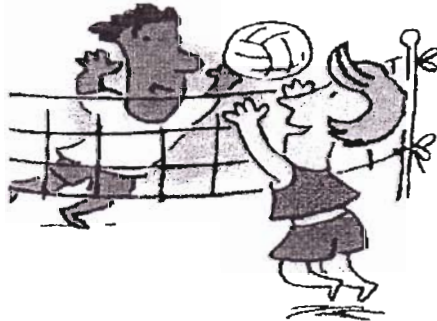
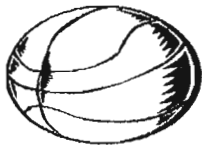




Sacred Heart Academy  
"SHARK" HANDBOOK



**Extra-Curricular  
Sports Handbook**



To all Sacred Heart Academy parents and students:

I would like to thank all of you in advance for your continued support of Sacred Heart Athletics. This handbook has been put together in order to familiarize Sacred Heart families, coaches and students with the rules of the Diocesan Sports League.

Good luck and have a great season!

Brady Kramer

Athletic Director  
Sacred Heart Academy

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## **Extra Curricular Sports Philosophy**

The purpose of the After School Sports Program is to teach and exemplify the basic human and Christian values of sportsmanship, cooperation and teamwork. The goals are to help foster friendships, provide leadership opportunities and help the students develop a positive attitude toward sports and athletic competition. The after School Sports Program is in a competitive league that believes we play to win, but “not to win at all costs”. It is expected that every boy and girl be given an equal opportunity to play each game during the season.

### **Uniform Policy**

Students participating in the After School Sports Program will be issued a uniform by the coach. Each player submits a deposit check for \$50.00 to the coach or team manager. This deposit will be returned when the uniform is returned in proper condition to the coach or manager immediately after the conclusion of the specific season. Deposits may be rolled over to the next sport for those athletes who will be participating in more than one sport per year.

### **Player Eligibility Grades 5-8**

Students begin on Junior Varsity teams in the 5th or 6th grade and they play on the varsity teams during 7th and 8th grade. Junior Varsity teams will be grade specific. “A” teams are the 6th graders, and “B” teams are the 5th graders.

### **Rules and Expectations**

If a student is absent from school, permission to play in a game that day, or if a student is absent from school Friday, permission to play on Saturday or Sunday, is granted by the Athletic Director in consultation with the Principal.

If a student is in Saturday Detention he/she may not play in a game that day or on Sunday.

In order to participate in the After School Sports Program at SHA, a student must have a 2.0 GPA (C average) on progress reports and semester report cards.

The coaching staff and team members will strictly adhere to the following rules and regulations. Failure to abide by these rules simply means less playing time and/or the possibility of being removed from the team.

**We play to win, but not to win at all costs.**

The coaches are “in charge” and will make decisions as to when and where to play team members.

This is a competitive league. We do not guarantee “equal” playing time, but we do guarantee if a student meets all the criteria set forth by the coach, he/she will play in each regular season game in at least one half.

### Practices and games

Practices and games must be attended. Any team member who misses practice without a legitimate excuse will not start in that week’s game and will have considerably less playing time. Any player who misses a game without a legitimate excuse will not start in the following week’s game and will have considerably less playing time. Excuses such as illness will always be accepted. If you have an appointment or other obligation that prevents you from attending practice or a game, please advise the coach at least 24 hours in advance. Detention or attending other sports functions is not considered an excuse.

Practices will be scheduled on a weekly basis. Practices are subject to change due to the unpredictable nature of coaches schedules.

### Practice and game pick up

It is the parent’s responsibility to pick their child/children up immediately after practice. COACHES ARE NOT BABY SITTERS! If the practice is at or near school and the child is not picked up, the child will be taken to SHA daycare and the parents will be charged. If the problem persists, the child will not be allowed to participate on the team.

### Don’t be late

We have a limited amount of practice time and will not wait for anyone. Tardiness without an excuse means less playing time. Detention is not an excuse! This rule also applies to game day. Team members are expected to arrive 30 minutes prior to the start of the game.

### Pay attention

After school sports are meant to be fun, yet they are also very physical. Failure to listen to the coach’s instructions may result in a player missing instructions and the possibility of injury. If there are discipline or attention problems with a certain individual, the individual will have to do calisthenics. If the problem persists, that individual will be asked to leave the practice or game. If the situation warrants, the individual may be removed from the team.

### Three strikes and you’re out

Any team member who misses a total of three practices or games due to unexcused absences will be removed from the team. Any team member who is asked to leave at any time during practice or a game due to a discipline problem will be given two chances to correct his/her behavior. The third instance will result in being removed from the team. There will be no exceptions.

### Mass Attendance

Each team is encouraged to attend Sunday Mass as a team during their season. The coach will schedule the Mass with the Principal and notify the players as to when the team will be attending Mass.

### Awards

Awards will be given to all participants. A SHArk Sportsmanship Award will be given to one player from each team. This award will be given to the athlete who exemplifies the Parochial Athletic League's Philosophy which is "...to teach and exemplify the basic human and Christian values of sportsmanship, cooperation, and teamwork. It's goal is to help foster friendships, provide leadership opportunities, and help the students develop a positive attitude toward sports and athletic competition." The athletes on each individual team will vote to decide who on their team best demonstrates this philosophy.

### Facility Use

These guidelines have been established by the Parochial Athletic League. Failure to follow these rules may result in discipline actions such as a team forfeiting a game.

Please treat each of the facilities we use as if they were your own. Remember, in most cases, the gymnasiums and playing fields we use do not belong to us. We are fortunate to have the facilities we use and this should not be taken for granted. If we abuse them, we could lose them. Therefore, please keep the following in mind:

- 1) We are limited to the immediate area of the playing field or gym that we are using. Please do not let your students or other children "explore" the rest of the campus. CHILDREN MUST BE UNDER ADULT SUPERVISION AT ALL TIMES.
- 2) At Uni High, the stage area in the gym is off limits. We are not allowed to play with the gym equipment or any football equipment on the field.
- 3) NO FOOD OR DRINK is allowed in any gym.
- 4) Please leave all facilities as neat as you found them.
- 5) NO PETS allowed and no SKATEBOARDING.

Realize that not every playing field will have a trash can, so if you are planning on bringing snacks or drinks, please bring a trash bag.

NOTE: Violation of any of the above rules may cause your team to forfeit the game.

## **Sportsmanship**

**Please remember both athletes and parents are setting an example in behavior that others are likely to follow. You are encouraged to cheer enthusiastically in support of your team. However, keep in mind that it is considered poor sportsmanship to try and discourage the opposition from doing it's best. Therefore, it is requested that you:**

- 1) Do not make noise in an attempt to hinder an opposing player from serving a volleyball, kicking a penalty kick in soccer, or shooting a free throw in basketball.**
- 2) Do not direct negative or derogatory comments toward opposing players, their coach, or the game officials. Keep your comments positive.**
- 3) Keep the field or court clear during time-outs (except cheerleaders). This will allow games to restart promptly.**

**Remember, everyone wants to win, but only one team will. However, each game should be a positive experience for both teams regardless of the final score.**

**Parochial Athletic League 2000**



## Sacred Heart Academy

4895 Saratoga Avenue

San Diego, CA. 92107

Phone: (619) 222-7252

Fax: (619) 222-2836

E-mail: shaob@cox.net

### **PARENT'S SPORTS PLEDGE**

We, the undersigned, are registering our child in a Christian athletic program which will emphasize Christian values during practices and games. Although our child's team will practice hard and play their games to the best of their ability, faith in Jesus Christ - not just winning - will be the most important goal of the season.

We realize that our child will be expected to behave in a Christian fashion throughout the season, and that family and friends who come to the games will also be expected to act in a manner appropriate for a program dedicated to living the faith we profess. We also realize that our child's team may be expected to attend Mass together at the beginning of the season.

We realize that inappropriate behavior on the part of our child or family members could result in our child's suspension from playing.

We pledge to do our part to witness to Christian values at home and on the field, to support the coaches in their attempt to develop the team into a faith community, and to take seriously the faith dimension of the team's efforts.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

# Sacred Heart Academy Sports Permission Slip & Emergency Information

**Permission slips must be on file for each sport and completed before the first practice. The undersigned is responsible for all equipment/uniform at full value.**

Please enclose \$60 registration fee made payable to Sacred Heart Academy.

I give permission for \_\_\_\_\_ in grade \_\_\_\_\_ to participate on the \_\_\_\_\_ team at Sacred Heart Academy.

Furthermore, we (I) the undersigned as parent (s) or legal guardians of \_\_\_\_\_ do hereby consent to release Sacred Heart Academy and any and all of its agents from any liability arising out of or in any manner related to transporting students from and to Sacred Heart Academy by car for sports events. Drivers must be at least 21 years of age with a current California Driver's license and proof of insurance (in their vehicle and on file at S.H.A.) Seat belts are required for all passengers. In the event of a medical emergency, we (I) further consent to the decision made by the school or any and all of its agents relating to the provision of medical assistance.

I understand that if my child is involved in After-School Sports, my participation is required for driving him/her to/from practices or providing refreshments. Students must attend practice in order to be eligible to play.

Last Name	Telephone	Year
Home Address	City	Zip
Father First Name	Employer	Hours
Work Address	Wish to be Called	Telephone
Mother First Name	Employer	Hours
Work Address	Wish to be Called	Telephone

Cell Number	Cell Number
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**STUDENT INFORMATION**

Student First Name	Birth Date	Grade	Precautions

**EMERGENCY CARE INFORMATION (OTHER THAN PARENTS)**

Name	Relationship	Telephone
Address		City
Name	Relationship	Telephone
Address		City
Doctor Name		Telephone
Address		City

**CONSENT**

I UNDERSTAND THAT THE SCHOOL DOES NOT ASSUME RESPONSIBILITY FOR PAYMENT OF A PHYSICIAN. HOWEVER, IN AN EMERGENCY YOU MAY CHOOSE A PHYSICIAN.

Parent Signature \_\_\_\_\_

Date Mo./Day/ Year \_\_\_\_\_

**Please complete the following information**

For SHA Athletic Information call: Sacred Heart Academy 619 222-7252