

## **ATHLETIC PROGRAMS**

### Sports Programs Offered

Sacred Hearts School is a member of the Madison Area Independent Sports League (MAISL) competing with other local Catholic and independent schools in the following sports: boys and girls volleyball, boys and girls basketball, and girls softball. Sacred Hearts tackle football program participates in the Dane County League. Athletic programs are open to all students at Sacred Hearts School in grades 5-8. All participants will be required to prove academic eligibility.

**TACKLE FOOTBALL:** Sign up for football is in the spring. Practices begin in August. Games are played on Saturdays, September through October. Football players are responsible for supplying their own mouth guard and football shoes. All other equipment is supplied and must be returned at the end of the season.

**GIRLS VOLLEYBALL:** Sign up is in the spring. Practices begin in September. Games are played on Saturdays and Sundays, September through October, with a league tournament in November. Each player must provide her own shoes and kneepads. Volleyball uniforms are provided which must be returned at the end of the season.

**BOYS VOLLEYBALL:** Sign up is in March. Practices begin in April. Games are played on Saturdays and Sundays in April and May. Boys must provide their own shoes and kneepads. Shirts are provided which the athlete may keep at the end of the season.

**BOYS AND GIRLS BASKETBALL:** Sign up is in late fall. Practices begin in November. Games are played on Saturdays and Sundays, November through March. The boys will have a holiday tournament over Christmas break. The girls will also participate in a tournament during the season. Athletes must provide their own shoes. Uniforms and practice jerseys are provided and must be returned at the end of the season.

**GIRLS SOFTBALL:** Sign up is in early April. Practices and games begin in April and end in May. Games are played on Saturdays or Sundays. Girls are to provide their own glove. Shirts are provided which the athlete may keep at the end of the season.

**CHEERLEADING:** Sign up is in the spring for the following year. Students may sign up to cheer for fall and/or winter sports. Athletes are to purchase coordinating briefs. Uniform and pompons are provided. Uniform must be dry-cleaned and returned at the end of the season.

**UNIFORMS MAY ONLY BE WORN DURING SCHEDULED GAMES AND OTHER AUTHORIZED FUNCTIONS SUCH AS SPIRIT DAYS.**

**CYO:** A CYO basketball team sponsored by Sacred Hearts Parish and the Athletic Association offers high school students a chance to play in an organized basketball league. It is our policy at Sacred Hearts to allow only juniors and seniors to participate on this team.

## Composition of Teams

Roster sizes for each grade and sport are determined by the Athletic Director (AD). Whenever possible, teams will be composed of students in the same grade level. If there are not enough players the AD will consider the following options:

- A letter will be sent to Christian Formation Students attending Sacred Hearts and St. Alberts Parish asking for participation.
- Combine teams with the understanding that the team will play in the upper grade division.
- Not have a Sacred Hearts team for that grade level.
- It is recognized that the football program requires a higher number of players. A letter to the Christian Formation Program (CFP) will be sent out during spring sign up. Any additional players needed outside of SHS and CFP will require the approval of the AD and Principal.
- When there are sufficient numbers of athletes to support more than one team for a particular grade level, the AD and coaches are responsible for dividing the athletes into two teams of equal capability.

ALL STUDENTS PLAYING FOR SACRED HEARTS MUST MEET THE REQUIREMENTS OUTLINED IN THE STUDENT/ATHLETE RESPONSIBILITY SECTION.

## Practice Time

Diocesan rules state practices for MAISL sponsored sports may not start earlier than two weeks before the first scheduled game. During this two week period, the number of practices will be at the discretion of the coaches. After the first scheduled game, practices are limited to two per week. Team practices must be held at Sacred Hearts (no off-site practices allowed).

***If a scheduled school day is cancelled for weather or other reasons there will NOT be any practices for that day.***

## Playing Time

Diocesan rules require each student/athlete play a minimum of one-fourth of each game. At Sacred Hearts School we require coaches to attempt to play each student/athlete equally, including in tournament games. It is understood in football, equal playing time is not always achievable. Coaches are still required to make sure that each player has *quality playing time*. Missed practices may result in adjusted playing time. Parent concerns regarding playing time should first be discussed with the coach. If the concerns are not resolved, then the AD should be contacted.

## Student Athlete Participation On More Than One Team

It is a diocesan policy that an individual student athlete may not participate in two school sponsored sports simultaneously (e.g. public school sponsored cross country & SHS volleyball).

Non-school sponsored sports (e.g. YBA, hockey, MASA) are allowed. The player's first allegiance must be to the Sacred Hearts team. To help coaches deal with this situation, the following guidelines have been established:

We encourage open, honest communication between parents, coaches and players at all times in order to ensure that the Sacred Hearts program will continue to be a quality program. If an athlete chooses to play for more than one team, the athlete, the athlete's parents, and the coaches will meet prior to the beginning of the season to work out a schedule that is agreeable to all. If the player does not adhere to the schedule, i.e. is late, leaves early, or misses a Sacred Hearts practice or a game due to a conflict with his/her other team, the following minimum sanctions will be imposed, at the coach's discretion:

- First offense: The player will not be allowed to play in the next Sacred Hearts league or tournament game. However, the player will be required to attend the game in full uniform and sit on the bench with the coach and the rest of the team.
- Second offense: Same as above except the player will not be allowed to play in the next two league or tournament games.
- Third offense: The player will be suspended from the team until the parent/player/coach meet to discuss the situation and come up with a solution that is agreeable to everyone. If a solution cannot be found, the parent may request a meeting with the Athletic Board which will then make the final ruling.

## **REGISTRATION PROCESS AND FEES**

A fee is charged to participate in each sport. Fees cover: uniforms, equipment, league fees, first aid, and tournament fees. Registration forms and athletic fees must be paid before a student can participate in a practice or game. Athletes are expected to register for each sport by the deadline specified. Registering late may affect playing time by your child, the size of the team, or having a team at all. Registrations received after the deadline will be assessed a late fee. The list of fees is updated yearly and can be found at the end of this Athletic Handbook.