

BENEDICTINE COLLEGE PREPARATORY ATHLETIC DEPARTMENT MISSION STATEMENT

As with every aspect of education at Benedictine, the goal of the athletic department is to aid in the formation of the whole person who will be a young man of conscience, self-discipline and achievement.

An interscholastic athletic program, as a co-curricular activity, is an integral component of the total education experience at Benedictine. Athletics at Benedictine are designed to promote Benedictine ideals by encouraging and facilitating “excellence” in sports. Athletics afford student-athletes the opportunity to express their individuality by cultivating their talents in areas besides the academic, and can serve as a training ground for leadership.

Through participation in athletics student-athletes will mature physically, spiritually, emotionally and socially. The student-athlete will learn the value of hard work, commitment, discipline, loyalty and integrity. Student-athletes will learn to accept both success and failure graciously. They will become keenly aware of the need to cooperate with others, using the best qualities of each individual to contribute to the greater advantage of the whole group.

THE BENEDICTINE COACH

The Benedictine coach is at once a teacher, a leader, a psychologist, a public liaison agent and a professional. In these capacities, the coach has an obligation to Benedictine, to the sport he coach's, to his players, and to his fellow coaches.

A coach is a prime influence on his players during their formative years; therefore, the coach should be an educated and cultured individual with high ideals and firm principles. The coach must be dignified, serious and even-tempered. The coach must have understanding, patience, and a personality that inspires confidence in those around him. The coach must be sincere in relationships with his players and other members of the staff.

The Benedictine coach must have a common sense approach to his sport, keeping it in its proper perspective within the mission of Benedictine College Preparatory. The coach must be a good teacher, both in the classroom and on the field or court. He will teach and coach in accordance with the 7 laws of teaching: he must be knowledgeable, arouse interest in the student-athlete, be a master communicator, use past experience to teach new ideas, excite and direct the self-activities of the student-athletes, cultivate a habit of reasoning, and constantly review to confirm, perfect and make useful knowledge.

Benedictine teams look to their coaches for organization and leadership. The coach must have sound judgment and the courage and ability to exercise that judgment when the situation warrants it.

The Benedictine coach must conduct himself ethically on and off the field or court at all times. The coach must play every game within the rules and within the spirit of the game, accepting success with humility and failure with grace. The coach must never bring dishonor to Benedictine, his team or his profession by words or deeds. The coach must follow the school's athletic policy carefully, remembering that both the school and his teams are being judged by his actions.

The coach should realize that his players learn by his example. The coach should not expect anything from his players that the coach himself is not capable of giving through his leadership. The coach must live a moral life and inculcate leadership qualities and a winning attitude in his players.

The coach should be friendly with his players but also be certain to maintain a proper distance. The coach should be firm without being dictatorial, friendly without being an equal. The coach should be fair, not ruthless or unyielding in his attitudes. As a teacher, the coach must impart knowledge to the players and try to get the most out of them. The coach must be concerned with the player's welfare and moral character.

A coach's philosophy of athletics is an important segment of his beliefs. The coach cannot have one attitude toward life and a different one toward athletics. A good coach does not blame or ridicule the team, the administration, or the opposition for the failures or poor spirit of his team. The team is what the coach makes it. A good coach gets from his team just what he puts into it.

The players on the team respect the good coach for his knowledge, alertness, fairness, understanding, adherence to sound principles, stability, self-sacrifice, and honest love for his players exemplified in his unbounded patience and labor. In short, the team becomes the coach; the team imitates the coach; the coach's spirit becomes their spirit.

The coach will be a “teacher of virtue”. The Church has designated Prudence, Temperance, Justice and Fortitude as the cardinal virtues, the virtues that all else “hinges” upon. The Benedictine coach must be a witness of a virtuous life, a model for the student-athletes to emulate. The coach will not just teach the difference between right and wrong he must strive to form young men with the capabilities to always do what is right.

ATHLETIC OBJECTIVES OF THE COACH

The coach should train his athletes to have “excellence” uppermost in their minds. There is no place in Benedictine athletics for the student-athlete or coach who does not strive for excellence. If athletics has real value, participants must play to win – not at any cost, but within the accepted rules of the game.

“Excellence” does not simply mean winning games. Athletic competition is not an end in itself. Rather, it is a means of teaching the virtues Benedictine holds true. Participation in

athletics is subordinate to the good of the individual and the good of the school. Hence, it is the coach's obligation to ensure insofar as he can, that participation in athletics does not harm the participant morally, intellectually or socially, but rather helps the student-athlete in each of these areas. Furthermore, participation itself should be an important priority for coaches on all levels.

Because all athletics at Benedictine are recognized as both valuable activities for students and rewarding activities for the entire school community, the coach should not be so shortsighted as to promote his program over other programs in the department. Student-athletes should be afforded the opportunity to participate in all the department has to offer and to experience the benefits of a variety of sports if they are willing and capable of doing so. Coaches must remember that their sport is just one part of the student-athlete's opportunity to grow as an individual and, therefore, should never discourage the student-athlete from participating in another sport. Instead, since our philosophy emphasizes that an individual give freely of himself, coaches are urged to encourage their athletes to share their talents with other Benedictine teams.

A Benedictine education consists of four major components: Catholic identity, academic rigor, military discipline and athletic excellence. The coach must be keenly aware that athletics is just one aspect of the student-athletes' educational experience. Coaches must encourage and assist the student-athletes in their pursuit of excellence in all aspects of the student-athletes' education. Excellence is a habit and does not stop when the student-athlete leaves the court or the field. The coach will support the total educational philosophy of Benedictine.

JOB TITLE : HEAD COACH

Core Virtues:

I will uphold the cardinal virtues of prudence, temperance, justice and fortitude. I will exemplify these virtues in my conduct both in and outside of school. I will teach and model these virtues to Benedictine students, emphasizing their critical role in leading a Christian life.

- Prudence: I will be accountable to the mission and policies of the school. My words and actions will always reflect positively on Benedictine College Preparatory.
- Temperance: I will reinforce the importance and complimentary nature of Benedictine's Catholic identity, military culture, academic curriculum and athletic program through my teaching and presence at Corp events.
- Fortitude: I will overcome all obstacles in executing the mission of the school and accomplishing the responsibilities of my position.
- Justice: I will honor and execute the disciplinary system defined by the school, emphasizing its role in developing the model Cadet and leaders of men.

Responsibilities:

- Direct and supervise the entire program of his sport on every level.
- Teach and coach virtues as described by the schools mission.
- Support the military component of Benedictine College Preparatory. Learn and utilize the military structure of Benedictine College Prep.
- Establish, maintain and nurture a strong bond among coaches in the program.
- Meet regularly with members of the staff.
- Responsible for the spirit and attitude of everyone in the program. He must encourage the players to maintain a positive attitude of respect for themselves and for others. He must develop a realization in the members of the team that it is a distinct privilege to wear a Benedictine uniform.
- Assist the Athletic Director hiring assistant coaches within the normal hiring practices of Benedictine College Prep.
- Ensures that all meetings, practices and contests begin/end with a prayer.
- Work with the Athletic Director and coaches in solving any problem that may arise within the program.
- Be well versed in the rules and regulations of his sport. He is to ensure that his coaches and players know the rules of the sport.
- Ensure that all players submit to the Athletic Director any and all forms before the first day of practice. Further, he is to see that any player who has not turned in these forms by that time be excluded from practice until he does so.
- Responsible for stimulating his team members to accomplish their best in their schoolwork.

- Responsible for the conduct of the players on the field or court as well as the locker room.
- Responsible for the planning and execution of daily practice schedules.
- Coordinates coaches and volunteer parents for game day setup (lining fields, running clock, chain crew)
- Call all Varsity results into the RTD
- Email Athletic Director a short recap of each specific game result
- Attend all athletic department meetings.
- Attend faculty/staff retreats
- Work with the Athletic Director in scheduling all the games to be played by teams in the sport.
- Work with the Athletic Director to develop a schedule of games for the season.
- Work with the Athletic Director to develop and follow an annual budget.
- Assist the Athletic Director in the distribution and collection of uniforms.
- Ensure that all activities are carried out in accordance with the policies of Benedictine College Prep and the VISAA.
- Maintain proper statistical and participation records.
- Provide all members of the team a post-season evaluation of their performance that includes strength and weaknesses.
- Attends the Athletic Awards Assembly for his sport.

JOB TITLE : ASSISTANT COACH

Core Virtues:

I will uphold the cardinal virtues of prudence, temperance, justice and fortitude. I will exemplify these virtues in my conduct both in and outside of school. I will teach and model these virtues to Benedictine students, emphasizing their critical role in leading a Christian life.

- Prudence: I will be accountable to the mission and policies of the school. My words and actions will always reflect positively on Benedictine College Preparatory.
- Temperance: I will reinforce the importance and complimentary nature of Benedictine's Catholic identity, military culture, academic curriculum and athletic program through my teaching and presence at Corp events.
- Fortitude: I will overcome all obstacles in executing the mission of the school and accomplishing the responsibilities of my position.
- Justice: I will honor and execute the disciplinary system defined by the school, emphasizing its role in developing the model Cadet and leaders of men.

Responsibilities:

- Support and follow the direction of the head coach in all matters pertaining to their sport and assist the head coach in promoting the philosophy and goals of the school and the athletic department. The assistant coach must be loyal to the head coach and to the team. He may have to give up some of his thoughts regarding team strategy, etc., to fit into the overall pattern as set forth by the head coach.
- The assistant coach will be a teacher of virtue as described earlier in this handbook.
- The assistant coach will ensure that all meetings, practices and contests begin with a prayer.
- Attends faculty/staff retreat days.
- The assistant coach will support the military structure of Benedictine College Prep. He will be expected to know and utilize the military chain of command.
- The assistant coach is to conduct planned daily practices incorporating such techniques and drills required by the head coach.
- The assistant coach will attend staff meetings when called by the head coach. He will attend athletic department meetings when the presence of assistant coaches is required.
- The assistant coach will be available for scouting assignments when directed.
- In the absence of the head coach, the assistant coach will assume all responsibilities herein designated as those of the head coach.
- Assistant coaches who head a lower level team need to place participation as a high priority.
- Assistant coaches who head a lower level team shall provide members of his team

a post-season evaluation of their performance that includes strengths and weaknesses and what they need to work on.

- The assistant coach will assume any responsibilities assigned him by the head coach pertaining to the overall program of the particular sport. of those duties might be the conducting of portions of practice drills, handling equipment, working with student managers, game day preparation, public relations, statistics, etc.