

SACRED HEART CATHEDRAL  
SCHOOL  
ATHLETIC HANDBOOK

STUDENT ATHLETE PLEDGE

I commit myself to service to this school, and agree to be bound by the principles, policies, and procedures contained in this handbook.

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Signature

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Date

*Please return to your coach or SHCS Athletic Director*



Sacred Heart Cathedral School  
ATHLETIC HANDBOOK



***GO EAGLES!***

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## Amendments

The school reserves the right to revise the handbook.

### ARTICLE XV School– Sanctioned Sports



**SHCS EAGLES**

Volleyball	Girls	Fall
Tennis	Girls & Boys	Fall
Basketball	Girls & Boys	Winter
Softball	Girls	Spring
Soccer	Girls & Boys	Spring
Cheerleading	Girls	Winter
Golf	Girls & Boys	Spring
Cross Country	Girls & Boys	Fall

#### Other Sports

Football	Boys	through CYF
Baseball	Boys	through KCHS

- Team strategy
- Play calling
- Other student athletes

There are situations that may require a conference between the coach and parent. Attempts to confront a coach before or after a game or practice can be emotional for the athlete, parent, and coach. Meetings under these circumstances do not promote resolution.

The Athletic Director will address any unusual or mitigating circumstances that may arise and also any situation that may not be covered in the handbook.

**Social Media:** Posting inappropriate or derogatory pictures or comments that reflect negatively on our community or those within via social personal media (i.e. Facebook or Twitter) would be in violation of SHCS Conduct Code. This may be grounds for suspension or expulsion.

### ARTICLE XIII Uniforms

- Uniforms: Please follow cleaning instructions on the label. Do not use bleach or fabric softener.
- Uniforms are expected to be returned in good condition and clean. Otherwise, parents will be expected to pay for the repair or replacement of the uniform.
- Uniforms should only be worn during games. School records (including report cards) and diploma may be withheld for failure to return a uniform.

### Article XIV



## PRAYER FROM THE SIDELINES

**God**, help me keep a cool head.

Help me remember it's my child's game, not mine.

Help me see the joy in the game:  
the nobility of trying your best, and the satisfaction that comes with playing your heart out.

Help me keep my eye on the fun and off the scoreboard.

Let me cheer for *all* the children and keep my comments about the referees to myself.

Help me to realize that the opposing coach is a child of God, and their best player is still a child, with feelings that hurt and a heart that can break.

Let me be a big enough sport to let my own child make blunders without my harassment.

And may I model sportsmanship and honor, no matter what the others may say or do.

**Amen.**

## **ARTICLE I**

### **Name**

The name of the organization shall be the **SACRED HEART CATHEDRAL SCHOOL ATHLETIC PROGRAM**. The official abbreviation shall be **S.H.C.S.A.P.**

## **ARTICLE II**

### **Mission and Philosophy**

The mission of the Sacred Heart Cathedral School Athletic Program is to encourage the growth of Christ-like behavior by encouraging sportsmanship, commitment, honesty, loyalty, courage, and respect for others and one's self through interscholastic athletics.

## **ARTICLE III**

### **Athletic Committee**

The Athletic Committee shall be made up of Principal, Dean of Students, Athletic Director, and other designated advisers as appointed by the school administration. The purpose of the Athletic Committee is to **develop** and **maintain** consistent regulations as well as standards of behavior for all interscholastic sports activities within the S.H.C.S.A.P.

## **ARTICLE IV**

### **General Eligibility Requirements**

- **Grade/Age Requirements:** Participation is open to any sixth, seventh, or eighth grade student (boy or girl) who meets the school's academic, physical, and discipli-

vow not to criticize players or coaches for loss of a game.

- Appreciate a good play no matter who makes it.
- Cooperate with and respond enthusiastically to cheerleaders.
- When attending sporting events in the gym, remain in the gym during the event. Any student found outside, unsupervised by an adult, may be asked to leave and barred from attendance at future events.
- Respect team benches and locker rooms. Only players are allowed in these areas.
- Refrain from sitting on gym window ledge or on the floor behind the end lines.
- Volleyballs and basketballs are for use of the team members during practice and during games. Spectators and players who are not currently playing may not use them.

## **ARTICLE XII**

### **Communication**

*Appropriate concerns for students and parents to discuss with coaches:*

- Athlete's mental and physical treatment
- Suggestions for the athlete's improvement
- Concerns about the athlete's behavior

*Issues not appropriate to discuss with coaches:*

- Playing time

school participates.

- Discipline and if necessary dismiss players who display unsportsmanlike behavior (with permission of Athletic Committee).
- Know he/she is a teacher and understands the athletic arena is a classroom.
- Use the gym only during scheduled times. All gym-use requests must be made with the Athletic Director.
- Refrain from using profane language.
- Congratulate opposing coach in a sincere way following either victory or defeat.

## **ARTICLE XI**

### **Responsibility of the Spectators**

- Conduct themselves in a commendable manner as an adult or student representing their school.
- Comply with all school regulations.
- Respect the property of others and the authority of those who administer the competition.
- Control their tempers and refrain from criticism of officials, coaches, and students/athletes.
- Cheer in a sportsman-like manner.
- Leave the coaching during games to the coach.
- May be asked to leave sporting event if not following school policies.
- Attempt to understand and be informed of the playing rules.
- Respect the judgment and strategy of the coach and

nary requirements.

Because SHCS participates in a variety of leagues, students will also be subject to any requirements set forth by those leagues.

- **Athletics Examination – Tryouts and/or Teams (Diocesan Policy 3001):** Students wishing to try out for any school-sanctioned activity must provide written documentation of a recent physical examination. Sport physicals must be completed after June 1st for the upcoming school year. Sport physical forms can be obtained in the school office or the athletic office and must be on file in the athletic office prior to the tryout.
- **Participation Limit:** Students may participate on only one school-sponsored team at a time.
- **School Attendance Policy:** Students must be at school at least one-half day to be eligible to participate in extracurricular activities after school. Students must stay until or arrive before 11:30 a.m.
- **Discipline Policies:** Any student receiving a detention during the regular season must attend detention before attending practice or playing in a game.
- **Athletic Fee:** There shall be an athletic fee *per student per sport* for all students participating in the S.H.C.S.A.P. The Athletic Director or coach will collect the fees. The fees will be used to pay for equipment, uniforms, league fees, and officials.
- **Required Parent Meetings:** Parent information meetings may be scheduled prior to tryouts for any given team. When scheduled, attendance at the meeting is required. Failure to attend this meeting may result in

the student not being permitted to try out for the team.

## **ARTICLE V**

### **Academic Athletic Eligibility Policy**

All student athletes must maintain a 'C' (77%) average or better in each subject including conduct. After the team roster is selected, student athlete grades will be evaluated. the following will apply:

- Any student with a deficiency (grade below "C"/77%) will be placed on immediate playing probation.
- Any student without a deficiency will have his/her grades evaluated at each interim and at the end of each nine-week grading period during the sports season. Any deficiencies will result in the following:

#### Level 1 – "Playing Probation"

When a student athlete's grades are evaluated at the specified times and a deficiency is found, the student is placed on playing probation until the next scheduled check, the following week. The grades for the 4th grading period from the previous year will be evaluated for students trying out for fall sports. Playing probation means:

- A weekly "check-in" with the Dean of Students will be required on each Thursday. Students will be given a grade sheet that must be completed by all teachers on Friday and turned in to the Dean of Students at the end of the day. Failure to comply with this step may result in immediate dismissal from the team.
- The student may practice and play.
- The parent has the option of limiting the student's participation.
- This serves as notice to the student and parents that

## **Responsibility of Cheerleaders**

- Sportsmanlike cheering.
- Control their tempers and refrain from criticism of officials, coaches, and students/athletes.
- Basketball – No disturbance during free throw attempts.
- Basketball – Cheer on playing area only during time out, end of quarters, and half time. All other times cheering will be done on the side lines.
- Be knowledgeable in the rules of the sport for which they cheer in order to help control crowd response.

## **ARTICLE X**

### **Responsibility of the Coach/Supervisor**

- Treat opponents and officials with respect.
- Respect the judgment and interpretation of the rules by the officials.
- Display good sportsmanship, always maintaining poise and self-control.
- Refrain from displays of temper.
- Teach fair play and sportsmanship, and how to play hard without using unethical practices.
- Present one's self in a respectful, qualified, and competent manner.
- Follow all school policies regarding the supervision of students.
- Abide by all rules and regulations set up by Diocese. Be a good representative in any leagues in which

## **ARTICLE VIII**

### **Responsibilities of the Parents**

- Make sure your child knows that win or lose, you love them.
- Be helpful but leave the coaching during games to the coach.
- Teach your child to enjoy the thrill of competition, to try hard, and work to improve their skills and attitudes.
- Be realistic about your child's skill level and avoid comparing your child to other players.
- Support your child and the program by attending games.
- Instill in your child that he/she must come to all practices and games and be prepared to contribute to the overall **TEAM EFFORT**.
- See that your child has transportation to all practices and games. It is **not** the responsibility of coaches to provide transportation. Coaches may provide transportation only if Diocesan Policy #1180B – *Educational Trips/Outings* is followed. Both Diocesan Form #1180A – *Educational Trips/Outings: Notification* and Diocesan Form #1180C – *Educational Trips/Outings: Volunteer Driver Information* must be on file in the athletic office prior to the coach transporting the student.
- An assigned parent work schedule will be made prior to the season as needed.
- Only playing team coaches and players are permitted on or near the bench during a game.

## **ARTICLE IX**

special attention may need to be given by the student to his/her academics.

- The student has 2 weeks to return to normal status.

### Level 2 – “Non-playing probation”

When a student's grade sheet is evaluated after being placed on Level 1 and a deficiency is found, the student is moved to Level 2 non-playing probation for two weeks. If after 2 weeks a student displays non-compliance with Level 1, a meeting is scheduled with the parents, the Dean of Students and the Athletic Director. The student athlete will not be allowed to play or practice the team sport during this period.

- A weekly “check-in” with the Dean of Students will be required on each Thursday. The student will be given a grade sheet that must be completed and signed by all teachers on Friday and turned in to the Dean of Students at the end of the day. Failure to comply may result in immediate dismissal from the team.
- A student may not practice or play while on non-playing probation.
- A student may not sit with the team or be in the locker room with the team during games.

### Level 3 – “Permanent Removal”

When a student has not met the goals in Level 2, the student is removed from the team permanently. Permanent removal means:

- Removal from current team or any team-related activities for the remainder of the season.
- The student may not practice or play with the team. The student may not sit with the team during games or

be in the locker room with the team during games. Students and parents will be notified of these deficiencies *in writing* by the athletic director. The effective date(s) of the probation or removal from the team will be stated in the letter.

*All appeals should be made in writing to the Athletic Committee.*

Please remember that this policy is made in order to insure that student athletes are given the most support in meeting their academic responsibilities. The Athletic Committee gathers input from a team of teachers to determine exceptions based on the specific needs of the student/athlete. Please help your child to understand that this time of ineligibility is to be used in a beneficial manner so that the student/athlete will be able to bring up his/her grades.

## **ARTICLE VI**

### **Selection of Teams**

Teams shall be selected by the coaches and/or their designees. The number of players/teams selected is determined by the league and varies from sport to sport. All tryouts are **CLOSED** tryouts. The only people present during tryouts are coaches, players, and Athletic Committee members.

Parent information meetings may be scheduled prior to tryouts for any given team. When scheduled, attendance at the meeting is required. Failure to attend this meeting may result in the student not being permitted to try out for the team.

When a meeting is not scheduled, a communication will be sent prior to tryouts stating expectations which must be signed by the parents and the student athlete prior to tryouts.

**Tryout Attendance:** Attendance at tryouts is mandatory except for pre-approved absences due to Injury or Illness. If a player misses the tryout process due to illness or injury, with a physician's request, the player may be placed based on his/her past playing experience, availability of a roster spot, and evaluation by the SHCS Athletic Committee. This decision will be based on weighing tryout evaluations and what is best for the athlete and the team involved.

## **ARTICLE VII**

### **Responsibilities of the Student/Athlete**

- Each student/athlete is expected to fulfill his/her role as a responsible member of SHCS.
- Good sportsmanship by students/athletes shall prevail at all times.
- Accept referee's decision in a respectful manner. Never argue with officials or make any motion or gesture that indicates a dislike for a decision.
- Refrain from displays of temper.
- Play your best even in defeat. Do not show unnecessary superiority in victory (taunting).
- Congratulate opponents in a sincere way following either a victory or defeat.
- All players will obey the coach or adult supervisor.
- Respect our school's and opponent's school facilities.
- Respect yourself and opponent.
- Be picked up on time after practice and games.
- Alert coach or supervisor of any injury to self or others.