

# **SACRED HEART SCHOOL ACTIVITIES HANDBOOK**

We believe that interscholastic athletics is an integral part of the educational experience. The athletic skills developed are actually secondary to the mental, emotional, and social skills that each coach strives to instill in their players. Athletics teaches us how to compete, while also teaching us how to handle both success and failure with grace and dignity. In addition athletics teaches us that through hard work and dedication we can improve ourselves. Through this same hard work and dedication we can aspire to challenging goals and achieve them.

**With these thoughts in mind we strive to align our athletic department priorities as follows:**

**God & Family  
School & Team  
The Individual**

It is not a coincidence that Individual ranks fifth on our list. Those that place an inappropriate importance on the concept of Individual status or achievement will have a much more difficult time realizing all of the finest benefits that team sports have to offer!

This handbook will relate the responsibilities that we expect our young people to be able to fulfill in order to remain an athlete in good standing with the school and continue to receive the many benefits that result. In addition to the guidelines described in this handbook, each student-athlete needs to be in full compliance with Missouri State High School Activities Association (MSHSAA) By-Laws and policies. The coach or director, for each specific sport or activity will also have specific rules, regulations and policies pertaining to their particular sport or program.

## **ATTITUDES**

Attitude is displayed in how we feel, think, act and react to the things and people around us. Attitude, both good and bad, is infectious. If a coach feels that your attitude is detrimental to the good of the team as a whole he/she will, under normal circumstances, pursue the situation as follows:

- 1) Discussion between player and coach.
- 2) Discussion between parents and player and coach.
- 3) A change in playing time or role that more closely reflects the dedication to the team.
- 4) Indefinite suspension from the team until improvement is noted.

## **CITIZENSHIP**

As a public representative of the school it is imperative that an athlete not have serious disciplinary actions taken against them by school or civil authorities. Inappropriate citizenship, leading to action needing to be taken by school or civil authorities will, normally, result in sanctions or suspensions from extracurricular participation. Per MSHSAA By-law 2.2.2, it is the responsibility of the student to report any law violations beyond minor traffic offenses, to the Athletic Director or Principal.

## **ACADEMICS**

Sacred Heart athletic and activity eligibility is governed by the academic guidelines set in the Parent-Student handbook. Each student has access to this manual via the web throughout each school year. Sacred Heart School, as a member of the Missouri State High School Activities Association (MSHSAA), also adheres to state regulations in regard to academic achievement and grades.

## **SCHOOL ATTENDANCE (Effective on Jan 1, 2017)**

**No student will be allowed to participate in an activity, athletic event, or practice unless he or she was in attendance for all periods of that school day.** The exceptions for this are medical/dental appointments, (Dr.'s note required) and family emergencies. The student or parent is to receive PRIOR administrative approval, from the Principal, Assistant Principal or Athletic Director, for appointments or family emergencies.

## **SUBSTANCE ABUSE**

This section applies to the use of drugs, alcohol and tobacco. The uses of these substances are not only physically damaging, but illegal.

- 1) Students involved in the use of illegal or illicit drugs will be governed by the school's Substance Abuse Prevention Policy. This policy can be found beginning on page 38 of the Parent-Student Handbook.
- 2) The use of alcohol and tobacco is prohibited. Consequences include:

First offense, for alcohol; Up to 20% of current or upcoming season (will carry over if at the end of a season) Up to 10%, for tobacco.

Second offense - Indefinite suspension

3) In Possession of or under the influence of alcohol, tobacco or drugs constitutes abuse violations.

4) These training rules apply all year round, not just during the season of participation.

### **APPEARANCE**

Student appearance when representing the school in extracurricular activities is just as important, if not more so, as appearance at school itself. General school guidelines of appearance and dress apply to the extracurricular arena as well. Each coach will have rules, regulations and policies pertaining to their particular sport or program.

### **PRACTICE ATTENDANCE**

Commitment to attend and participate in team practices is a vital part of the success of any team. While we will strive for general consistency among programs, each coach will have rules, regulations and policies pertaining to their particular sport or program.

### **EQUIPMENT**

Each athlete is held accountable for the abuse or loss of school and booster club issued equipment. Students will be held accountable until equipment is returned, replaced, or paid for.

### **TRANSPORTATION**

All students will normally be transported to and from games via school arranged transportation. An exception is possible for transportation to a contest when a parent makes a request to transport and contacts the coach in advance to make arrangements.

After contests students may be released to parents after a sign out process. Students may be released to another parent if a signed note is made available along with visual and written (sign out) contact with the parent to whom the student is being released.

The head coach has the right to make the final decision on all transportation issues or questions.

### **INSURANCE**

Per MSHSAA policy, Parents are to have their own medical insurance to cover student athletes. There is no insurance that the school has covering accidents in athletic practices or games.

### **GRIEVANCE PROCEDURE**

Athletes are encouraged to discuss concerns with their coaches first. Accepting this responsibility is an excellent step in the maturation process. The athlete should request a time (appointment) and discuss the matter privately, not at practice, at, or immediately after, games or any other time that would be disruptive to the cohesion of the team.

To solve problems the following procedure should be utilized:

- 1) Student and Coach discuss the matter calmly, rationally, privately and face to face.
- 2) Parents should request an appointment with the coach in question. Students should be available for at least part of the meeting to facilitate the most accurate depiction of events.
- 3) If the parent believes that a problem still exists, they should request a meeting with all of the above parties and the Athletic Director or Principal.
- 4) Other options in the grievance process are outlined in the Parent-Student Handbook starting on page 16.

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Cut here and save upper part, for reference later. Turn in lower part with signatures, to coach.

I have read and understand the policies of the Sacred Heart School Activities Handbook. As a member of the team or group, I accept the content of these policies and will strive to meet the stated expectations.

Student Name (printed) \_\_\_\_\_ Student signature \_\_\_\_\_ date \_\_\_\_\_

As a parent of a Sacred Heart School student, I have read and acknowledge the policies of the Sacred Heart Activities Handbook. I will help my son or daughter to maintain these standards of expectation.

Parent Name (printed) \_\_\_\_\_ Parent signature \_\_\_\_\_ date \_\_\_\_\_

Parent Name (printed) \_\_\_\_\_ Parent signature \_\_\_\_\_ date \_\_\_\_\_