

SACRED HEART ACADEMY

ATHLETIC DEPARTMENT

Director of Athletics: Raymond Degnan

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

SHA ATHLETIC DEPARTMENT PLAYER/PARENT/GUARDIAN CONTRACT

This contract is an agreement between the SHA Athletic Department, coaching staff, student athletes and their families. Its purpose is to maintain consistency and clarity of expectations for all involved in SHA athletics. All should understand while the SHA Student Handbook has not been copied in this document, but the Athletic Department also adheres to all rules and regulations stated within the handbook.

Mission Statement

Participation in athletics encourages growth and learning in our students while also promoting the development of personal, physical and intellectual skills. The Sacred Heart Academy Athletic Department values the lessons taught and cultivated through athletic participation: the pursuit of excellence, ethical and responsible behavior both on and off the field of play, leadership and strength of character, respect for one's opponents, celebration of victory with humility and the acknowledgment of defeat with grace. As these lessons are taught, habits are instilled which will lead student athletes to better and healthier lives. Winning is not the entirety of our goals, but the Sacred Heart Academy Athletic Department believes the efforts of our athletes to be their best will better enable them to succeed both in the present and the future.

Communication and Self-Advocacy

Communication of basic information (amendments to practice times, locations, transportation, etc.) between coaches and student athletes should occur in an appropriate manner at an appropriate time. In person communication is preferred. When in person communication is not possible, phone calls, group texting, email or usage of a team application are appropriate methods. Should an issue of a more serious nature arise for a student athlete, the Athletic Department encourages the student athlete to first speak to coaches directly at an appropriate time. Ideally, this conversation would take place before or after a team practice or on a day with no scheduled team obligation. If the issue is unable to be resolved in this manner, both coach and athlete are encouraged to inform and involve the Athletic Director in the resolution process.

Attendance/Representation

Athletics are extra-curricular activities and not mandatory. However, once the commitment is made by both coach and player, attendance becomes mandatory. The following is SHA Athletics policy on tardiness and unexcused absence from team obligations. Coaches and the Athletic Director view unexcused tardiness or absence as one lacking prior notification and/or one that is by player choice rather than necessity.

- Late to Practice = Determined by Coach
- Absent from Practice = Player will not start
- Absent from three Practices = Player Suspended One Game
- Absent from Game = Player Suspended One Game

Penalties are progressive and can accumulate. Prior to the issuance of a one game suspension, the student athlete will be asked to meet with the Athletic Director in an effort to ensure there is not a larger problem with which the student athlete might need help. Academic attendance is required for athletic attendance. If the student athlete does not attend school, she is not allowed to attend any team event.

The student athlete is a very visible representative of SHA and will at all times effectively and appropriately represent the ethics and values of Sacred Heart Academy.

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Smoking, Drugs, Alcohol and Hazing

While already included in the SHA Student Handbook, it is important for student athletes to understand use of, or being in the presence of those using, nicotine products, alcohol, drugs or steroids are grounds for immediate suspension and probable expulsion from the athletic program. Similarly, and any form of hazing or initiation ritual are unacceptable and will result in immediate suspension and probable expulsion from the athletic program.

Levels of Play

Sub-Varsity level of play is for student athletes in possession of skills the coaching staff believes exhibit the potential to be a Varsity level player in the next 1-2 years. Winning games is preferred, but the continued cultivation of skills is paramount.

Varsity level play continues to focus on the cultivation of skills with an increased emphasis on competing on the highest level with opposing athletic programs.

Medical

Every student athlete must follow the necessary steps to receive medical clearance from our SHA School Nurse. Medical clearance must be displayed in our Family ID system. Participation in any practice or contest without medical clearance is prohibited.

Transportation/Parking

Student athletes are afforded a variety of transportation options for off-site practices and competitions due to the unique geographic nature of our student body.

Students are expected to ride the "Round Trip" or "One Way" SHA bus provided for transportation unless:

- a. A transportation waiver has been completed and signed by both athlete and a parent or guardian permitting the student athlete to drive themselves to an event. The student athlete is not allowed to have a passenger in their vehicle.
- b. A transportation waiver has been completed and signed by a parent or guardian requesting permission to transport the student athlete following the event.
- c. A transportation waiver has been completed and signed by a parent or guardian requesting permission to have another parent or guardian transport the student athlete following the event.

Whenever transportation is not provided (i.e. post-event after a "One Way" bus or "No Bus") the student athlete is welcome to use any method of transportation deemed appropriate by the parent or guardian.

Uniforms/Attire

Every student athlete will be issued a SHA athletic uniform. It is expected the appropriate uniform is worn to every contest. The student athlete is responsible for the uniform and must return the uniform neatly and clean within one week of the end of the athletic season. Failure to comply will result in financial responsibility for the replacement of the uniform.

Appropriate athletic wear should be worn to practice. Coaches will communicate to student athletes their individual and additional expectations for practice wear. Student athletes should utilize only locker rooms and bathrooms for their changing needs.

Social Media

SHA student athletes are welcome to promote and celebrate our achievements via social media. However, SHA student athletes are asked to keep all postings positive. Posts will not be directed at an opposing athlete or school. Even attempts at motivation can be misconstrued by many. We will keep our encouragements, criticisms and motivations between ourselves within the SHA community. No social media accounts should be utilized in real time during any athletic event.

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Parents and Guardians

The SHA Athletic Department expects parents to facilitate and encourage student athletes' adherence to the expectations in the above portion of this contract.

The SHA Athletic Department believes the involvement and support of the families of our student athletes is one of our greatest resources. We respectfully request that parents act as role models for the student athletes and adhere to the same high standards of behavior and dedication we request from the student athletes.

Please print and sign your name on the given lines below. By doing so you confirm you read, understand and agree to the terms of this contract.

Student Athlete Name

Parent Name

Student Athlete Signature

Parent Signature