



Saint Joseph Athletic Association

Basketball Handbook 2005-6

For Coaches, Parents and Athletes

Web site: www.sjsmch.org

Introduction

This handbook is designed to help define the role of athletics at St. Joseph, St. Katharine Drexel and St. Elizabeth Ann Seton Parishes for students, coaches and parents. This reference, developed by the St. Joseph Athletic Association (SJAA), should assist anyone seeking information about the function and governance of athletics at St. Joseph School and the CYO basketball program in which we participate. It should also serve as an additional instrument for coaching personnel to communicate with parents and students.

We've included information directly from the "Diocese of Harrisburg CYO Girls and Boys Athletic Policies."

Athletes, parents and coaches should all read this handbook carefully. We hope it will provide you with practical information as well as an understanding of the big picture:

Our athletes must realize that while participating in sports programs, they represent their team, school, family, and most importantly, Jesus Christ. All actions should promote a Christ-like spirit, good sportsmanship, a wholesome attitude and loyalty to both team and school.

Sports – a School of Virtue

"Sport must be accompanied by moderation and training in self-discipline. It very often also requires a good team spirit, a respectful attitude, appreciation of the qualities of others, honest sportsmanship and humility in recognizing one's own limitations."

*Pope John Paul II, May 30, 2004
in his 2004 World Day of Tourism message.*

Practicing sport, "if lived according to the Christian vision, becomes a prime generator of deep human relations and favors the building of a more peaceful and cordial world."

Pope John Paul II, June 26, 2004

Culture of Sport

Athletics is a "means for bringing about well-rounded growth of the person and as an instrument of peace and brotherhood among peoples."

*Written statement from the newly created Church and Sport section
of the Pontifical Council for the Laity, headed by Fr. Kevin Lixey, LLC*

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Catholic Youth Organization

St. Joseph School is a voluntary member of the Diocese of Harrisburg CYO and agrees to abide by and enforce all rules and regulations set forth by the CYO.

Purpose

The CYO is a parish-based program which provides opportunities for youth to grow in faith and understanding of their church through involvement in parish, and Diocesan life. The CYO's six phase approach to youth ministry – athletic, social, cultural, catechetical, service, spiritual – is a comprehensive method to the total development of the individual. Through a total youth ministry concept, CYO collaborates on all youth related basketball programs offered by the parish. The emphasis of the CYO is to enable and empower youth to become responsible participants in their faith community.

CYO Name

The CYO Sports Program identifies a parish activity controlled and supervised by the pastor or his agents. Use of the name CYO indicates the Parish program respects the purpose and philosophy of the Catholic Youth Organization, a program of the Diocese of Harrisburg. The Diocese is affiliated with the national Federation for Catholic Youth Ministry. ... The Diocese of Harrisburg assumes responsibility for enforcing compliance with the principles only in those events which it directly sponsors on a Diocesan wide basis. The right is reserved, however, by the Diocese of Harrisburg to prohibit use of the CYO name by any activity that substantially conflicts with purpose and philosophy of the Catholic Youth Organization.

Function of the parish Pastor and Consolidated School Principal

Each parish pastor or consolidated school principal must give final approval for a CYO program to exist in their parish or consolidated school. The pastor or school principal will be responsible for verifying the eligibility of all participants in the program and must sign all rosters for CYO Area and Diocesan use. The pastor and the principal have the ultimate responsibility of selecting and ensuring that all coaches working with the youth of their program are thoroughly knowledgeable of the goals and purposes of an athletic program in context of Catholic Youth Ministry and that they coach according to those principles.

Function of the Parish or School Athletic Association

The parish or consolidated school athletic association shall cooperate with and maintain the regulations of the Diocesan Youth Office as it relates to athletic ministry in the Diocese of Harrisburg. Each parish or consolidated school athletic association serves at the discretion of the parish pastor or consolidated school principal and, therefore, is responsible to respect the established policies as set forth by the pastor and parish council or the principal and school board. The pastor or principal shall be informed and approve of all activities of the athletic association. The pastor or principal may delegate certain responsibilities to the athletic association, such as selection of coaches. The pastor or school principal, however, is at all times responsible for the overall CYO program in their parish or school.

CYO Player Eligibility

According to the CYO grade school basketball league regulations, the rules stated below must be followed. Failure to abide by such may result in disciplinary action against the entire team for the season.

Participants **must not have reached their 15th birthday before September 1st** of the current year for which a roster is being filed.

Participants must be in the **eighth grade or lower**. A participant who is repeating the 8th grade is not eligible to participate.

The participant's parents or legal guardian must be **registered members** of the parish for which they play by November 1st of the current year for which a roster is being filed. Participants whose parents or legal guardian are registered members of an adjoining Catholic parish that does not sponsor a CYO program are eligible to participate.

In order to participate in the CYO program of the Diocese of Harrisburg and this league, a student must meet one of the following **Religious requirements**:

Parochial School Student

Baptized Catholic, or a non-Catholic attending either a parish, consolidated, or junior high parochial school. Junior high school students are limited to the 7th and 8th grades only.

OR CCD Student

Only those participants who are baptized and registered at the parish and attending CCD classes are eligible to participate in the CYO program. In addition to this, the participant's parents must be registered members of the parish of which the participant attends CCD classes. **NON-CATHOLICS ATTENDING CCD CLASSES ARE NOT ELIGIBLE TO PARTICIPATE IN THE CYO PROGRAM OR THIS LEAGUE.**

The individual parish will determine satisfactory attendance in the parish parochial school or CCD classes. If the person in charge of the school or CCD classes states that a student is not attending satisfactorily, that student will become ineligible to participate in this program until such time as their attendance is deemed satisfactory.

All participants in the CYO basketball program will be **limited to five seasons of eligibility** in grades four through eight. Prior participation in lower grades on a

CYO basketball team will not be considered in the five-season rule. Should a participant be required to repeat a grade, the five-season rule shall continue and no additional season will be allocated to the participant.

The Diocesan Directors of CYO may waive the five season rule in cases of long-confining illness or injury which results in 90 days absence or more from school, causing the participant to be confined to an institution or home, and necessitating repeating a grade.

No player who is on a varsity, junior varsity, freshman high school or middle school basketball team after September 1 is eligible to participate in this league.

SJAA Athletic Eligibility

Participants must be active members of St. Joseph, St. Elizabeth Ann Seton, St. Katharine Drexel, and attending St. Joseph School, Parish Religious Education classes or Trinity High School.

A player cannot play for a St. Joseph basketball team if he/she is rostered and actively participating on any other athletic team. This includes a club team or an AAU equivalent type team.

Official CYO Basketball Season

The Official CYO Basketball Season shall run from November 1st thru the weekend of the State CYO Boys Basketball Tournament. CYO teams are not restricted from individual activities after this period. However teams that participate in other basketball activities before the beginning, or after the completion of the Official CYO Basketball Season will solely be under the jurisdiction of their individual parish. Sponsorship of games, leagues or tournaments by CYO Areas, Divisions or Parishes is prohibited except within the Official CYO Season.

Maximum Allowed Games

During the Official CYO Basketball Season a maximum of thirty (30) games may be played by a team. This includes all CYO regular season games, exhibition or independent tournament games. In case of a weekend tournament (weekend defined as a consecutive Friday, Saturday, and Sunday) the tournament will count as one game. Post season CYO Areas and Divisional play off games, Diocesan and State CYO Tournaments shall not count against the 30-game limit. A game is defined as any contest which meets the following:

- A score is kept;
- The teams are in uniform;
- PIAA officials are used.

Rules, Policies, Violations and Punishments

CYO Code of Conduct

The main function of this program is to teach young men and women in grade school the fundamentals of basketball. We are also responsible for the attitude towards sportsmanship, competition and team play. In light of the importance of these aspects on the development of youth we wish to outline the rules governing the conduct of the coaches and players in this program. Enforcement of these rules of conduct is the responsibility of the individual CYO Areas. Failure to abide by these rules could result in expulsion of the CYO Area from participating in the Diocese of Harrisburg CYO Program.

Offensive Actions

Offense:	Offender	Penalty
Refusal to abide by officials' decision.	Coach or player	Minimum automatic 30-day suspension from participation in all CYO activities.
Guilty of objectionable demonstrations by throwing equipment or any other forceful action.		Not specified
Heaping personal verbal abuse upon any official for any real or imaginary wrong decision or judgment.		Not specified
Verbally attacking any player, opposing coach, official or spectator.	Coach or player	Minimum automatic 30-day suspension from participation in all CYO activities.
Laying hands upon, pushing, shoving, striking or threatening to strike an official, coach or spectator.	Coach or player	Minimum automatic 1 year suspension from participation in the CYO basketball program.
Physically attacking any player.	Coach	Minimum automatic 1 year suspension from participation in the CYO basketball program.
	Player	Minimum automatic 14-day suspension, which must include at least 2 CYO league and/or play off games.
Suspended coach or player disregarding stated penalties after notification by a proper CYO Area officer.	Team	1 year suspension

If necessary, penalties will carry over into the next season.

CYO Drug Free Policy

Any player or coach found to be under the influence or in the possession of drugs or alcohol during practices or games will be suspended for one full year. A second offense to this policy will eliminate the offender from further participation in this program.

CYO Rules Violations: and Penalties for Non-Compliance

The Diocesan Directors of CYO Grade School Basketball, shall have the authority to impose the prescribed minimum penalties for the listed violation.

Violation	Violator	Penalty
Failure to file a roster by December 1 st .	Head and Assistant Coaches of particular team	30-day suspension from participation in all CYO activities and the team shall forfeit all CYO games until a roster is filed.
Violation of Starting Date	Head and Assistant Coaches of particular team	30-day suspension from participation in all CYO activities.
Ineligible player	Team	All games in which ineligible player appeared will be forfeited.
	Player	Suspension for the remainder of the season.
	Head and Assistant Coaches of particular team	30 day suspension from participation in all CYO activities
Hosting or participating in a CYO Activity During Diocesan Tournaments	Head and Assistant Coaches of particular team	1 year suspension from participation in all CYO activities.
Failure to Submit to the Diocesan CYO Director a Copy of the CYO Areas By-Laws by December 1	CYO Area	Suspension from participation in all CYO activities until such time these are filed. All CYO games played by teams in that particular CYO Area, will be recorded as losses, until a copy of their by-laws are received by the Diocesan CYO Director. These losses will remain on the teams won/lost records.
Exceeding 30 Game Maximum	Head and Assistant Coaches of particular team	1 year suspension from participation in all CYO activities.
Violation of 1 PM Starting Time on Sunday	Head and Assistant Coaches of participating teams	1 year suspension from participation in all CYO activities.
Suspended coach disregards stated penalties when properly notified by the Director of Basketball	Team	1 year suspension from participation in all CYO activities.

If necessary, penalties will carry over into next season.

The Diocesan Directors of CYO Grade School Basketball may impose more severe penalties for the violations listed above if warranted. Penalties for any violations not listed shall be prescribed by these Directors.

SJ Basketball Team Designations: Boys

Level	Type	Gr	Selection	Playing time	Practice Times
A Teams	Varsity	8 th 7 th	Competitive; Tryout	Coach decides playing time based on competitive challenges of each game.	2 hours 3x wk;
B Teams	Intermediate I	8 th 7 th	Instructional; Evaluation; Balanced skill format in an attempt to promote equity among the respective teams.	Equal playing time guideline unless there is an injury, illness or disciplinary or practice attendance issue. Emphasis on skill development.	90 minutes 2x wk
C Teams	Junior Varsity	6 th 5 th	Competitive; Tryout	Coach decides playing time based on competitive challenges of each game.	90 minutes 2x wk
D Teams	Intermediate II	6 th 5 th	Instructional; Evaluation; Balanced skill format in an attempt to promote equity among the respective teams.	Equal playing time guideline unless there is an injury, illness or disciplinary or practice attendance issue. Emphasis on skill development.	60 minutes 2x wk
D Teams	Novice I & II	5 th 4 th	Instructional; Evaluation; Balanced skill format in an attempt to promote equity among the respective teams.	Equal playing time guideline unless there is an injury, illness or disciplinary or practice attendance issue. Emphasis on skill development.	60 minutes 2x wk
High School	H.S. CYO rec league	H S	All-comers	Coach decides playing time based on competitive challenges of each game.	90 min 2x wk Late practices

Tryouts vs. Evaluations

Players try out for Varsity and Junior Varsity teams. The best players are chosen for those teams based on the opinions of the coaches and independent evaluators who observe them.

All players not placed on Varsity or Junior Varsity teams are evaluated in order to place them on “balanced” Novice or Intermediate teams of relatively equal talent.

Playing Time

It is the goal of the SJAA to maximize the involvement of all athletes within the program. This desire is based on the thinking that elementary and middle school sports should be a learning and preparatory experience for high school and college participation. All concerned parties have endorsed the guidelines in the Team Designations grid on the previous page.

Before the season starts, the coach will discuss playing time with his/her team and their parents.

Where possible, every able athlete should participate in every game.

The coach will determine whether a player will participate if he/she had an unexcused absence from practice in the week preceding the game.

Should concerns/questions arise, please discuss your issues with the appropriate individuals using the following chain of command:

- a. Coach
- b. Appropriate Coordinator
- c. President of Athletic Association
- d. Pastor of St. Joseph

SJ Basketball Team Designations: Girls

Level	Type	Gr	Selection	Playing time	Practices
A Teams	Varsity	8 th 7 th	Competitive; Tryout	Coach decides playing time based on competitive challenges of each game.	2 hours 3x wk
B Teams	Intermediate	8 th 7 th 6 th	Instructional; Evaluation; Balanced skill format in an attempt to promote equity among the respective teams.	Equal playing time guideline unless there is an injury, illness or disciplinary or practice attendance issue. Emphasis on skill development.	90 minutes 2x wk
C Teams	Junior Varsity	6 th	Competitive; Tryout	Coach decides playing time based on competitive challenges of each game.	90 minutes 2x wk
D Teams	Novice I	5 th 4 th	Instructional; Tryout; Balanced skill format in an attempt to promote equity among the respective teams.	Equal playing time guideline unless there is an injury, illness or disciplinary or practice attendance issue. Emphasis on skill development.	60 minutes 2x wk
	Novice II	4 th	Instructional; Evaluation based on Novice I tryout. Balanced skill format in an attempt to promote equity among the respective teams.	Equal playing time guideline unless there is an injury, illness or disciplinary or practice attendance issue. Emphasis on skill development.	60 minutes 2x wk
High School	H.S. CYO rec league	HS	All-comers	Coach decides playing time based on competitive challenges of each game.	90 min 2x wk Late practices

CYO Program Descriptions

Varsity is a competitive program for participants in the eighth grade or lower who have not reached their fifteenth birthday before September 1 of the year in which a roster is being filed. Any student repeating eighth grade is ineligible in the CYO basketball program.

Junior Varsity is a competitive program for participants in the sixth grade or lower who have not reached their thirteenth birthday before September 1 of the year in which a roster is being filed. Junior Varsity participants may not participate and/or be listed on any other CYO roster. They are limited to participation with the Junior Varsity team only.

Intermediate I is a competitive/instructional program for participants in the eighth grade or lower who have not reached their fifteenth birthday before September 1 of the year in which a roster is being filed. Any student repeating eighth grade is ineligible to participate in the CYO grade school program as is any eighth grade student who has already used his/her five seasons of eligibility in the CYO basketball program. Any participant listed on a Varsity roster is also eligible to participate in the Intermediate I program, but his/her name must be listed on both rosters. Varsity participants in this program should be restricted to players that receive limited playing

time with that team and need additional skill development.

Intermediate II is a competitive/instructional program for participants in the sixth grade or lower who have not reached their thirteenth birthday before September 1 of the year in which a roster is being filed. This program should help the participants further their basic skills focusing on team building and sportsmanship. Intermediate II participants may not participate or be listed on any other CYO roster. They are limited to participation with the intermediate team only.

Novice I is an instructional program for participants in the fifth grade or lower who have not reached their twelfth birthday before September 1 of the year in which a roster is being filed. Novice I participants may not participate or be listed on any other CYO roster. They are limited to participation with the Novice team only. **Novice II** is an instructional program for participants in the fourth grade or lower who have not reached their eleventh birthday before September 1 of the year in which a roster is being filed. This program emphasizes skill development in a low-pressure atmosphere. Participants play in an organized league focusing on basic skills, team building, values and sportsmanship.

St. Joseph Athletic Association

SJAA Mission

To provide a well-rounded program of athletics to meet the needs of students with varied interests and unique abilities. As part of a Catholic school, our faith is at the heart of everything we do. Our athletic programs are based on Christian values that foster the physical, emotional, social and spiritual well-being of each participant. We encourage our athletes to recognize that their athletic gifts come from God, and ought to be used to glorify Him. It is our goal to help student athletes become faithful people and good citizens, ever striving to reach their God-given potentials.

SJAA Philosophy of Athletics

Athletics are a microcosm of life, providing life situations which are perfect opportunities for applying Biblical principles. It's the job of coaches to properly direct student athletes in order to help them develop Christ-like virtues such as charity, prudence, justice, fortitude and temperance.

"It's not whether you win or lose, it's how you play the game."

Athletics are a means to an end, not an end in themselves. In addition to promoting fitness and being fun, athletics should help students become mature, dependable, self-disciplined, committed, patient, trustworthy, kind and humble.

Students should learn how to cooperate as a team while also developing their individual leadership skills.

While the commitment to team is a serious one, the priorities of student athletes must be in proper order: God, family and schoolwork taking precedence over sports.

SJAA Officers

President	Jim Hoellman	730-9010
Vice President	Jim Connors	697-1228
Treasurer	Tom Karli	697-9590
Secretary	Heidi Spinelli	790-0514
Coach Clearances	Mary Slonac	795-7330

Basketball

Boys Coordinator	Jim Hoellman	730-9010
Girls Coordinator	Dave Telep	432-5844

SJAA Committee Members at Large

Scheduling Coordinator	Heidi Spinelli	790-0514
Equipment Coordinator	Renee Schultz	432-0952

SJAA Code of Conduct

St. Joseph's coaches and athletes must be the models of good sportsmanship and Christian charity. This means:

- playing fair;
- accepting defeat without complaint;
- celebrating victory without gloating; and
- treating coaches, teammates and opponents with courtesy and respect.

SJAA coaches, athletes and spectators will refrain from hissing or booing, arguing with officials, fighting with opposing players, and criticizing or blaming teammates. The use of inappropriate language and the misuse of sports equipment, uniforms or facilities will not be tolerated.

Our behavior should glorify God and be a testimony of our faith to other coaches, players, fans and officials.

No Play Days

Father Snyder provides us with a list of No Play Days. Sadly, not all parishes maintain No Play Days. At St. Joe's, we are proud to put our spiritual obligations first and STILL remain competitive.

No play day means that no practices may be held and that no team may participate in any game(s) on that day. The following are No Play Dates for the 2005-2006 Basketball season:

Mon., Nov. 1, 2005 – All Saints Day

Nov. 23, 24, 25, 26, 27, 28, 2005 (Wed. through Mon.), Thanksgiving Vacation

Thurs., Dec. 8, 2005 -- Immaculate Conception

Tues., Dec. 20, 2005 -- SJS Christmas Program

Fri., Dec. 23, 2005 -- Mon., Jan. 2, 2006 -- Christmas Week

Sat., Jan. 7, 2006 -- First Reconciliation (No morning meetings, programs, etc.)

Sat., Jan. 7, 2006 -- 12th Night Celebration (No evening meetings, programs, etc.)

Sat., Jan. 21, 2006 -- First Reconciliation SNOW DATE

Wed., March 1, 2006 -- Ash Wednesday

The following are dates when Saint Joseph facilities are unavailable for the use of the basketball program:

Fri., Nov. 18 -- Sun., Nov. 20, 2004 -- Saint Joseph School Candy Sale (No use of gym.)

Fri., March 17, 2006 -- Set up for Saint Joseph Day Dinner

Sat., March 18, 2006 -- Saint Joseph Day Dinner

Facilities Use Policy

For Coaches:

Keys

Keys provided are for some of the gym location to which practice times have been assigned. These keys are for the use of the coaching staff only and are not to be shared with any other persons.

Facilities

It is the responsibility of each coach expecting to use the gym and related equipment to adequately inform themselves and players of its proper use and operation so that no damage or injury is incurred.

Equipment shall be restored to its proper location at the conclusion of a practice or game.

Garbage shall be removed and placed in appropriate containers.

If you are the last team using the facility, be sure to turn off all lights and lock all doors when leaving.

Lost & Found

Articles of clothing left in the gym are the responsibility of the coaching staff.

Reporting Damages

Damages observed upon the arrival to the gym and / or occurring during a scheduled practice must be reported to the Scheduling Coordinator, Heidi Spinelli, at 790-0514 as soon as possible.

IMPORTANT:

Cancelled Practice or Game Due to School Closing

If school is cancelled or dismissed early due to inclement weather, all practices are cancelled and all games postponed. Further, in the case of school cancellation or early dismissal, no SJS team may participate in any scheduled tournament on that day.

In the case of bad weather on a weekend, coordinators will call coaches if there is a cancellation. Any changes to the regularly scheduled games and/ or practices will come via phone call from the coach, and will NOT be listed on radio or TV or news websites.

For Everyone:

Only rostered players are permitted to use the gym during designated practice times.

Gym space may be used only during designated practice times. No person or team is permitted to use the gym during any other time.

Adequate adult supervision shall be provided at all times when children may be expected to be in the gym. Children should not enter a facility if coaches have not arrived. Any adults dropping off students should wait until an adult coach arrives.

Telephones located near the gym facilities may only be used for local calls.

The consumption of alcohol, tobacco and /or controlled substances in any facility or anywhere on the property is strictly prohibited.

Children may not use the stage area or turn on / off the stage lights.

Children may not use hairpins or bobby pins in the gym area.

Doors that are normally closed cannot be propped open during and/or after practice.

NOTE:

Violations of these guidelines may result in loss of practice privileges for a particular team and / or the entire St. Joseph basketball program.

To the Student Athletes

We are pleased that you have chosen to participate in the SJAA Basketball Program. We expect that you will consider this a privilege and work hard to bring honor to your team, school and Jesus Christ.

Your participation will be a great benefit to you. Not only will you learn about basketball, but you will also learn about sportsmanship, competition and team play.

Athletics are demanding and take up a lot of time. We hope you have considered your decision carefully because we will expect you to stay with the team for the entire season.

Priorities

It is very important that your priorities are in the proper order:

- God
- Family
- Schoolwork
- Team

It is important for you to attend as many practices and games as possible, but do not neglect your prayer life, household chores and homework.

Keep up with your daily schoolwork. This way it will not be necessary to “cram” for a test or get a research paper completed at the last minute.

Behavior & Attitude:

Respect for Teammates

Your team will only be as good as it's weakest player. The best way you can help your team win games is by helping your teammates improve their skills, not by putting them down. Be supportive and encouraging. Do not blame one player for a defeat. You will win as a team, or you will lose as a team.

Your teammates will depend on you to stay with them for the entire season. Without you, your team may have to forfeit.

Respect for Coaches

Listen to your coach.

Be on time for practices and games.

Inform your coach as early as possible if you must miss a practice or game.

Respect for Opponents

Always display good sportsmanship. Never jeer or heckle or swear. Congratulate the other team if they win.

Do not disagree with officials. The other team is not at fault for bad calls. Your coach will handle the issue.

Respect for Facilities

SJAA pays thousands of dollars to rent gym space for your use and enjoyment. These gymnasiums are part of facilities of other churches. If we are not good “tenants,” these facilities are under no obligation to continue to rent space to us. Students must always be on their BEST behavior at these gymnasiums.

Do not enter the facility more than 15 minutes prior to the stated start time of practice.

Do not enter the facility unless the coach or another reliable adult is present.

It goes without saying that you should never intentionally cause damage or leave a mess in a bathroom.

If you break something accidentally, please IMMEDIATELY tell your coach. If you see something that appears to be broken, tell your coach.

Respect for your Uniform

The uniform that you are issued belongs to St. Joseph's Athletic Association. We hope that this uniform will get years of use before it has to be replaced.

Please show pride in your uniform by keeping it clean and in good repair. If you find a hole or tear, perhaps your parents can help you fix it. Otherwise, inform your coach if there are any problems with your uniform.

Return your uniform to your coach completely clean and in good condition at the end of the season.

CYO Bill of Rights for Young Athletes

- Right to participate in sports.
- Right to participate at a level commensurate with each child's maturity and ability.
- Right to have qualified adult leadership.
- Right to play as a child and not as an adult.
- Right of children to share in the leadership and decision-making of their sport participation.
- Right to participate in safe and healthy environments.
- Right to proper preparation for participation in sports.
- Right to an equal opportunity to strive for success.
- Right to be treated with dignity.
- Right to have fun in sports.

Health & Fitness Guidelines

Physical

A pre-season visit to your family physician for the SJAA Basketball Program is strongly encouraged.

Medical Conditions

Inform your coach of any medical conditions or restrictions that would affect your ability to practice/play.

Pre-Season Fitness

A pre-season physical training program is important to prevent injuries that can occur at the beginning of the season. Four to six weeks before practices, begin stretching exercises and aerobic (walking, swimming, jogging, etc.), conditioning. Include your parents/guardians - they will benefit from it, too. But remember to start off slowly and gradually work up to your goal.

Food & Drink

Eat well-balanced meals and nutritious snacks.

Drink plenty of water before, during and after the activity to replenish fluids lost through perspiration (sweating).

NEVER share water bottles. Bring your own beverage in a non-breakable container labeled with your name.

Sleep

Take time to relax and get a good night's sleep.

Appropriate Clothing & Equipment

Wear proper equipment/clothing recommended for the activity/sport. Also, consider weather conditions to avoid heat exhaustion or frostbite.

Remember that teams that are conditioned well perform well. Practice at home the skills learned in practice. Have an adult observe, if possible.

Warm-Up & Cool-Down

All teams should have a warm-up drill.

Warm-ups will begin at the start of practice. Practice should also end with a cool-down.

Athletic Attendance Policy

On Time for Practices

Practice starts and ends at a time set by the coach. If your practice time is 3:30-5:30, you are to be in the gym, dressed and ready to practice at 3:30. If you are not ready until 3:31, you are late and the coach may have some extra things for you to do.

Coaches should end practice at the established time.

On Time for Pick-Up

Coaches (or a designated adult) are required to stay until all children are picked up.

Parents should be sure to pick up their child on time. It is not fair to make coaches wait around after practice until someone arrives to take a child home.

Excused Absences

Excused absences will include, but are not limited to:

- a. Illness (may not attend practice)
- b. Death of a family member/friend or attendance at a funeral (discretion of parent)
- c. Doctor/dentist appointment
- d. Academic difficulties

Please notify your coach as soon as you are aware that you will need to miss a practice or game.

Students must be in attendance at school to practice or participate in a game. (Athletes who are absent on a Friday may participate in a Saturday game with parental permission, coach's agreement and SJAA approval.)

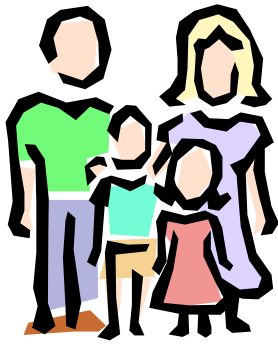
Unexcused Absences

If a practice or game is missed and the coach has not been notified ahead of time OR if the absence was caused by an activity for personal benefit or for an activity that could have been scheduled for a different time, this is an unexcused absence.

Please keep in mind that any practices or games missed may affect playing time, even if absences are excused.

Absence Due to Injury

Injured players are encouraged to attend practice as a spectator and join the team on the bench at games. A release note from your physician must be provided to the coach stating your ability to return to full activities and any restrictions on activity.



To the Parent

Your son/daughter should seriously consider his/her participation on a team. They must understand the importance of making athletics a priority (after academics), if they choose to be a part of the team. Parents should assist them in making that decision, and, if your son/daughter does choose to participate, assure them that you will help honor the commitment they have made to the program and the team for the entire season.

All parents who have students in the SJAA Basketball Program are members of the St. Joseph Athletic Association, as stated in the by-laws (available through officers). We invite your participation.

By allowing your child to participate, you have assumed certain responsibilities and obligations:

Our Commitment to You

When your son/daughter joined the basketball program, the staff committed itself to certain responsibilities and obligations. Every effort will be made to provide: (1) well trained, Christian coaches; (2) adequate equipment and facilities; and (3) fair contests using skilled officials.

Emphasis will be placed on good training habits in an effort to prevent injury and promote physical well being, while enhancing performance.

Athlete's Commitment to Team

The members of the team rely on each other to be there for practices and games, and to stay with the team, except in the case of injury or illness, until the end of the season.

Be on Time!

Please support the scheduled practices, games and other demands on your time and funds.

Volunteer Duties

All parents of players are required to provide assistance with gate and concession stand activities. Other volunteer needs may include transporting students to away games and assisting in the management of home games. You have our thanks for your cheerful assistance in advance and the Lord's blessing.

Discipline

A student who elects to participate in athletics is voluntarily making a choice of self-discipline and self-denial. Failure to comply with SJAA/coaches rules of conduct may lead to disciplinary action.

Good Sportsmanship

Please remember that when you attend a game, you are an ambassador for St. Joseph School and our athletic program. Remember that good fans focus on encouraging and uplifting their own team and do not focus on putting down the other team, referees, coaches or your own team members.

Transportation Regulations

Parents are responsible for their children's transportation and are encouraged to take every measure to ensure that every child is transported safely.

If you return another child to school after an event, you are responsible to wait until his/her parent arrives.

According to Pennsylvania State Law, SEAT BELTS ARE REQUIRED FOR EACH CHILD.

Risks of Injury

Although there are many positive benefits to participation in athletics, it must also be clearly stated that there are risks and dangers that accompany participation in any sporting event. Although every attempt is made to provide safe facilities, good equipment and qualified coaches, there is always the chance that, despite these precautions, an injury may occur.

SJAA does not assume responsibility relative to doctor, ambulance or medical expenses. Athletics are a voluntary, extracurricular program in which the student may participate if he/she desires, but does so at his/her own risk of injury.

Insurance & Liability

Parents are encouraged to obtain adequate insurance coverage for their children. In the event of an injury during any aspect of students' participation in the SJAA program, **IT IS THE RESPONSIBILITY OF THE PARENTS' INSURANCE COMPANY TO ASSUME FINANCIAL RESPONSIBILITY FOR MEDICAL EXPENSES.**

Volunteer Work

Admissions Table, Set-Up & Clean-Up

All parents are expected help to cover the “gate” and collect admission fees during home games through the season. You may also be asked to work at a concession stand. This work is really minimal. You will sign up or be assigned by your Team Parent.

Volunteer parents should plan to show up about 30 minutes early on their assigned days.

For 1st games of the day, volunteers will need to help set up the gym. Items to set up include chairs for the spectators, the concession table, the scoring table, and the scoreboard/time clock. All of the items are located in the closet in the gym.

For last games of the day, volunteers should stay until everything is put away (probably 1/2 hour).

The Head Coach will be responsible for identifying a Team Parent who can help with various administrative functions, including scheduling coverage for the gate. This procedure is designed to provide guidance to every head coach with regard to coverage of gate tables for home games throughout the basketball season.

The Team Parent should develop a list of volunteer parents for their respective home games. The Team Parent should re-contact the participants from the list just prior to the game so as to ensure the volunteer is still aware of their original commitment and plans to follow through. A backup list is encouraged since emergencies do arise and others should be available on a standby basis.

Money Box (Gate) Pickup, Transfer, and Drop Off Procedure

For all home basketball games the first coach of the day has the responsibility of obtaining the bank moneybag from the Treasurer (Tom Karli, 697-9590). The Treasurer will have these bags available by Wednesday evening prior to the next scheduled home games. In this bag will be \$20.00 worth of ones and a deposit slip for Commerce Bank.

The first coach or his or her designee is responsible for handing off the bag to the next team having a game at the gym on that day.

The last coach of that day is responsible for counting the money. The deposit slip should be filled out and deposited in the night depository box at Commerce Bank on Simpson Ferry Road.

Additionally, this final coach of the day will call the current Treasurer that evening and indicate how much was deposited.

The Treasurer will return to the Commerce Bank during that week and pick up the receipts for the deposit and the moneybags to be given to the coaches for the next scheduled games.

Why is Basketball so Expensive?

There are three main reasons for our high registration fees.

Cost of facilities rental

Even running mostly dual practices in a split gym at our brand new facility, we will still have to rent space in several nearby facilities. Our estimated costs for gym rental this year are about \$7,000. In addition, we overspent our budget last year due to the high cost of facilities rentals, and need to make up the shortfall.

No fundraising requirement

In the past, over 80% of our families have chosen to “buy out” of fundraising activities. For everyone’s convenience, the SJAA board decided to include a fundraising buyout in the registration fees so that we didn’t have to collect it later in the season.

No concession stand

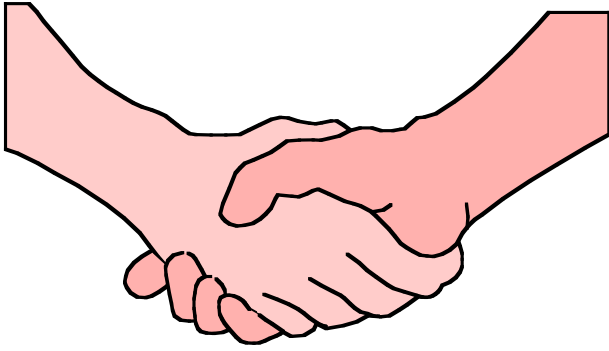
At this writing, we do not have a volunteer to organize and run a concession stand. A concession stand would certainly generate needed funds.

If you feel that there should be a fundraising option or a concession stand, please contact Jim Hoellman to volunteer to coordinate it.

Registration Notes

A parent or legal guardian should fill in the forms. A parent of legal guardian MUST sign the RELEASE OF LIABILITY. Signatures of relatives, friends or neighbors are not acceptable.

It is important that information on non-custodial parents who are involved in their son or daughters activities be included so that they can be aware of practice and game schedules, as well as last-minute changes.



Grumbling & Grousing: Where to Go with Your Complaints

SJAA recommends following the Biblical model for resolving personal differences. This is outlined in Matthew 18:15-16: “If your brother sins against you, go and tell him his fault between you and him alone. If he listens to you, you have won over your brother. If he does not listen, take one or two others along with you, so that every fact may be established on the testimony of two or three witnesses.”

What this means to us is that if you have a problem, the first person to discuss it with is the person directly involved. Therefore, if you have a complaint about a parent or a coach, take the time to discuss your grievance with that person directly. We would suggest that you choose words carefully, always attempting to show Christian charity. Communications experts recommend using I-statements, “I feel [feeling word] because”

For the person on the receiving end, we encourage you to be a good listener; and to acknowledge the other person’s feelings by naming them. We hope you will accept concerns for what they are, rather than assuming they are personal criticisms.

We would hope that everyone will be willing and able to give sincere, heartfelt apologies, and to receive apologies graciously, with forgiveness.

Remember, we are setting an example for our children.

If personal resolution and reconciliation is not possible, bring the concern to a member of the SJAA board of directors who may be able to help you work things out. Be assured that the Board will maintain confidentiality.

Uniforms & Equipment

The athlete and his/her parents are responsible for any equipment or uniform attire that is issued.

Athletes will return uniforms at the direction of the coach.

Any lost or stolen items will be charged to the athlete.

A fine may be assessed for any uniform that is turned in late or that has been damaged due to misuse.

If the uniform is not returned, the athlete will be ineligible to participate in any other SJAA program.

Coaches will return uniforms, equipment and keys to the basketball coordinator at designated time/place after the season is finished, or at the request of the coordinator.



Guidelines for Coaches

CYO Policy on Eligibility and Expectations of Coaches

According to the CYO Girls and Boys Athletic Policies, Article X: “Only those individuals rooted in faith, willing to support Gospel values and Catholic teachings, and willing to inspire students through their word and example to accept and live these values and teachings may be selected or retained as coaches in Diocese of Harrisburg CYO. In addition all coaches must be at least 21 years of age. Once coaches are selected, they are expected to maintain the quality of their faith commitment and their willingness to uphold the teachings of the Catholic Church. Coaches who espouse, by word or action, practices which are contrary to the teachings of the Catholic faith will be dismissed. Catholic coaches, particularly, are expected to fulfill their Sunday liturgical obligations and to otherwise participate in the life of the Catholic faith community. Coaches who are not of the Catholic faith community should demonstrate a similar involvement in their own Church. Coaches who after they have been selected, fail to meet these requirements and obligations, can at the discretion of the parish pastor or consolidated school principal, be dismissed from coaching or participating in the Diocesan CYO program.”

Orientation Clinic

All coaches must attend the new coach’s orientation clinic by their second year of their tenure.

Safety

To ensure safety of players and coaches must:

- have a first aid kit at all practices or games.
- have emergency contact forms at all practices or games.
- ensure at least 2 adults attend each practice or game.

Facilities

Coaches must read and adhere to Facilities Use Policy.

In particular, check condition of gyms when entering and when exiting the facilities. Note any preexisting damages or any damage that occurs during your practice or game to the Scheduling Coordinator ASAP. Tolerate no horseplay.

No Play Days

Adhere to No Play dates. (See page No Play Days) Failure to do so may result in dismissal.

Canceling Practices

In the event that a coach chooses to cancel practice other than for reasons of weather, the coach must notify the SJAA Scheduling Coordinator (Heidi) at least 5 days prior to the scheduled practice. Failure to do so may result

in the coach having to pay the \$25-\$30 per hour facility rental for space we did not use.

If school is dismissed early, no practice can be held.

Priority

St. Joseph’s team is the team of priority for coaches. Failure to adhere to this guideline may result in team/SJAA sanction.

Uniforms

Assign a number to each player and list player name on the equipment assignment sheet (included with uniforms). Copy assignment sheet to uniform coordinator.

Return all uniforms and equipment on time to the Equipment Coordinator.

Behavior

Head coach is responsible for behavior of coaches, players and parents at all sports functions.

Prayer

Encourage and model pre-game or post game prayer.

Scores

Call in game scores to appropriate person.

CYO 10 Commandments of Coaching

- 1) Lose with class. Anyone can be a good winner.
- 2) Always give your opponent credit for the win. Never blame the officials.
- 3) Always shake hands with the other team after the final whistle. It’s a game, not a war.
- 4) Never swear at or in any way abuse your players. Always treat them like young ladies or gentlemen.
- 5) Never allow your players or coaches to use profanity. There is no place for that on a basketball court.
- 6) Always give credit for the win to the players and your staff.
- 7) Always take the blame for a loss, for only you as head coach, could have changed the outcome.
- 8) Always be loyal to your team and coaching staff, for they are your family.
- 9) Remember you are a CYO coach. You don’t have the budget or a Penn State or Notre Dame.
- 10) Enjoy the game, your players and your coaching staff. They could have chosen anyone to coach them. They chose you.

Coaches Mandatory Clearances

Mandatory Videotape

Beginning in 2005, all coaches affiliated with Catholic parishes are required to annually view a 31-minute videotape on Sexual Abuse produced by the Diocese of Harrisburg. No volunteer may have contact with children without having fulfilled this obligation. After you view the video, be sure to submit a Verification form.

Who needs to submit paperwork?

All volunteer coaches or assistant coaches through SJAA must submit to a Criminal History check (authorized by your Diocesan Disclosure Statement) and PA Child Abuse History Clearance. You must submit the paperwork this year if you:

- Have not already received a clearance through the Diocese of Harrisburg.
- Have never coached at St. Joseph's previously.
- Have not coached for more than one calendar year since your last Child Abuse clearance.

Two forms must be filled out and submitted: a Diocesan Disclosure Statement and the PA Child Abuse History Clearance. It takes 4-6 weeks for the Child Abuse Clearance to be returned. Since you are not supposed to begin coaching until the clearance has been completed, it's important that you turn in your paperwork immediately.

These clearances will be paid for by the SJAA.

What if I have already received a clearance as a volunteer through the Diocese of Harrisburg?

If you fill out the Disclosure Statement, we will be able to look up your name on the Diocesan list. We will also need to know the date of your latest viewing of the Sexual Abuse video.

What if I have recently had these clearances run through another organization?

If you received a PA Child Abuse History clearance through another organization in the last 6 months, please send the ORIGINAL form (copies are NOT acceptable) along with the name of the organization that filed the paperwork. If you kept a copy of your original submission, send that too. Send these along with your Criminal History request form. The originals will be filed with the Diocese of Harrisburg.

Instructions for Diocesan Disclosure Statement

Type or print clearly in ink.

Fill in both the front and back

Instructions for PA Child Abuse History Clearance

If printing from computer, print the second page on the back of the first page!

Type or print clearly and neatly in ink Section I only.

Use your FULL NAME (middle name, no initials)

Address must be your CURRENT HOME ADDRESS.

Submit names of ALL ROOMMATES and ALL ADDRESSES since 1975. It may seem unreasonable to have to list every roommate, sibling and parent, but please do so to the best of your ability. If necessary, attach additional pages. We have an Excel spreadsheet available to use for this purpose. Request a copy via email.

Application must be signed.

Steps in the Process

Make a copy for your records.

Mail forms to Mary Ann Slonac, 2122 Canterbury Dr., Mechanicsburg PA 17055. Please note: NO PAYMENT is necessary. SJAA will pay for clearances.

When your Child Abuse Clearance certificate arrives at your home, copy it for your records and mail the original to Mary Ann Slonac.

Team Parent

The coach will assign a Team Parent who will have the following responsibilities:

- 1) Assist coach when asked (making phone calls, team roster, uniform distribution, etc.).
- 2) The Team Parent should develop a list of volunteer parents for their respective home games. The Team Parent should re-contact the participants from the list just prior to the game so as to ensure the volunteer is still aware of their original commitment and plans to follow through. A backup list is encouraged since emergencies do arise and others should be available on a standby basis.
- 3) Assist with Picture Day.
- 4) Collect uniforms, equipment bag and balls, first aid kit at the last game or year-end party.
- 5) Return to Equipment Coordinator at designated location.
- 6) Plan year-end party using SJAA funds provided.

Directions to Game & Practice Locations

For directions from your home, check out www.mapquest.com

CROSSROADS COMMUNITY CHURCH
(AOG or WINDING HILL GYM)
1425 Market St., Mechanicsburg 17050

Coming from St. Joseph.....
Left onto E. Simpson St.
Left onto Market St.
Straight at red light.
Left onto Winding Hill Road (after church)
Immediate left into parking lot and gym.

BISHOP MCDEVITT HIGH SCHOOL
(ST. MARGARET MARY)
2200 Market St., Harrisburg 17104

Take 581 North toward Harrisburg
Get off 2nd St. exit
Go through downtown Harrisburg
When you reach the square, make a right onto Market St.
Go approximately 1-2 miles, on top of hill school is on the left-hand side.

FIRST CHURCH OF GOD COMMUNITY CENTER
201 E. Green St., Mechanicsburg 17055

Coming from St. Joseph (Filbert St.)...
Take a left on E. Simpson St. at red light
Right onto N. Walnut St.
Left onto Green St.
Immediate right on N. Race St. (parking lot and gym entrance on right)

GOOD SHEPHERD
3400 Market St., Camp Hill 17011

Get on Simpson Ferry Road heading toward the Camp Hill Mall.
At the Camp Hill Mall red light, make a left onto 34th St.
Next red light go straight. You will cross over Market St.
School is on the left.

HOLY FAMILY
555 South 25th Street, Harrisburg, PA 17104

Take Route 83 across the South bridge toward Harrisburg.
Take the 19th Street exit.
At the end of the ramp, turn left onto 19th Street.
(Going over Route 83 toward Harrisburg.)
Turn Right onto Brookwood.
Take Brookwood to 25th Street.
Turn left onto 25th Street
Holy Family is at 555 S. 25th Street

HOLY NAME OF JESUS
6150 Allentown Blvd., Harrisburg

Take Rt 81 North to the Paxtonia exit
Go to red light and make left - Allentown Blvd.
Travel approximately 200 yards. Holy Name school is on left.
Gym is behind the church/school on the left.

LANCASTER CATHOLIC HIGH SCHOOL
650 Juliette Ave., Lancaster

283 to Rt. 30 East
30 East to New Holland Ave. exit
End of ramp turn left at light
About 1/2 mile turn right on Fountain Ave.
3-4 blocks look for school on left.

LEBANON CATHOLIC HIGH SCHOOL
Boys vs. Lebanon are played here or St. Cecilia's.
Girls vs. Lebanon ALWAYS at St. Cecilia's.
1400 Chestnut St., Lebanon 17042

I-83 N. to I-283 S via exit number 46A toward Airport/Lancaster/I-76/Pa Turnpike. Merge onto I-76 E/Pennsylvania Turnpike E via the exit- on the left-toward Philadelphia (Portions toll). Take exit number 266 (PA-72) toward Lancaster/Lebanon. Turn left onto Lebanon Rd / PA-72. Continue to follow PA-72 N. (7.55 miles)
Turn LEFT onto Chestnut St.

MAIN STREET GYM
32 W. Main St., Middletown 17057

581 to Harrisburg, go across South Bridge
Continue straight.
Take exit toward Airport (Eisenhour Blvd)
Stay straight on Eisenhour Blvd.
Take exit toward Lancaster (Rt 283), last exit prior to toll
booths for turnpike entrance
Take exit to Airport (first exit on 283)
Take exit to Middletown
Go to red light, make left - Main St.
Enter Middletown, look to your right.
Main Street gym is on the (set back off the road). Parking
is behind the gym.

OUR LADY OF LOURDES
225 Salt Rd., Enola 17025

Take US-15 N through Camp Hill.
Turn LEFT onto N 21st St. (0.32 miles)
Turn LEFT onto Center St. (0.76 miles)
Center St becomes E Penn Dr. (2.50 miles)
E Penn Dr becomes Salt Rd. (0.07 miles)

PRINCE OF PEACE
815 South 2nd St., Steelton 17113
985-1330

Take 581 North
Take 13th St. exit
At red light, turn left (13th St.)
Next red light, turn right (Sycamore St.)
Next red light, turn left (Cameron St/Rt. 230)
Go 2.9 miles to Chambers St.
Turn on Chambers St. at the Family Dollar Store.
Pass South 2nd St., turn left in the parking lot driveway.
Take the steps from the lot to the Parish Center/Gym.

SEVEN SORROWS
280 N. Race St., Middletown 17057

I-83 N. to I-283 S via exit number 46A toward Airport /
Lancaster / I-76 / Pennsylvania Turnpike. (3.01 miles)
Merge onto PA-283 E via exit number 1A toward Airport
/ Lancaster. (3.62 miles)
Take the exit toward Middletown / Hummelstown. (0.33
miles)
Keep right at the fork in the ramp. (0.07 miles)
Merge onto Vine St. (1.55 miles)
Vine St becomes E Water St. (0.09 miles)
Turn left onto N Race St. (0.04 miles)

SILVER SPRING PRESBYTERIAN CHURCH
444 Silver Spring Rd., Mechanicsburg

From Walnut St. in Mechanicsburg, drive north. The
street becomes Silver Spring. The church will be on your
right after you pass Basehore St.

ST. CATHERINE LABOURE
4000 Derry St., Harrisburg 17111

Take 581 East toward Harrisburg
Take 83 North
Take exit 26 - Paxtang
Turn left onto Parkview Lane (3rd street - last road before
red light)
Turn left at stop sign - Paxtang Avenue
Turn right at red light - Derry Street
Go approximately 8/10 mile
Turn left on 40th Street
Gym on right

ST. CECILIA SPORTS COMPLEX
Girls games 4-8 vs. Lebanon always played here.
Some boys games vs. Lebanon are played here.
750 State Dr., Lebanon 17042
Home Games for Lebanon Catholic Lancers

From Hbg. Take 322 East through Hershey to Lebanon.
(422 turns into one-way traffic; you must turn left or
right).
Turn right onto 12th St.
At the 2nd red light (Walnut St.), turn left.
Go to the 5th light (Lincoln Ave), turn right.
At the next light, turn left onto State Dr.
Go approximately ¼ mile. Complex is on the left side.
Sits back off the street.

From Rt. 81 take the Lebanon Exit (Rt. 72 South).
Take Rt. 72 into Lebanon through the light at McDonalds.
Traffic must turn right onto 10th St.
Go to 5th light (Walnut St.), turn left.
Go to 4th light (Lincoln Ave.), turn right.
At the next light (State Dr.), turn left.
Go approximately ¼ mile. Complex is on the left.

From 22 take Lebanon Exit (72 South).
Take Rt. 72 South into Lebanon. Follow the rest of the
directions above.

ST. FRANCIS OF ASSISI
1459 Zarker St., Harrisburg 17104

I-83/Harrisburg/Hershey. (2.15 miles)
PA-581 E/Harrisburg Exwy becomes I-83 N. (1.87 miles)
Take the 13th St exit- exit number 44A. (0.17 miles)
Keep right at the fork in the ramp. (0.02 miles)
Merge onto S 13th St. (0.88 miles)
Turn right onto Market St. (0.06 miles)
Turn right onto S 14th St. (0.03 miles)
Turn left onto Zarker St. (0.07 miles)

ST. JOAN OF ARC
359 W. Areba Ave., Hershey 17033

Get on 322 toward Hershey. This turns into 422.
At the 2nd red light turn right onto Hochersville Rd.
(CVS on corner)
Go one block and turn left onto Areba Ave. (police station
on corner)
Go 3 1/2 blocks, school and parking on left.

ST. MARGARET MARY
(See Bishop McDevitt H.S.)

ST. PATRICK
87 Marsh Dr., Carlisle 17013

Take 81 South
Take SECOND Hanover St. exit off Rt. 81 (this should be
EAST or SOUTH)
This exit will put you on Hanover St.
(continue directions below)
OR
Take Trindle Road (Rt. 641) into Carlisle
Go through 4 red lights.
At 5th light, make a left on Hanover St.
Continue on Hanover St, Pass MJ Carlisle Mall, go under
81 bypass. (continue directions below)

Continue for approximately 1.8 miles and look to your
left for Hair and tanning Salon (landmark)
Look to right a make a right on Marsh Drive
Travel 1/2 mile and look for St. Patrick's Church on left,
gym is behind church.

ST. THERESA
1300 Bridge St., New Cumberland 17070

Take 581 to Harrisburg
Take Highland Park exit (next to last exit before South
Bridge)
Go to stop sign and make left - Lowther St.
Go to red light and make right - Bridge St.
Pass St. Theresa's Church.
Immediately after the church turn right onto Park Ave.
Parking is on the left. Gym is behind the parking lot.



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