

## **STUDENT ATHLETE RESPONSIBILITIES**

Participation in a sports program provides young people with many opportunities to develop physical skills, coordination, and mental discipline. In order to participate in a sports activity sponsored by Sacred Hearts School, it is expected that the student athlete will strictly adhere to the code of conduct and responsibilities outlined below.

### Physicals

Each athlete must have a physical examination for interscholastic sports every **two** years. This examination cannot be conducted before May 1st of the school year prior to participation. The Physical Examination Card or Alternate Year Card must be completed and filed with the Athletic Director before the athlete can participate in any practices or games. Copies of these forms are in the forms section at the end of this handbook.

### Expectations

Each athlete is expected to:

- Read the Sacred Hearts Athletic Handbook and ask questions if clarification is needed.
- Sign the Student Agreement Form and return it to the Athletic Director.
- Act in a Christian manner toward coaches, team members and opponents.
- Encourage teammates and promote positive interaction.
- Learn the rules of the game and be aware of responsibilities as a member of the team.
- Respect property at all games, both home and away.
- Communicate with and treat coaches, players, officials, etc. with respect.

### Academic Eligibility

A student needs to maintain grades of C or better with no grades of F at all times. Students with an average below C or a grade of F in any class are automatically declared academically ineligible. Exceptions can be made for a student with special learning needs at the discretion of the principal.

Students who are declared ineligible must request to have their grades reevaluated by the principal at the end of a two week period following the issuance of a mid-quarter report or report card. Any student who is ineligible for athletics but who has a strong desire to play on a team should contact the principal to develop a plan of study to regain his/her eligibility.

An ineligible student athlete remains a member of the team and maintains team status. A student athlete must be present a minimum of three events in order to play in a game after becoming eligible. Three events can be defined as three games, at which a player sits on the bench but cannot play; three practices the athlete must participate in; or a combination of the above. A student athlete who is declared ineligible for the second time during any season will be dismissed from the team.

A student's academic status is determined by the principal. The principal reports the academic status of the students to the AD. The AD provides the coach a list of any ineligible players within two days after the report cards are issued. Parents should also be informed of academic probation the day the report cards are issued. Parents always maintain the right to discuss their child's eligibility status with the principal.

This standard is in effect for all seasons on a year round basis. Grades issued at the end of the fourth quarter are used to determine a student's eligibility for fall sports during the next school year. Grades issued the first and second quarters determine a student's eligibility for winter sports, and grades issued the third quarter determine a student's eligibility for spring sports.

An athlete that is not a student at Sacred Hearts School will submit a copy of his/her report card from the previous quarter to the AD to determine eligibility.

### Practice

- Athletes must attend practices regularly.
- Athletes should notify the coach or an assistant coach either by telephone call or a written note before missing a practice or game. Failure to comply may lead to disciplinary action. Students who habitually miss practice may be suspended from games.
- If absent from school due to illness, an athlete cannot attend practice or participate in a game that day. This includes half days.
- If an athlete misses one or more practices or games due to injury, the player cannot resume practices without a parent's written approval provided to the coach.
- Students should understand attending practice is expected. It is also a responsibility they have to their coaches and teammates. Athletes participating in other extra-curricular activities (city/park and recreation leagues, etc.) or a sport other than the one at SHS should be conscious of the commitment they have made to Sacred Hearts Athletics.

## Rules and Regulations

Athletes are expected to follow the specific rules and regulations established by the coach as directed by the Diocesan policy, school policy and the Athletic Handbook.

## Sportsmanship

Student athletes are ambassadors of their school. Good sportsmanship is to be practiced at all times. Athletes can be suspended from the team by the coach for improper behavior at practices or games.

## Expectations for Behavior

Athletes are expected to respect rules and authority at school, as outlined in the Sacred Hearts Student Handbook. If a student athlete shows disrespect for rules and authority at school or any time during a sports activity, the principal can declare the student ineligible to play one game. This includes after school practice, games, or extracurricular activity inside or outside of school. This action is to be reported to the coach, athlete, and the athlete's parent(s). Continued occurrences may result in additional disciplinary action.

Any use, possession, sale or transfer of drugs, including alcoholic beverages and tobacco on school premises or at any school activity or athletic event will be considered extremely serious. The school staff has the right to involve the proper authorities in such a case. The parent(s) will be contacted immediately. In the event of any violation of this policy, the student is automatically off the team.

Athletes should be aware of beginning and ending times of practices and plan their rides accordingly. Coaches are responsible for supervising students during scheduled practice and game times only.

Athletes are expected to keep the locker room clean. Food and drink are not allowed in the gym or locker rooms without a coach's permission.

## Equipment

Immediately after each sports season is complete, athletes are to return all equipment and uniforms to the coach cleaned and in good repair. Students will be assessed a fine for lost, dirty or damaged (by negligence) equipment or uniforms. The amount of this fine will be determined by the Athletic Director. If equipment is not returned or paid for, the athlete will not receive equipment for the next season. If it is the end of the year, the athlete will not receive any awards until it is taken care of.

