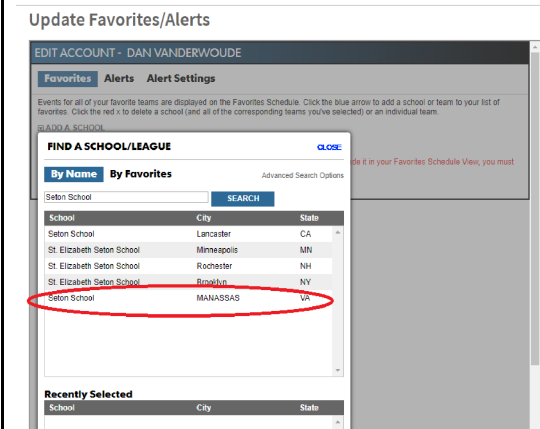
Note: Most Seton Coaches report scores to MaxPreps.com because that is where Virginia Independent Schools requests the scores be reported.

1. Go to setonsports.com and click "Join" on the top right.
2. Select your user type and fill in all the requested information. Then click "Sign Up."

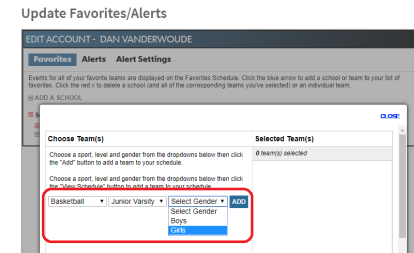
3. Click on the tab "My Favorites/Alerts" (it is after "My Account Information.")



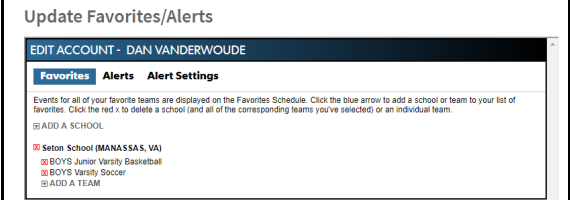
4. Under "Favorites," Click "Add a school" and click on "Seton School" then scroll down to click on "Seton in MANASSAS."



5. Once you have picked a school, you need to pick teams! Pick teams according to Sport, Level, and Gender and click "ADD."

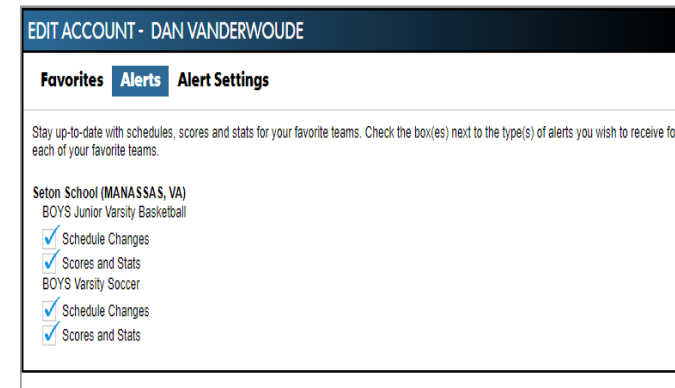


6. Your team list will then look something like this:



7. Next click on the Alerts Tab (which is in between "Favorites" and "Alert Settings")

Update Favorites/Alerts



8. In Alert settings, Click on "Add Alert." You will then have the option to add an email or add a mobile number for text alerts.

9. In the next tab, "Alert Settings," Click on "Add alert" and you can add an email or text number.

10. **NEW!** Digital calendar users - you now can add the team schedule to your digital calendars on the team schedule page. Click "Subscribe" and get the link to add to your calendar program.

NOTES: