



## Middle School for Girls Athletics Program

### Academy of the Sacred Heart Athletic Policy

The interscholastic Athletic Program is developed upon the *Goals and Criteria* for Sacred Heart Schools. The Athletic Program educates to a life-long sense of responsibility for health and well-being. The program will provide equal opportunity for all students to acquire knowledge of sport, development of skills and exercise leadership. The program will promote self-discipline, responsibility and decision making as well as learning the benefit of cooperation and respect for other people. Each student will have the opportunity to apply skills in situations commensurate with her own interest and skill level.

**\*\*Each athlete must have a current sports physical on file with the Academy of the Sacred Heart athletic department. The sports physical must be dated on or after April 15, 2018.**

### 2018-2019 MSG Interscholastic Athletics Team Offerings (Competitive Program)

Fall Season / The fall athletic season runs during the months of September and October.



Cross Country  
Grades 5, 6, 7, 8  
A-Team



Volleyball  
Grades 5, 6, 7, 8  
A-Team and B-Team



Field Hockey  
Grades 5, 6, 7, 8  
A-Team and B-Team

Winter Season / The basketball season will begin in December and conclude in late February.



Basketball  
Grades 5, 6, 7, 8  
A-Team and B-Team

Spring Season / The spring athletic season runs from mid-March through the end of May.



Golf  
Grades 5, 6, 7, 8  
A-Team



Lacrosse  
Grades 5, 6, 7, 8  
A-Team and B-Team



Tennis  
Grades 5, 6, 7, 8  
A-Team\* and B-Team  
\*Limited to 16 girls

Practice and Game Schedules can be accessed on the ASH Website ([www.ashmi.org](http://www.ashmi.org))

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The Middle School Athletic Program is offered to all students on a **no-cut basis**. The Middle School for Girls program offers seven sport team opportunities during the school year.

All middle school athletes must attend a mandatory study hall from 3:10-3:40 p.m. on practice days. Students will be assigned a supervised classroom to work on homework. Students are encouraged to bring a healthy snack to eat during the study period.

- Practices are held on Monday through Thursday from 3:45-5:00 p.m. on non-game days.
- Game times vary from 4:00 p.m. to 5:30 p.m. depending on team placement. Check team schedules on the school [website](#) for specific times and information. (Athletics → Middle School for Girls Sports)
- Bus transportation will be provided to most away games. Arrival back at Sacred Heart will be listed on team schedule.

## SPORTS GEAR NEEDED

\*ASH warm up [jackets](#) are required for all athletes. They may be purchased from the Spirit Store.

- **MSG Basketball**
  - ✓ gym shoes
  - ✓ required [PE uniform shorts](#)
- **MSG Cross Country**
  - ✓ running shoes
  - ✓ required [PE uniform shorts](#)
- **MSG Field Hockey and Lacrosse**
  - ✓ cleats
  - ✓ goggles
  - ✓ mouth guard (may be purchased from Mr. Malek for \$1.00)
  - ✓ shin guards (FH only)
  - ✓ sticks
- **MSG Golf**
  - ✓ set of golf clubs and bag, golf glove, tees, ball markers
  - ✓ golf shoes or tennis shoes
  - ✓ shirt with a collar
  - ✓ pants/shorts/skirts (uniform length)
- **MSG Tennis**
  - ✓ racquet
  - ✓ tennis shoes
- **MSG Volleyball**
  - ✓ gym shoes
  - ✓ knee pads (optional)
  - ✓ required [PE uniform shorts](#)