



UPPER SCHOOL GENERAL ATHLETIC POLICIES

General

1. The athletic program is developed upon the *Goals and Criteria* for Sacred Heart Schools. The program educates to a life-long sense of responsibility for health and well-being. The program provides equal opportunity for all students to acquire knowledge of sport, development of skills, and exercise leadership. The program promotes self-discipline, responsibility and decision making as well as learning the benefit of cooperation and respect for others. Each student will have the opportunity to apply skills in situations commensurate with her own skill level.
2. As athletes, all players are representatives of the Academy in every match or game that is played. Be mindful of this responsibility.
3. Each year, the Freshman, JV and Varsity team determinations are made during pre-season practices. If an athlete is on the varsity team the year before, she is not automatically placed on the varsity for the new season. Each year is a fresh start.
4. Each athlete's academic progress will be monitored by both the coach and the teachers. Unsatisfactory progress will be discussed and dealt with, keeping the athlete's best interest in mind.
5. Varsity, Junior Varsity and Freshman athletes are expected to stay for and give support during each other's games/matches.
6. All announcements relative to athletics will be communicated to student athletes by email. It is the athlete's responsibility to check her email daily for information. The Sacred Heart website will be updated by 2:00 p.m. with any changes.
7. All athletes are expected to attend the Annual Athletic Award Ceremony.
8. Sacred Heart's Athletic Department employs a "24-Hour Rule" and requests that athletes and their parents do so, as well. The "24-Hour Rule" allows those parties involved the opportunity to reflect before reacting or responding.
9. As an athlete, each student will learn the meaning of "team concept," the need for following rules and the realization that commitment to excel is an integral part of a sport.
10. Privilege of team membership is dependent upon team participation. Students may be dismissed from the team due to attendance and or disciplinary problems.

Health

1. A student must have a physical examination completed by a physician certifying that the student is fully able to compete in athletics. The physical examination must take place April 15 (of the previous school year) or later to be used for the current school year. The student **MAY NOT PARTICIPATE** in any practice sessions or contests until the completed form has been turned in to the Athletic Director.
2. Proven instance of cigarette, e-cigarette, alcohol or drug use will not be tolerated while representing the Academy of the Sacred Heart. The course of disciplinary action will follow the guidelines outlined in the Student Handbook.
3. It is the athlete's responsibility to communicate to the Athletic Department if they are injured or ill. A prolonged injury or illness will necessitate a physician's release prior to the athlete returning to their sport.

Absences

1. In order for a student to participate in an athletic event or practice, she must be in attendance for the second half of the day, arriving no later than lunch on a "regular schedule" day. There are certain exceptions to this (i.e. a school field trip, scheduled appointment or funeral). A student who leaves school in the afternoon may not return to participate in practice or a game/match. Any exception or deviation from this policy must go through the Middle or Upper School Offices.
2. If an athlete is unable to participate in physical education class the day of practice or a competition (due to illness or injuries) she will not be allowed to participate in that day's athletic practice or competition.
3. If a coach has determined that a student-athlete has violated the code of behavior, a serious team rule or has accumulated three (3) unexcused absences that would result in a suspension or dismissal from a team, the coach should communicate with the Athletic Director and review the recommendation for disciplinary action. The Athletic Director will communicate with the appropriate Learning Community Leader and Dean of Students, as necessary, and may choose to participate with the coach in communicating with the parents of the student-athlete.

4. If an athlete is unable to attend practice the day before a game/match, her participation in that competition may be affected.
5. Detention is an unexcused absence from practice/competition.

Dismissals

1. Athletes are expected to request permission from their teachers for early dismissal prior to the competition date.
2. When an athlete is excused to attend an athletic contest during the school day, she must sign out as per school regulation.

Transportation

1. Athletes are not permitted to drive themselves to a contest except under extreme circumstances. A written authorization must be signed by the parent and the Athletic Director **prior** to the contest.
2. All athletes must travel with the team to and from contests when using ASH transportation. The Athletic Director may approve athletes leaving with parents in extenuating circumstances. This must be in writing and initiated by the coach 24 hours prior to departure

Uniforms

1. An athlete must be in complete uniform in order to participate in an athletic contest. Complete school uniform includes the all-school warm-up and pants. School-issued uniforms should be washed and returned at the end of season.
2. If uniforms are not returned in good order within one week of the final contest, the athlete’s report card/transcript will be held until the uniform is returned. The athlete is ineligible for the next sport season until this obligation is honored.
3. Athletes are responsible to replace damaged/ lost uniforms, and will be billed by the Business Office.

Points Awarded: All points awarded are at the coach’s discretion. An athlete who quits a sport, or has to leave a sport because of academic ineligibility (unless due to medical reasons) forfeits all points in that sport for that season.

- Varsity Contest: 25 points per contest; 50 points per tournament
- Junior Varsity Contest: 20 points per contest; 40 points per tournament
- Freshman Contest: 15 points per contest; 30 points per tournament
- Quad Contest: 35 points per contest
- Manager: 10 points per contest.

700 Cumulative Points	Block Letter “ASH”
1200 Cumulative Points	Gazelle Patch
1800 Cumulative Points	Honor Athlete Patch
2500 Cumulative Points	“2500” Patch
3300 Cumulative Points	Star Patch
5500 Cumulative Points	Hexagon

**** I HAVE READ AND UNDERSTAND THE ABOVE ATHLETIC POLICY ****

Student
Name: _____ **Signed:** _____
Please Print

Parent/Guardian
Signature: _____ **Date:** _____
Please Sign

Parent/Guardian
Email: _____

Parent/Guardian
Cell Phone# _____