Dear Parents:

The Athletics Program at Saint Gabriel Parish is offered to students of Saint Gabriel School and school-age children within Saint Gabriel Parish. Our program is oriented towards participation team sports. It seeks to supplement academic and spiritual education programs by encouraging physical activity, school and parish spirit, teamwork and sportsmanship ethics.

The Athletics Board presents this description of our Program, including highlights of our current policies and expectations. Each and every rule and/or procedure is not presented in the following pages, instead we offer an overview of the program and its general guidelines. A robust archive of supplementary information is available at the CYO San Francisco website. Please review this document and keep it for future reference. Please contact your grade-level Athletics Board representative if you have any questions or comments.

Respectfully yours,
Saint Gabriel Parish Athletics Board

AthleticsBoard@StGabrielSF.com
2559 40th Avenue | San Francisco CA 94116 | (415) 731-6161

Athletics Board Members - as of August 29, 2019

**Elected Members**

<table>
<thead>
<tr>
<th>Grade / Year</th>
<th>Name</th>
<th>Email</th>
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</thead>
<tbody>
<tr>
<td>3rd / 2025</td>
<td>Jeff Stanton</td>
<td><a href="mailto:Athletics2025@stgabrielsf.com">Athletics2025@stgabrielsf.com</a></td>
</tr>
<tr>
<td>4th / 2024</td>
<td>Milena Tapia</td>
<td><a href="mailto:Athletics2024@stgabrielsf.com">Athletics2024@stgabrielsf.com</a></td>
</tr>
<tr>
<td>5th / 2023</td>
<td>London Whitted</td>
<td><a href="mailto:Athletics2023@stgabrielsf.com">Athletics2023@stgabrielsf.com</a></td>
</tr>
<tr>
<td>6th / 2022</td>
<td>Ty Debrunner (Board Secretary)</td>
<td><a href="mailto:Athletics2022@stgabrielsf.com">Athletics2022@stgabrielsf.com</a></td>
</tr>
<tr>
<td>7th / 2021</td>
<td>Bob Martin (Board President)</td>
<td><a href="mailto:Athletics2021@stgabrielsf.com">Athletics2021@stgabrielsf.com</a></td>
</tr>
<tr>
<td>8th / 2020</td>
<td>Colleen Panina</td>
<td><a href="mailto:Athletics2020@stgabrielsf.com">Athletics2020@stgabrielsf.com</a></td>
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**Appointed Members**

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<thead>
<tr>
<th>Position</th>
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<tbody>
<tr>
<td>Athletics Director</td>
<td>Michael Lofberg</td>
<td><a href="mailto:AthleticsDirector@stgabrielsf.com">AthleticsDirector@stgabrielsf.com</a></td>
</tr>
<tr>
<td>Parish Pastor</td>
<td>Fr. Tom Hamilton</td>
<td></td>
</tr>
<tr>
<td>School Principal</td>
<td>Gina Beal</td>
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</table>

**Staff**

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
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<tbody>
<tr>
<td>Facilities Manager</td>
<td>Dennis Hughes</td>
</tr>
</tbody>
</table>
Saint Gabriel Parish Athletics

ATHLETICS PROGRAM HANDBOOK

(aka “The Blue Book”)

1. **Mission & Program Description:**

The athletics program seeks to encourage the physical and emotional growth of Saint Gabriel Parish students by offering a sports program that teaches school and parish spirit, teamwork and sportsmanship emphasizing how to be gracious when both winning and losing.

Program:
Children attending Saint Gabriel School and/or members of Saint Gabriel Parish may participate in athletics programs as an extracurricular activity. CYO controls league play in all parish-sponsored sports.

- **Boys Grades 3 – 8** (CYO Soccer, CYO Basketball, CYO Volleyball)
- **Girls Grades 3 – 8** (CYO Volleyball, CYO Soccer, CYO Basketball)
- **Anyone in Grades 3 – 8** (CYO Cross Country, CYO Baseball, CYO Track Meet)

2. **Program Emphasis:**

Engagement and participation is emphasized in the lower grades, with a concentration on learning the basic skills of the sport and on individual physical and mental conditioning. The educational and social dynamics of competition become more important as grade levels increase. Ability/Skill-based team rostering begins in the 4th Grade, refer to Section 12 for details.

3. **Team Commitment & Game Participation:**

Participation in Parish Athletics signifies an inherent commitment to play each sport season alongside a variety of classmates and peer parishioners. Team rosters, like athletes, will evolve over the years.

**It is Saint Gabriel and CYO policy that every athlete (in good standing) at every grade-level is to play in every game.** Playing time minimums are specified for each sport, yet there is no guarantee of ‘equal’ game participation across any team roster. This is particularly relevant to the most-competitive team at each grade-level, and in playoff game situations.

Coaches may reduce or pause playing time for violations of stated team expectations, such as missing practice without a valid excuse (e.g. documented illness or injury, absence from school, or other pre-approved reason). Promptly communicating participation issues with the coach is of the utmost importance.

A. Saint Gabriel Athletics takes precedence over other league practices and other league games. If the coach warns of a forfeit, choose your SG teammates over an elective personal-interest conflict.

B. Depending on the circumstances and impact on their team, an athlete who quits a sport after the final team roster has been published may be suspended from future Saint Gabriel Athletics registrations.
○ Exemptions, such as a documented injury or to deflate an overcrowded team roster, are rare, and determined on a case-by-case basis by the Athletics Director.

○ Rule 3B suspensions may be appealed in writing, with supporting documentation. Parents should contact the Athletics Director to begin that process.

4. **Personal Conduct:**

We all represent Saint Gabriel Parish. Students and Parents participating in our athletics program must maintain acceptable standards of conduct. Failure to do so will result in suspension from the Athletics Program. Similarly, a coach or the Athletics Board may restrict a child from participating for poor conduct while at practice or at any athletics program activity, or if a student is on school probation. Players are expected to show courtesy and respect for their coaches, teammates and officials - All the Time.

**CYO ATHLETICS PARENT CODE OF CONDUCT**

The CYO Athletics Program is designed to be representative of the Christian character in life. As Christians, we are constantly challenged to better ourselves. In team sports we strive for improvement both as individuals and as a group. The development of such values is the primary objective of CYO Athletics. CYO Athletics is the arena in which the youngster practices the principles of Christian values and also provides opportunities for healthy growth and development. Within this arena the coaches, directors, and participants must manifest and exemplify the ideals of a Christian life. The guiding principle behind the enforcement of the code is that the behavior of everyone involved in CYO shall not detract from the children’s enjoyment of the sport. When the soul of a young person is injured, who usually is responsible for this situation? It is typically an adult who has lost control of the situation. CYO Athletics has a duty to each of its participants (coaches, players, officials), and that is to provide the best possible atmosphere of competition.

**THE ESSENTIAL ELEMENTS OF CHARACTER-BUILDING AND ETHICS IN SPORTS ARE EMBODIED IN THE SIX CORE ETHICAL VALUES OF SPORTSMANSHIP:**

**TRUSTWORTHINESS** – Be worthy of trust in all you do. Be loyal to your child’s team and to the whole youth sports organization. Live up to high ideals of ethics and sportsmanship. Teach your children the importance of integrity, honesty, reliability and loyalty.

**RESPECT** – Treat all people with respect at all times and require the same of your children. Treat game officials with respect. Don’t complain or argue about calls or decisions during or after an athletics event. Teach your children to treat other players, coaches, officials and spectators with respect regardless of race, creed, color, gender or ability.

**RESPONSIBILITY** – Consistently exhibit good character and conduct yourself as a positive role model. Exercise self-control; avoid displays of anger and frustration. Don’t retaliate.

**FAIRNESS** – Live up to high standards of fair play. Treat all competitors fairly. Be open-minded.

**CARING** – Offer positive reinforcement. Consistently demonstrate concern for athletes as individuals and encourage them to look out for one another and think and act as a team.

**CITIZENSHIP** – Honor the spirit of the rules. Teach your children to avoid temptations to gain competitive advantage through improper techniques that violate the highest traditions of sportsmanship.

**THE CYO PARENT & SPECTATOR MANTRA:** “**THE GAME IS FOR THE KIDS**”

• I will respect the rules of the game and the policies of the CYO league.

• I will respect the officials and their authority before, during and after games and will never confront officials and/or coaches before, during or after the game. If I have a concern, I will take time to speak with my child’s coach at an agreed upon time and place. If I have further concerns beyond my conversations with the coach, I will contact my child’s Athletics Director.
• I understand only my child’s Athletics Director may contact CYO. I may not at anytime contact CYO or any other school or program regarding my concerns. I must go through my Athletics Director.
• I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
• I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player or parent such as booing and taunting; or using profane language or gestures.
• I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
• I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
• I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
• I understand CYO events are free from drugs, tobacco and alcohol and I will refrain from their use at all sports events.
• I will refrain from coaching my child or other players during games. I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action.

5. **Uniforms:**

Game uniforms will be **loaned** to each child who participates in a team sport. Uniforms should be cleaned before each game (care instructions are handed out with uniforms). Unless otherwise authorized, uniforms are for game use only. At the end of each season, a uniform is to be returned clean and in good condition. An **A current season uniform will be withheld if any from previous seasons have not been returned.** If a uniform is lost or damaged, a replacement fee - up to $75 - will be charged.

6. **Fees:**

A registration fee is charged for each sport season played. The Athletics Board sets the amount based upon the expense of providing each particular sport plus general program expenses. **Registration Fees are not refundable.**

Financial Assistance is available and may be requested at time of registration. Request for aid should be submitted to the Athletics Director, and will be kept **confidential.**

7. **Recognizing Athlete Participation:**

At the end of each sports season the Athletics Board hosts an Athletics Year-End Reception. All athletes who participated in an SG-sponsored sport will receive a participation memento.

The following **Athletics Awards** are bestowed onto **8th Grade** students:

- **Achievement Games:** Each 8th Grade CYO team sends 1-2 exemplary player(s) to participate in an exhibition game at the conclusion of their season. All players receive a commemorative t-shirt and are listed in the game program. Saint Gabriel bases these selections on leadership and sportsmanship ethics, while also considering in-game performance.
- **Cantwell Trophy:** Awarded to a Saint Gabriel 8th grade girl who is nominated by her coaches and then selected by the Athletics Director to be the Most Inspirational Player.
- **Ferrigno Trophy:** Awarded to a Saint Gabriel 8th grade boy who is nominated by his coaches and then selected by the Athletics Director to be the Most Inspirational Player.

8. **Coach Selection and Responsibilities:**

**COACH SELECTION AND ASSIGNMENT:**
The Athletics Director will determine all coaching assignments, with insight from the Athletics Board if necessary. All prospective head and assistant coaches must register in the SportsSignUp CRM system ([Athletics.StGabrielSF.com](http://Athletics.StGabrielSF.com)) as any other athlete would for that sports season.

Coaching assignments are ideally made independently of athlete tryouts. The Athletics Director will evaluate all prospective coaches and make every effort to place a very qualified and seasoned head coach on the top team in each grade. Other head coaches will be placed with each subsequent team according to the Director’s evaluation. Any grievance related to a coaching assignment that cannot be resolved by the Athletics Director should be referred to the Athletics Board within 72 hours of roster determinations for further review.

Coaches will be given the opportunity to coach their own children - without any guarantees. Coaching assignments and/or player placements may need to vacillate between the teams within each grade-level, as to afford all coaches the opportunity to coach their own children. Coaching a team that your child isn’t on can be a very rewarding - and often preferable - experience, if the additional scheduling burden is tolerable.

**COACHING RESPONSIBILITIES:**
- Be fully-compliant with all Parish & CYO screening, certification, and coach training requirements
- Be organized and knowledgeable of league rules and procedures.
  - Ensure ‘Minimum Game Participation’ requirements are met for all players in good standing.
- Be present at games and practices. If not, he or she must get a properly certified replacement.
  - Coaches are responsible for all selected replacements. The Athletics Director will approve any replacements.
- Construct a solid **practice strategy** for at least 90-120 minutes per week.
  - Pre and Post season extra practices using Bedford Hall must be pre-approved and scheduled through the Athletics Director.
- Communicate continuously with their team throughout the season.
  - Use of the SportsSignUp (Athletics.StGabrielSF.com) platform and mobile app to manage practice / game schedules and team communications, is strongly encouraged.
- Work diligently to head-off attendance-related issues, and/or schedule conflicts with school-related clubs or activities. Flexibility and understanding are key, but **game forfeits must be avoided**.
- Be responsible for the care and timely return of loaned SG equipment.
  - Arrange storage of loaned SG equipment if committed to coach future SG teams.
- Be responsible for fan behavior. The CYO General Rules and Code of Ethics consider coaches in charge of spectators.
- Inform the referee or umpire when protesting a game, if appropriate.
  - The Athletics Director must be notified.
  - All protests must be in writing, within 72 hours of the incident and accompanied with $20.
9. **Evaluation of Coaches:**

The Athletics Board welcomes and encourages constructive feedback from parents and guardians regarding the performance of volunteer coaches. All feedback is kept confidential. Please send coach feedback to the Athletics Director, or for more general commentary, your grade-level Board representative.

10. **Grievance Procedures:**

If a child or parent has an issue, disagreement, or concern with any aspect of their Athletics Season:

The parent or child must first discuss the matter with the coach

1. If an issue arises regarding a particular game, the Athletics Board strongly suggests that you approach the coach the *next day or later*. Presume the coach’s goodwill, pause, and then communicate.
2. If for some reason the issue is not resolved, it should be presented to the Athletics Director.
3. In the event that a satisfactory solution is still not achieved, a letter may be sent to your grade-level representative for Board consideration:
   - Saint Gabriel Athletics Board
   - 2559 40th Avenue
   - San Francisco, CA 94116
   - AthleticsDirector@stgabrielsf.com
   - AthleticsBoard@stgabrielsf.com

11. **Sports Calendar:**  
**[DATES & EVENTS ARE SUBJECT TO CHANGE]**

For outdoor sports, San Francisco Recreation & Parks requires CYO team counts to be submitted **three to four months before** the start of each season. **This** is why your early expression of intent for SOCCER, and FINAL Registration for BASEBALL is so urgently needed so far in advance. We ask that families respond to interest & intent-to-play surveys immediately upon request - even if the answer is "no thanks". Additional teams / fields **cannot** be accommodated after the SF Rec & Park field deadlines for youth leagues have passed.

**GRADERS K - 2**

Saint Gabriel Athletics does **not** currently facilitate team sports in these grades, but encourages parents to look into various programs that are offered in our area for early team sports development and physical exercise.

**GRADERS 3 - 8**

**FALL:** Early September through November  
CYO Boys Soccer, CYO Girls Volleyball, CYO Cross Country  
SG Fall Registration: April 16 - May 16  
Rec&Park Deadline Soccer*: May 17  
Tryouts & Team Selections: late-August  
First Games: ~September 8
**WINTER:** Late November through February
CYO Boys Basketball, CYO Girls Soccer

- Intent-to-Play Survey Soccer*: September 1
- Rec&Park Deadline Soccer*: September 8
- SG Winter Registration: September 16 - October 15
- Tryouts & Team Selections: mid-November
- First Games: ~December 1

**CYO BASEBALL:** Early March through May

**FINAL SG Baseball Registration:** November 1-15

A mantra to help reinforce the urgent timing for CYO Baseball is “**11 by 11**”. Meaning that **11** player registrations are necessary by mid November to add an SG Baseball team to CYO, and thus secure field permits from SFRec&Park. This is the **EXACT SAME** baseball decision-making timing as SF Youth Baseball and SF Little League. Registration for Baseball indicates an exclusive commitment for the Spring CYO Season.

As with all sports, if a Saint Gabriel grade-level **does not** yield a minimum 11-player baseball roster, the committed players in that grade will be accommodated as follows:

A. By mid-December, each of these players **WILL** ultimately be offered a spot on an alternative CYO baseball team - either...
   a. on a combined-grade all-SG team roster, or,
   b. on a grade-level ‘hybrid’ team hosted by Saint Gabriel, or,
   c. on a grade-level ‘hybrid’ team hosted by a neighboring parish.

B. Registration refunds may be available according to the player’s offer and decision.

- Rec&Park Deadline Baseball*: November 15
- FINAL Baseball Team Rosters: late November - mid December
- Tryouts (if necessary*): mid-February (*only to swap players between 2 final rosters)
- First Games: ~March 8

**SPRING:** Early March through May

CYO Girls Basketball, CYO Boys Volleyball, CYO Track Meet

- SG Spring Registration: January 6 - February 5
- Tryouts & Team Selections: mid-February
- First Games: ~March 8

12. **Registration, Tryouts, Roster Assignment**

**REGISTRATIONS** for each sport are widely publicized and open for several weeks per season, as are the “intent-to-play” surveys for Soccer. Please refer to Section 11 for more information on timing. Again, **Saint Gabriel Athletics welcomes all parish-affiliated children in grades 3-8**, so if you know of parishioner children or those living and/or attending other schools within our parish boundaries - **Please** refer them to the Athletics Director for eligibility clearance and an intro to SG Athletics!
There is no “Late” Registration opportunity. ‘Wait-listing’ and other exceptions are rare, and handled on a case-by-case basis at the discretion of the Athletics Director. Post-deadline registrations must provide a positive impact on team roster size(s), and thus the playing time of the athletes who registered properly.

TRYOUTS (really “Team Placement Assessments”) will be held when the registrations count calls for two or more teams within a grade-level. Each registered athlete will receive an email with the date, time and location of their grade’s assessment. Information about the total number of registrants and coaches in each grade-level will be communicated here as well. You can always check the SG Athletics website (Athletics.StGabrielSF.com) for any updates to tryout information.

All grades will have closed (parent-free) tryouts for all sports. The Athletics Director, potentially aided by neutral outside evaluators, will put the children through various drills while the volunteer coaches will assist in the running of the drills. The Athletics Director assigns players to teams and will ask the volunteer coaches at each grade-level to share insights that can lead to an optimal team placement, and for input on tough decisions.

ROSTER ASSIGNMENTS - in 3rd Grade ONLY, CYO teams are a "schoolyard pick", a deliberately even distribution of players. This fun entrée into CYO is why 3rd Grade teams are given color names, not a ranked number. This approach changes for 4th - 8th Grades, where players are sorted by aptitude and competitiveness, with team names becoming numbers, "1" (aka "A") being the most competitive. SG teams will be seeded into divisions to compete against whole teams of 'similarly' skilled athletes from other schools. As pointed out in Section 3: Team rosters, like players, evolve over the years.

All athletes are asked to disclose prior scheduling commitments and other extracurriculars during registration. Wherever possible, these factors will be taken into account when determining an athlete’s final roster placement.

In 6th-7th-8th Grades, if an athlete missed tryouts without a documented excuse (such as illness or a temporary injury), they should not expect to be placed on the First (“A”) Team, and the evaluators will work with the coaches to place them on one of the remaining teams. Any exceptions will be handled at the discretion of the Athletics Director.

ROSTER SIZES - are determined by many factors, including: CYO rules for minimum team size, the number of athletes registered for the season, the number of coaches available, and many others. The Athletics Director is expected to fairly balance these often-conflicting variables when determining how many teams will compete at each grade level, and thus the size of each team. Less often, a solution such as forming a combined-grade team may be used to achieve balanced roster sizes across a grade-level. A general, prototypical benchmark for roster size in many youth sports is ‘on-field positions + 50%’.

It is not common, but despite the best efforts of the program, teams occasionally end up with an overcrowded roster and thus lowered available playing time. In the rarest instances, the Athletics Director may offer to deflate an overcrowded roster by exempting athletes from the “3B” team commitment rule. Refunds, or credits toward future registrations, are then offered to any athletes that might prefer to step away.
Conversely, if a grade-level does not yield at least one minimum-sized roster, the registered players in that grade WILL ultimately be offered a spot on an alternative CYO team - for example...

A. on a combined-grade all-SG team roster, or,
B. on a grade-level ‘hybrid’ team hosted by Saint Gabriel, or,
C. on a grade-level ‘hybrid’ team hosted by a neighboring parish.

Registration refunds may be available according to the player’s offer and commitment decision.

13. **Parent Participation & Engagement:**

**“PLEASE DO!”:**
A successful parish athletics program requires the participation of parents. It is the responsibility of parents/guardians to see that their children get to and from all games and practices on time. The coaches are not responsible for transporting children or supervising them before or after practice or games. Parents are encouraged to attend all games and to support their child’s efforts.

Parents interested in volunteering to assist the athletics program are always needed and welcome!
The program needs coaches, assistant coaches, scoreboard operators, and people to inventory and care for uniforms. Organized, motivated boosters are critical to the success of our program - snack bar and event personnel, creative fundraisers, and general word-of-mouth promoters.

Prospective coaches and Team Parents should register their interest for each sport at SportsSignUp: Athletics.StGabrielSF.com - the very same way that athletes do. For other volunteering or booster activities, please reach out to your grade-level Board representative to start a conversation.

Regarding any discontentments that might develop, parents are to ‘presume the goodwill’ of the volunteer coaches and Board members, the parish and school leadership, and paid Athletics staff. Concerns, issues and differing opinions inevitably arise during the administration of a youth sports program that serves several hundred parish families. The Athletics Program earnestly strives to provide fun, memorable experiences for all Saint Gabriel athletes; Parents are asked to pause, and then communicate, with this in mind. All the Time.

School parents are reminded of their ongoing agreement to the “Code of Christian Conduct” fully detailed within the School’s Parent Handbook.

**“PLEASE DON’T!”:**
Parents are not to undermine or supplant the roles or duties of the Athletics Director or the Athletics Board. As specified in Section 3, the recruitment of rostered SG athletes for an alternative sport or activity could create conflict for - or directly threaten the viability of - their entire SG team. CYO now penalizes the entire Parish program - for a full year - when a rostered, scheduled team is suddenly dropped from competition.

When planning group events for classmates, please have the courtesy to check CYO schedules for conflicts. Consider that another parish’s entire team, and the reputation of SG Athletics, are wronged by an avoidable / elective game forfeiture by an SG team.

Reinforcing the CYO Code of Conduct in Section 4, parents are not to contact CYO or personnel at other parishes / schools, for any matter or concern beyond a ‘lost & found’ inquiry.
14. **Athletics Board & Meetings**

The Athletics Board of Saint Gabriel Parish is responsible for establishing the participation, coaching, discipline, facilities, financial, and marketing policies that govern the Parish Athletics programs. Appointed (ex officio) members are the Parish Pastor, School Principal and Athletics Director. Elected Members are volunteer parents, each representing one grade-level from 3rd to 8th.

The Board meets several times each year. Some meetings are designated as “open” for in-person observation and commentary. Visitors are required to contact their grade-level representative, or the Athletics Director to schedule attendance at an open Board meeting.

15. **Athletics Branding Guidelines**

It is imperative that the Athletics Program communicates - and is promoted with - a consistent, centralized voice. The Athletics Board is responsible for and manages all official branding, team uniform designs, marketing materials, and messages related to the Athletics Program. An official ‘Style Guide’ document, featuring the exact colors, logos, images and fonts to use when boosting and promoting SG Athletics, is available upon request from your grade-level Board representative.

Our incredibly creative supporters and boosters are asked to secure pre-approval from the Athletics Board prior to broadly publishing or printing Athletics-related materials, apparel, or fundraising paraphernalia. Specifically, do not design or order any apparel meant to supplant official team uniforms, or create other imagery that might conflict with or be confused as official SG Athletics branding.

16. **Injury Procedures**

All injuries requiring medical treatment that are incurred during SG Athletics activities should be reported to the coach immediately. The Athletics Director should be notified also. If an insurance claim is desired, the parent should contact:

Gallagher Heffernan  
Attn: Claims Department 1 Market Street  
Spear Tower, Suite 200 San Francisco, CA 94105  
Phone Number: 415-546-9300

17. **Gym**

Bedford Hall, and the surrounding property, is the home of Saint Gabriel Athletics. All athletes, families and spectators are expected to treat our facilities with the utmost respect - All the Time. Always abide by the rules posted in Bedford Hall - and any gym or field where Saint Gabriel teams play.

Please refer to Section 4 regarding personal conduct while at any Saint Gabriel Athletics event. If warranted during a game, the Facilities Director or coach may give a warning to a spectator. A second warning will
require the violator to leave the gym for rest of the day. Flagrant violations or disregard to directives may result in being banned from the gym for the season or, if an athlete, being dropped from a Saint Gabriel team program for the rest of the school year, and/or both.

18. **Terms of Use:**

This Handbook is the exclusive property of The Saint Gabriel Parish Athletics Board. By registering for, volunteering with, participating in or attending any functions sponsored by the Athletics Program, you will be deemed to have accepted these terms and policies. The Athletics Board reserves the right to change these terms and policies at any time without prior notice. In the event that any changes are made, please check the latest information posted herein to inform yourself of any changes.