

Sacred Heart Catholic School's Athletic Program

A successful interscholastic sports program is one in which the student athlete achieves personal and spiritual growth within an enjoyable yet challenging atmosphere and which enhances the student athlete's overall educational experience.

All participants in our athletic program are students first and athletes second. Participation in athletics is a privilege for those who maintain certain academic standards. Athletics provide an opportunity for students to learn to be a Christian Role Model, Life Long Learner, an Effective Communicator, and a Responsible Citizen. Each of these is achieved by learning time management skills, respecting authority, facing adversity and developing self discipline and leadership skills. Athletics can teach physical fitness and necessary sport skills for a life time. Competitive athletics also assists students in learning about life (things are not always fair, some people have more talents than others, hard work and perseverance may overcome superior talent, etc.)

Competition is a motivational influence as the student engages in the pursuit of excellence via sports. It promotes and sparks an internal desire to perform at the student's highest potential as an individual and as a team player. Winning or losing is a direct result of having competition as a component of the athletic program. It is the aim of the Sacred Heart Catholic School's athletic program to teach student athletes to win gracefully and to lose with dignity and that "Winning isn't everything, wanting to is". (J. Seus)

Student athletes have the responsibility of representing themselves, their family, and their school. An impression about our values and beliefs as an academic and athletic community is formulated by those who view the conduct of our student athletes.

Student Athlete and Parent Code of Conduct

We believe that athletics is an extracurricular privilege that is available to all students. As a privilege, there are strict guidelines that must be followed by all. The program exists to promote the physical, mental, social, emotional and spiritual well being. In order for the Athletic Program to stay focused on their beliefs, there must be a fair and consistent set of guidelines that outline the behavior and expectations of our athletes and parents.

Attendance

All athletes must attend school all day in order to attend a practice or a game. Any student athlete leaving school during the day due to an illness may not come back to school for a practice or a game. Any exception must be pre-approved by the Athletic Director or Principal. Any school suspension for disciplinary reasons also applies to athletics. Athletes are required to

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attend all practices. An excused absence from school is an excused absence from practice. Athletes are responsible to inform their coach ahead of time if they cannot make a practice. For any unexcused absence from school or practice, the athlete will not compete in the next contest. If an athlete misses practice due to an injury it must be verified by a doctor's note. If possible, the athlete is required to attend practice or games even though he/she cannot participate. If the injury is not serious enough for a doctor's note, an athlete must attend practice and participation is based on the nature of the injury and at the discretion of the coach. If the doctor's note has stopped an athlete from participation, a doctor's note must be shown to the coach to resume participation. The athlete is responsible to deliver all the doctor's notes to the coach.

Academic Standards

A student who desires to participate in extra curricular athletics must meet the following requirements:

Maintain a "C" in every class. A grade report will be given to coaches weekly. If an athlete's name appears on the report he or she has one week to raise the grade. If the name appears on it again the following week the athlete will be on suspension until the grade is raised. If a grade falls below a "C" in any class the athlete will be put on probation for a week. During that week the athlete can still participate in practices or contests, but needs to bring the grade up. If the athlete fails to do so by the next week the athlete will be on suspension until the grade rises. This means no practices or contests until the grade is up. Maintain school work and meet requirements of teachers and staff.

Participation Requirements

Students must have a current physical on file yearly and a signed emergency release form and permission slip on file. They must also have a signed signature page on file. Students must pay the required \$75 pay to play by the first contest. If for any reason you cannot pay the fee by this day, you need to contact the Athletic Director or Principal. Playing time is determined by the coach.

Conduct Unbecoming to a Sacred Heart Athlete

Sacred Heart athletes are representatives of this school and Christ and are scrutinized on and off the field of competition. Their behaviors and actions must be above question in and out of season. Behavior that is considered unacceptable but the coach, Athletic Director, and/or Principal will result in suspension from one contest up to removal from the team. This shall apply during and out of season.

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Team Concept

It is very important in team sports that all members of a program understand that an individual must make a commitment and is responsible to the other members of his/her team. If team members do not adhere to this philosophy they will be warned and if persistent, shall be suspended for one contest or removed from the team, depending on the severity and persistence of the problem.

Discipline

Coaches have sole authority during practice and games. Team member must follow instructions and directions given. Infraction will result in consequences appropriate.

Equipment

An athlete is responsible for all athletic equipment issued to him/her. All previously issued equipment must be turned in before playing in another sport. Equipment lost or unreasonably damaged must be paid for before playing another sport. The athlete will be charged for the current replacement cost of the equipment. Equipment must be cleaned, and repaired if possible.

Informed Consent

By its nature, participation in interscholastic athletics includes the risk of injury, which may range in severity. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate the risk. Athletes have the responsibility to help reduce the chance of injury. Players must obey all safety rules, report all physical problems to the coach, and inspect their own equipment daily.

Parent/Coach Communication

Parents/guardians will be contacted upon any disciplinary action concerning their athlete taken by a coach. This is to make parents aware of what has occurred and what action has been taken. If an offense is serious enough, it may be necessary to have a parent/ player/ coach meeting. Any violation of this Code of Conduct will be reported to the Athletic Director and Principal.

Parent Conduct

If parents have questions about their child's athletic program, they should contact the coach to set up a meeting. Subjects such as playing time, team strategy, and/or team members are

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totally the coaches' responsibility. If issues are not resolved after a parent/coach meeting, a meeting can be arranged between the coach, parent, Athletic Director, and Principal.

If a parent's concerns pertain to a situation in a contest, they must wait until the next day to contact the coach to set up a meeting. Parents may not attack a coach physically or verbally. Parents may not confront a coach before, during, and/or after a game or practice. Parents are very important to the athlete and the school's athletic program. Parents should show support and encouragement for their child, as well as all the other teammates. Players, parents, and spectators shall not behave in a manner that is an embarrassment to our program, the athletes, and/or the school. Parents not adhering to this policy will be removed from the event and may be banned from future contests. Parents should not bad mouth or back stab the coach. The role of the parents is to encourage and model for their athlete. It is important to remember that parents are not the coach for these programs; sending mixed signals to athletes make coaches ineffective in running a successful program.