

SACRED HEART ACADEMY

ATHLETIC DEPARTMENT

Director of Athletics: Raymond Degnan

Athletic Office Phone: (203) 288-2309 ext. 321

FALL ATHLETICS

CHEERLEADING: Game Day and Competition	Varsity (Includes NDWH Football) Stephanie Redding – GD Coach Cera Orner – Comp Coach	sredding@sacredhearthamden.org corner@sacredhearthamden.org
CROSS COUNTRY:	Varsity and Sub Varsity Patrick Redding – Head Coach	predding@sacredhearthamden.org
FIELD HOCKEY:	Varsity and Sub Varsity Jacqueline DeFrancesco – Head Coach	jdefrancesco@sacredhearthamden.org
SOCCER:	Varsity and Sub Varsity Robert Silvestri – Head Coach	rsilvestri@sacredhearthamden.org
SWIMMING AND DIVING:	Varsity and Sub Varsity Michael O'Brien – Head Coach	mobrien@sacredhearthamden.org
VOLLEYBALL:	Varsity and Sub Varsity David Alexandro – Head Coach	dalexandro@sacredhearthamden.org

WINTER ATHLETICS

BASKETBALL:	Varsity and Sub Varsity Jason Kirck – Head Coach	jkirck@sacredhearthamden.org
CHEERLEADING: Game Day and Competition	Varsity (Includes SHA and NDWH Basketball) See Contact Information Above	
ICE HOCKEY:	Varsity and Sub Varsity (Co-Op with West Haven High School) Erin Blake – Head Coach	erin.blake@whschools.org
INDOOR TRACK & FIELD:	Varsity and Sub Varsity Patrick Redding (Head Coach)	predding@sacredhearthamden.org

SPRING ATHLETICS

GOLF:	TBD	
LACROSSE:	Varsity and Sub Varsity Samantha Clyne – Head Coach	sclyne@sacredhearthamden.org
OUTDOOR TRACK & FIELD:	Varsity and Sub Varsity Patrick Redding – Head Coach	predding@sacredhearthamden.org
SOFTBALL:	Varsity and Sub Varsity Al Ramelli – Head Coach	aramelli@sacredhearthamden.org
TENNIS:	Varsity and Sub Varsity Michael Marcello	mmarcello@sacredhearthamden.org

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MEDICAL CLEARANCE:

It is important to note all prospective student athletes must be registered in our Family ID online system. Family ID can be accessed via the Sacred Heart Academy website by utilizing the Athletics drop down menu on the primary page. All aspects of this database must be completed and a current physical must be on record.

The window for submission of all medical files for competition in Fall Athletics is **JUNE 15, 2020 – AUGUST 25, 2020**. The Sacred Heart Academy Nurse must review, approve and clear each student athlete to compete in any sport.

****The current COVID-19 pandemic has made obtaining a current physical for your student athlete more difficult. Please continue to try to update your daughter's medical files, but some leniency may be granted from the CIAC as it pertains to the adherence to the given timeframe. THIS DOES NOT EXCUSE THE COMPLETION OF ALL OTHER ASPECTS OF THE FAMILY ID REGISTRATION SYSTEM. STUDENTS WILL NOT BE PERMITTED TO TRYOUT OR PRACTICE WITHOUT REGISTRATION.****

PROGRAM START DATES:

Please note the below listed start dates for all athletic programs. The composition of the program determines the nature of the first meeting and Head Coaches will communicate whether the listed date is a tryout or a practice. The start times of all tryouts and practices are determined and communicated by the Head Coach. All tryouts and practices take place on the SHA campus unless otherwise noted.

****The current COVID-19 pandemic makes the below listed dates the best approximation of the SHA Athletic Department.****

DATE	PROGRAM	LOCATION
Friday, June 26, 2020	Cheerleading (GD & Comp)	Virtual Tryout (Please see attached)
Thursday, August 20, 2020	Cross Country	
Thursday, August 27, 2020	Field Hockey, Soccer and Volleyball	
	Swimming & Diving	Albertus Magnus (One Way Bus)
October 12, 2020	Ice Hockey	Bennett Rink WHHS (One Way Bus)
Monday, November 30, 2020	Basketball and Indoor Track & Field	
Saturday, March 20, 2021	Golf	Great River CC (One Way Bus)
	Lacrosse, Outdoor Track & Field, Softball and Tennis	

IMPORTANT ATHLETIC NOTES:

- All prospective athletes and parents/guardians of prospective athletes should understand and expect SHA Athletics programs to meet six days each week with attendance expected for all meetings. Please see attached "SHA Player-Parent Contract" for details.
- All prospective athletes and parents/guardians of prospective athletes should understand and expect SHA Athletics programs to meet on weekends and during all extended breaks. This includes all holiday breaks, Winter Break in February and Spring Break in April with attendance expected for all meetings. Please see attached "SHA Player-Parent Contract" for details.
- SHA is a school of choice with home towns of enrolled students spanning the state of Connecticut. Given these circumstances, transportation of athletes is unique and ever changing. Please see attached "SHA Player-Parent Contract" and "SHA Transportation Waiver".

