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# The Philosophy of Lower School Sports

The philosophy of the Regis Lower School Sports Program is in accordance with the school's [overall philosophy statement](#). The primary goal of the Regis School is centered on the development and formation of the five Goals of the Sacred Heart through athletics. Education is based on the spiritual formation of Christian values and teachings, strong academics and the development of social skills. Unlike the Middle School Athletics Program, the Lower School Sports Program does not have a tryout process. All who sign up on time are placed on a team in accordance to the appropriate grade level.

The Regis School recognizes that physical development is an important component of a student's well-being and thus seeks to aid in the total development of the individual through organized and cooperative team settings. In addition, it's important for students to develop socially as they learn to work in a team situation and to practice good sportsmanship. The Lower School Sports Program should also develop an athlete's self-esteem, respect for teammates and opponents, and show school spirit through the five Sacred Heart goals.

## Lower School Athletics Manual

The Athletics Manual is provided to inform parents and students of the athletic procedures and policies of the Regis School of the Sacred Heart. We ask parents to carefully read all sections of the Manual and review them with their son(s).

The Regis School and Administration retain the right to amend the Athletic Manual. By no means is this Manual considered all-inclusive. Administration and staff will exercise the professional judgment and discretion as necessary to address situations fairly and consistently.

## **West Houston Christian Sports Association (WHCSA)**

The West Houston Christian Sports Association (WHCSA) was established for the purpose of making supervised athletic activities available to the children of various member churches/schools. WHCSA's motto is "Compassionately Competitive". WHCSA feel that this provides competitive athletics within the Christian framework where there is no need for a "win at all cost" approach.

The WHCSA is committed to a program which helps the member institutions do their best to ensure that the teams they field meet the standards. The principle by which we govern ourselves is the commonly held desire to give all children a chance to compete on a fair and equal basis. Our basic athletic objectives are to have the students:

- Participate in an active, vigorous sport
- Enjoy a feeling of acceptability in their performance
- Meet new friends in a different setting
- Come in contact with "positive and caring" older teens and adults who serve as coaches, referees or helpers.

The measure of success for WHCSA is the growth of each sport and the response from the children who participate. WHCSA strongly believes that commitment to this philosophy and these objectives will keep WHCSA successful.

The Lower School Athletic Director is responsible to attend ALL WHCSA meetings as the Representative of The Regis School and reports back to the Head of School.

### **WHCSA In Season**

For each season, games are played on Saturdays. Practices are usually once a week under the discretion of the coach. If a coach wants to set up a practice off campus with his team on his own time, he may. Please inform the Lower School Athletics Director of any additional practices.

Unfortunately, Regis does not receive the schedules from the league until the week the season begins.

## **Texas Friday Night Flag Football (TFNF)**

Texas Friday Night Flag is a co-ed flag football league for children aged 5-11 in the Houston area. Our league was started with three goals in mind: (1) Keep weekends for family time. By keeping game play on Friday nights, we free up valuable time while honoring a Texas Tradition. (2) Foster the benefits of healthy competition. We believe in preparing children to process the highs of winning, and the lows of losing, in a way that builds character and protects their identity from being tied to the outcome. Losing does not mean you're a loser but teaches you how to prepare for the next time. (3) Safety first. Our League Administrators (Andre Johnson, DeMeco Ryans, Chester Pitts, Kailee Wong and Ray Wright) have all played football at the highest level and know firsthand the dangers of the contact sport. Children grow at different rates, and not all matchups are equal. In our league, a child can learn the fundamentals of the sport while getting used to mandatory equipment, so families can make safer decisions when the time comes.

### **TFNF In Season**

For each season, games are played on Fridays. Practices are usually once a week under the discretion of the coach. If a coach wants to set up a practice off campus with his team on his own time, he may. Please inform the Lower School Athletics Director of any additional practices. Unfortunately, Regis does not receive the schedules from the league until the week the season begins.

## Regis Sports Offered

Grade	Soccer	Flag Football	Basketball	Tball/Baseball	Rugby
4PK	✓			✓	
Kinder	✓	✓	✓	✓	
1st	✓	✓	✓	✓	
2nd	✓	✓	✓	✓	
3rd	✓	✓	✓	✓	✓
4th	✓	✓	✓	✓	✓

Click the ✓ next to the sport of interest to get more information.

## Where to Register

The only place to register is online at: [www.theregisschool.org/athleticsform](http://www.theregisschool.org/athleticsform).

Parents can choose to register for individual sports or they can register for all 3 sports at any time prior to the Registration Close Date.

## Registration Fees

### WHCSA

The registration fee is a \$155 per sport due at the time of registration.

The Registration Fee includes:

- league fees
- referees
- 8 scheduled league games per sport
- uniform
- team and individual photos
- medal

### TFNF

The registration fees are:

- \$200 for Grades K-1
- \$220 for Grades 2-4

The Registration Fee includes:

- league fees
- 7 regular season games, playoff tournament, and Super Bowl
- uniform
- team and individual photos
- medal

\*Refunds are considered on a case-by-case basis. Contact Coach Lofton at [alofton@regisschool.org](mailto:alofton@regisschool.org).

## **Forming Teams**

The Lower School Athletics Director will determine how many teams will be formed based on registration. If there is enough registration for 2 or more teams, the Lower School Athletics Director will split the teams equally (with consideration of siblings and carpool.) From time to time the Regis Lower School Athletic Director may combine players from two different grades. All teams must have a coach and are coached by a volunteer parent.

## **Schedules**

Teams practice one day per week for 1 hour. Practices are based upon field and/or court availability. Games are played on Fridays/Saturdays. Games are played against fellow schools and churches in the West Houston Christian Sports Association (WHCSA) and Texas Friday Night Flag communities (TFNF). Make-up games can be scheduled separately by the volunteer coaches. All participants must have a parent/guardian present or have made arrangements to have your son looked after before, during and after practices/games. Coaches reserve the right to send your son to after school care if no guardian is available. Coaches also reserve the right to send your son to after school care based on behavior issues. At this point the Lower School Athletics Director will need to be notified to review situation. Lower School Athletics Director will meet with parent, son and coach to resolve issue. If a parent has a problem with the coach the parent will need to notify the Lower School Athletics Director.

# Volunteer Coaches

Regis cannot offer Lower School Sports without our Parents.

As a volunteer coach, you will have the entire support of the Regis School community. Regis offers its volunteer coaches coaching clinics and our Positive Coaching Alliance Programs.

You'll have fun! The number one reason kids play a sport is because it's fun. And honestly, so is coaching. Remember, kids STOP playing sports when they stop having fun.

All volunteer coaches must attend the coaches' meeting at the beginning of each season.

All lines of communication must be open between the Lower School Athletics Director, volunteer coaches, homeroom teachers, and parents during the season. To ensure clear communication, we ask that the Lower School Athletics Director is included in all emails between the coach and the parents.

All volunteer coaches must provide to the Lower School Athletic Director 1 or 2 possible practice days during your season. Please note that ALL MIDDLE SCHOOL activities on the field or in the gym have FIRST PRIORITY over Lower School Sports during their season. If a practice day is a Saturday or Sunday, the Head of School needs to give approval.

If a coach would like to hold an extra practice or make up for a loss practice day, the coach would have to contact the Lower School Athletics Director to schedule the make-up day.

The coach is responsible for returning any borrowed equipment at the end of the season.

## Behavior and Discipline Policy

The Regis School of the Sacred Heart is founded on the principles of the Sacred Heart goals. The School is committed to educate to:

- a personal and active faith in God
- a deep respect for intellectual values
- a social awareness which impels to action
- the building of community as a Christian value; and
- personal growth in an atmosphere of wise freedom.

The following policies and procedures related to expected student behaviors seek to shape gentlemen:

- in a faith-filled environment for spiritual growth (Goal I)
- in an atmosphere where boys are inspired to create, innovate, lead, and serve (Goal II)
- in the development of compassion and respect who respond to the needs of others (Goal III)
- in the formation of a brotherhood (Goal IV)
- in an environment that equips boys for success (Goal V)

Goal 5 of the Sacred Heart Goals & Criteria is the desire “to promote personal growth in an atmosphere of wise freedom.” This growth comes from self-discipline within each boy. To that end, Regis’ goal for discipline is the fostering of responsibility and independence in every Regis boy.

In Early Childhood, a Regis boy learns to identify the difference between good and bad and the balance in making the right choices for yourself and those around you. In the Lower School, a Regis boy begins to understand what the acceptable limits of his behavior are and what consequences may follow when he “over-steps” a limit. In Middle School, a Regis boy is making strides to achieve self-discipline and gain control of actions regardless of their emotional state.

The expectations and discipline policy outlined in this document are enforceable at school, or anytime that the student is representing the school (sporting events, field trips, social awareness events, etc.). While it is not possible to list every situation for which a disciplinary response is appropriate, in general, faculty and administration will address conduct unbecoming of a Sacred Heart student, and apply consequences consistent with the Goals & Criteria, which guide all members of the Network of Sacred Heart Schools.



## The Goals and the Medals



### **PK4 and Kindergarten Goal 1 – A personal and active faith in God.**

For Example: Coaches will allow the boys to lead prayer before/after practice and have the opportunity during matches/games. Coaches must exercise this goal how they deem fit throughout the course of the season. Your boys should be able to tell anyone what goal they are learning this season if asked.

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### **1<sup>st</sup> Grade Goal 2 – A deep respect for intellectual values.**

For Example: Listening to coaches/teammates when new ideas/skills are presented. Ability to be coachable. Coaches must exercise this goal how they deem fit throughout the course of the season. Your boys should be able to tell anyone what goal they are learning this season if asked.

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### **2nd Grade Goal 3 – A social awareness which compels to action.**

For Example: Boys will clean up after practices/games. Coaches must exercise this goal how they deem fit throughout the course of the season. Your boys should be able to tell anyone what goal they are learning this season if asked.

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### **3rd Grade Goal 4 – The building of community as a Christian value.**

For Example: Offering the other team to pray after a match. Helping a teammate or opposing team up after he/she has fallen. Coaches must exercise this goal how they deem fit throughout the course of the season. Your boys should be able to tell anyone what goal they are learning this season if asked.

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### **4th Grade Goal 5 – Personal growth in an atmosphere of wise freedom.**

For Example: At this point the boys should continue the sharpening of their emotional and social competitiveness throughout the course of a match/game or practice. Coaches must exercise this goal how they deem fit throughout the course of the season. Your boys should be able to tell anyone what goal they are learning this season if asked.

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**WHCSA Feedback & Concerns**

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