

Sacred Heart Schools Athletic Handbook

Athletic Philosophy of Sacred Heart Schools on Sheridan Road The Academy of the Sacred Heart Hardey Preparatory 2017-2018

“Sacred Heart Athletics: Winning within the Five Goals”

Sacred Heart Schools are dedicated to educating girls and boys mentally, physically, and spiritually. Our athletic program is an integral part of the educational program of the school. Sacred Heart Schools view the athletic activities on the playing fields and courts as an extension of the classroom. In our classrooms, hallways and fields of play, we strive to educate our children in a manner that expresses the Goals and Criteria of the Sacred Heart tradition.

Sacred Heart Schools believe that athletics is an invaluable tool in the development of students. Participation in athletics allows students the opportunity to establish a lifelong healthy lifestyle, while instilling certain values and ideals. Athletics present students the opportunity to experience the relaxation that sports bring to the body and mind and the thrill of success, as well as learn to deal with disappointment and adversity. Athletics teaches the importance of commitment, mastery of skills, self-discipline, self-sacrifice and self-confidence, while fostering critical interpersonal skills, such as leadership, cooperation, communication and empathy. All of these lessons are important, not only in athletics, but as an integral part of the students' day-to-day existence, now and as they continue to grow and mature in the Sacred Heart community and society as a whole.

Mission Statement

Sacred Heart Athletics aspire to provide its students with the opportunity to experience a high quality athletic experience within the Sacred Heart community. Participants will be provided the opportunity to learn the fundamentals of each sport and be given a platform to develop strong, healthy, disciplined minds and bodies. The goal attainment for each student will be to develop a true sense of sportsmanship and fair play along with acquiring team spirit and team camaraderie.

It is Sacred Heart Schools Athletics' goal to measure a high quality experience as one in which every student:

- Is provided the opportunity to have fun playing and learning the game(s) of choice
- Is instilled with a knowledge of the sport's rules, regulations and skills necessary to actively participate and to improve over time
- Feels like an important part of the team regardless of performance
- Participates in an environment where he or she can have an opportunity to honor and apply the Goals and Criteria of a Sacred Heart education
- Participates in an environment where coaches and parents are supportive and serve as positive role models
- Is encouraged to develop and foster a positive self-image through team and individual accomplishments of the above objectives

The Culture of Sacred Heart Athletics

As an extension of the students' education, Sacred Heart Athletics are not intended to serve as a training ground for developing elite athletes. Instead, Sacred Heart Athletics are an opportunity for our students to experience the joys of participating in sports within their school community.

Winning is important and will be emphasized at the appropriate age levels. More important than winning, however, is using the sports experience to help our students learn “life lessons” and develop positive character traits that will help them be successful in their lives. Sacred Heart Athletics will never be about “winning at all costs.” Instead, our athletic programs are structured to foster the Goals and Criteria of a Sacred Heart

education. At younger age groups, this means that the development of the individual student will be more important than winning. This philosophy will be reflected in our policies on team composition and playing time. As our students mature and develop, our team composition, playing time, and other policies will reflect a greater emphasis on winning, but we will never lose sight of the Sacred Heart values.

All of us as faculty, coaches, parents, and fans have high expectations for our students. Similarly, our students have high expectations for all of us. It is incumbent on all of us as faculty, coaches, parents, and fans to work to uphold the Sacred Heart philosophies and the positive culture associated with our school athletic program.

INTER-SCHOLASTIC SPORTS PROGRAM

In addition to regularly scheduled inter-scholastic games, there may be additional clinics and/or tournaments offered.

Fall Season

Biddy Program

Kindergarten through 2nd Grade
Sunday afternoons
Sport: Basketball

Academy Volleyball

5th and 6th – NCA League
7th and 8th – Queen of Angels League
Practice: after school/weekdays
Games: weekday evenings and some weekends

Hardey Soccer

6th, 7th, and 8th grade boys
Independent
Practice: after school/weekdays
Games: weekday evenings

Cross Country

3rd through 8th grade boys and girls
Independent
Practice: after school/weekdays
Meets: weekdays and weekends

Football (tackle)

(co-op with St. Margaret Mary School)
Practice: begins – early August – season ends: early November
4th to 8th grade boys
Practice: evenings/weekdays; games weekdays and/or weekend

Golf

5th, 6th, 7th and 8th grade Academy and Hardey
Illinois Elementary School Association
Practice: will begin last week of August - after school- 2 days per week
Sectional Meet: 2nd Saturday of September /
State Meet: 3rd Saturday of September

Flag Football

7th and 8th grade boys
Chicago Catholic Flag Football League
Practice: begin last week of August - after school; 2 days per week; Games: on Saturday

Winter Season
Basketball

Hardey

4th, 5th, and 6th – CCYO
Practice: after school/weekdays
Games: Saturdays

7th and 8th grade – CCYO
Practice: after school/weekdays
Games: weekday evenings/weekends

Academy

4th, 5th, and 6th – CCYO
Practice: after school/weekdays
Games: Saturdays

7th and 8th grade – CCYO
Practice: after school/weekdays
Games: weekday evenings/weekends

Spring Season

Softball

5th, 6th, 7th and 8th grade girls
Windy City Grade School Softball League
Practice: after school/weekdays; 2 day per week
Games: after school/weekdays, any possible day of the week

Baseball

5th and 6th grade boys (junior varsity)
7th and 8th grade boys (varsity)
Windy City Grade School Baseball League
Practice: after school/weekdays; 2 days per week
Games: after school/weekdays, any possible day of the week

Track

4th through 8th grade boys and girls
Independent/CYO
Practices: after school/weekdays; 2 days per week
Meets: weekends

Academy Soccer

6th, 7th and 8th grade girls
Independent
Practice: after school/weekdays; 2 days per week
Games: after school/weekday

Hardey Volleyball

6th, 7th and 8th grade boys
Queen of Angels League
Practice: after school/weekdays; 2 days per week
Games: evenings/any possible weekday

General Policy

1. All students interested will be afforded the opportunity to participate in athletics.
2. Each athlete must have completed registration on Ultracamp prior to the first practice session. All registrations must be received by the Athletic Director by the designated deadline. General deadlines are as follows: Fall Sports – first week of June of previous academic year; Winter Sports – third week of September of current academic year; Spring Sports – last week of January of current academic year.

*Before your first practice, all families must complete the following forms:
 - Concussion Protocol (Included in InfoSnap registration); (Policy found in Appendix)
 - Doctor’s Physical (IESA Pre-Participation Examination Form-Copy found in Appendix)
 - SHS Athlete’s Code of Conduct (Copy found in Appendix)
 - SHS Parent’s Code of Conduct (Copy found in Appendix)
3. Athletes are allowed to register for one team and one individual sport (Individual sports are: Golf, Cross Country, Track & Field) per sports season.
4. In the event an athlete is injured during a game or practice, the coach will inform the player’s parent or guardian and, if necessary, will seek appropriate medical treatment.
5. A student must be in good academic standing as defined by the policies laid out in the Student Handbook in order to participate in Sacred Heart Athletic programs. Any student found not in good academic standing may be suspended or removed from the team at the discretion of the Head of School, Division Head and Athletic Director
6. Attendance at school is a prerequisite to attending practice or playing in that day’s game.
7. Any player involved in an action that violates the school’s discipline code may be suspended from practices and games. Furthermore, all practices and games are an extension of the school day; therefore, all school rules apply.
8. Depending upon the particular needs of a team, a player may be asked to “play up” to a higher grade at the discretion and with the consent of the coaches, the player’s parents, the Athletic Director and the administration.
9. Teams will be divided equally in regard to ability in the sixth grade and below. Seventh and eighth grade teams will be divided by ability.
10. Varsity teams consist of 8th and 7th grade athletes; Junior Varsity consists of the lower grades, though for games, members of JV may be called on to play Varsity at the coach and Athletic Director’s discretion.
11. Parents may volunteer to be an assistant coach for any school-sponsored team except one on which his/her child is a member. If a parent wishes to be a head coach, that parent may do so with the permission of the school Athletic Director and Head of School for any team except one on which his/her child is a member.
12. Team parents are required for all athletic teams.
13. Parents are responsible for transporting their child to and from scheduled games and practices.
14. Uniforms will be issued by the school to all participants at no cost. Each athlete is responsible for his/her uniform and is expected to clean, and return it to the Athletic Director in a clearly marked bag at the end of the season. A replacement fee will be assessed for unreturned uniforms.

15. The amount of playing time for all sports will vary depending on the grade level of the team. Varsity teams will be governed by seventh and eighth grade rules.

Fourth, Fifth and Sixth grade teams:

The coach will do his/her best to ensure that everyone plays an equal amount of time. Equal time will also take into consideration attendance, attitude and participation at practices. Attendance at practices will correlate directly with playing time.

Seventh and Eighth grade teams:

The seventh and eighth grade teams will play and practice to win. Discipline, hard work, concentration, and teamwork will be stressed throughout the year.

16. Fourth, Fifth, Sixth, Seventh and Eighth grade teams:

Players are expected to attend all practices and games. If a player misses a practice or a game, he/she forgoes their rights to equal playing time for the next game they attend.

17. Evaluations

Basketball and Volleyball teams will require evaluations before teams can be made.

Volleyball- Evaluations are held in August/early September and will be announced during the registration process.

Basketball- There will be two fall dates for evaluations, announced during the registration process.

Attending at least one of the evaluation dates is mandatory for participation. There will be two dates, a regular date and a make-up date. If an athlete does not attend one evaluation, they are not eligible to participate that year. If a player is injured at the time, an exemption will be made.

18. A dispute resolution process for all concerns can be found in the Appendix

19. Personal Training Policy for Coaches: During the season, SHS coaches may not accept pay to train SHS student athletes individually or in small groups they are currently coaching. Off season, SHS coaches may accept pay to train SHS student athletes outside of any SHS programs. Personal Training is defined as any training for pay outside official Sacred Heart Schools sports programs

20. Club/Travel Team Policy for Coaches:

- Club/Travel Teams are defined as any coaching for pay outside official Sacred Heart Schools' sports programs.
- A SHS coach or prospective coach must identify in writing or via letter or email all SHS students the said coach is coaching for pay outside of SHS prior to and during the season. As part of his or her responsibilities as a SHS coach, it is expected that a coach will comply with the applicable SHS rules and regulations on playing time, etc. and not unreasonably favor or benefit a player or group of players as a result of any relationship with a player outside of the SHS program.
- A coach may not require that a student participate in a non-SHS program.
- This policy is to avert any and all possible conflicts of interest that may arise.

21. Team banners will be created by sport. Individual teams will be recognized by name, place and calendar year the season is completed. All athletic teams that fit the following criteria will be recognized on banners:

- Teams must contain but are not limited to Middle School student athletes, and
- Either teams must place 1st in their respective leagues' regular season standings, or teams must place 1st or 2nd in their respective leagues' end of the year tournament.
- The exception to the rule is Cross Country: 1st and 2nd place finishes for Varsity meets only will be recognized.

22. At the end of each school year, student athletes will be recognized at a special Athletic Assembly held during the school day. The following specialty awards will be given:

- Most Valuable Player (MVP) will be awarded for 7th, 8th, and/or Varsity level teams.
- Most Improved Player (MIP) will be awarded for 7th, 8th, and/or Varsity level teams.
- Wildcat Award (Academy), Falcon Award (Hardey) will be awarded for 7th, 8th, and/or Varsity level teams. The award criteria for the Wildcat/Falcon Award includes:
 - Respect: respects sport, teammates, coaches, officials and opponents;
 - Attitude: has a consistent positive attitude;
 - Effort: Puts forth outstanding effort
 - Sportsmanship: Models exemplary sportsmanship and high integrity in all situations.

General Guidelines for Parents, Fans, and Coaches

Parental and family support is invaluable and necessary for the success of our Athletic Program. We would like to offer the following guidelines—in consideration of all who participate—but specifically for the well-being of our student athletes.

Guidelines for Parents and Fans

1. Be supportive of the athletic program.
2. Be supportive of the players and their commitment to being on time and attending all practices and games.
3. Allow the player his/her own sports experience by refraining from negative comments about the team, the coach, the referees or the program.
4. Do not “coach” any player before, during, or after the game. Be supportive; do not undermine the relationship between the coach and the players; always reinforce the positive.
5. Suggestions and/or criticisms, about a team or coach, should be made to the Athletic Director.
6. All parents, coaches and athletes are required to read and sign a Code of Conduct.

Expectations for Coaches

1. Each coach shall be required to comply with all rules and regulations set forth by Sacred Heart Schools including, but not limited to Virtus Training, finger printing and background checks
2. Each coach shall attend preseason and season training seminars as required by the Athletic Director
3. Head and Assistant coaches will receive a season stipend based on sport and level of team.
4. The Athletic Director may recommend immediate suspension or termination of a Head Coach and/or an Assistant Coach during the school year to the Head of Student Life for good cause, which shall include, but is not limited to: immoral or unprofessional conduct; dishonesty; failure to provide a suitable role model for student athletes; neglect duty; chronic tardiness and unexcused absences; excessive personal phone use; physical or mental incapacity; falsification of information on background check form; conviction of a crime involving immoral or unprofessional conduct; any conduct tending to reflect discredit upon the Schools or to impair the employee’s usefulness or effectiveness as an employee of the Schools.

STATE OF ILLINOIS CONCUSSION POLICY

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:	
<ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns 	<ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment
Signs observed by teammates, parents and coaches include:	
<ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or displays in coordination • Answers questions slowly • Slurred speech • Shows behavior or personality changes • Can’t recall events prior to hit • Can’t recall events after hit • Seizures or convulsions • Any change in typical behavior or personality • Loses consciousness 	

STATE OF ILLINOIS CONCUSSION POLICY

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The Return-to- Play Policy of the IESA and IHSA requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Student/Parent Consent and Acknowledgements

By signing this form, we acknowledge we have been provided information regarding concussions.

Student

Student Name (Print): _____ Grade: _____ Student

Signature: _____ Date: _____

Parent or Legal Guardian

Name (Print): _____

Signature: _____ Date: _____

Relationship to Student: _____

Each year IESA member schools are required to keep a signed Acknowledgement and Consent form on file for all student athletes. Parents consent to this policy when they complete the SHS Infosnap Process

IESA Pre-participation Examination

To be completed by athlete or parent prior to examination.

Name _____ School Year _____
Last First Middle
 Address _____ City/State _____
 Phone No. _____ Birthdate _____ Age _____ Class _____ Student ID No. _____
 Parent's Name _____ Phone No. _____
 Address _____ City/State _____

HISTORY FORM

Medicines and Allergies: Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking

Do you have any allergies? Yes No If yes, please identify specific allergy below.
 Medicines Pollens Food Stinging Insects

Explain "Yes" answers below. Circle questions you don't know the answers to.

GENERAL QUESTIONS	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?		
2. Do you have any ongoing medical conditions? If so, please identify below: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____		
3. Have you ever spent the night in the hospital?		
4. Have you ever had surgery?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?		
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
7. Does your heart ever race or skip beats (irregular beats) during exercise?		
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki disease Other: _____		
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)		
10. Do you get lightheaded or feel more short of breath than expected during exercise?		
11. Have you ever had an unexplained seizure?		
12. Do you get more tired or short of breath more quickly than your friends during exercise?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?		
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?		
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?		
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?		
BONE AND JOINT QUESTIONS	Yes	No
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?		
18. Have you ever had any broken or fractured bones or dislocated joints?		
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?		
20. Have you ever had a stress fracture?		
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)		
22. Do you regularly use a brace, orthotics, or other assistive device?		
23. Do you have a bone, muscle, or joint injury that bothers you?		
24. Do any of your joints become painful, swollen, feel warm, or look red?		
25. Do you have any history of juvenile arthritis or connective tissue disease?		

MEDICAL QUESTIONS	Yes	No
26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
27. Have you ever used an inhaler or taken asthma medicine?		
28. Is there anyone in your family who has asthma?		
29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
30. Do you have groin pain or a painful bulge or hernia in the groin area?		
31. Have you had infectious mononucleosis (mono) within the last month?		
32. Do you have any rashes, pressure sores, or other skin problems?		
33. Have you had a herpes or MRSA skin infection?		
34. Have you ever had a head injury or concussion?		
35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
36. Do you have a history of seizure disorder?		
37. Do you have headaches with exercise?		
38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
39. Have you ever been unable to move your arms or legs after being hit or falling?		
40. Have you ever become ill while exercising in the heat?		
41. Do you get frequent muscle cramps when exercising?		
42. Do you or someone in your family have sickle cell trait or disease?		
43. Have you had any problems with your eyes or vision?		
44. Have you had any eye injuries?		
45. Do you wear glasses or contact lenses?		
46. Do you wear protective eyewear, such as goggles or a face shield?		
47. Do you worry about your weight?		
48. Are you trying to or has anyone recommended that you gain or lose weight?		
49. Are you on a special diet or do you avoid certain types of foods?		
50. Have you ever had an eating disorder?		
51. Have you or any family member or relative been diagnosed with cancer?		
52. Do you have any concerns that you would like to discuss with a doctor?		
FEMALES ONLY	Yes	No
53. Have you ever had a menstrual period?		
54. How old were you when you had your first menstrual period?		
55. How many periods have you had in the last 12 months?		

Explain "yes" answers here

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete _____ Signature of parent/guardian _____ Date _____

PHYSICAL EXAMINATION FORM

Name

		Last	First	Middle
EXAMINATION				
Height	Weight	<input type="checkbox"/> Male <input type="checkbox"/> Female		
BP / (/)	Pulse	Vision R 20/	L 20/	Corrected <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS		
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)				
Eyes/ears/nose/throat • Pupils equal • Hearing				
Lymph nodes				
Heart ^a • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal impulse (PMI)				
Pulses • Simultaneous femoral and radial pulses				
Lungs				
Abdomen				
Genitourinary (males only) ^b				
Skin • HSV, lesions suggestive of MRSA, tinea corporis				
Neurologic ^c				
MUSCULOSKELETAL				
Neck				
Back				
Shoulder/arm				
Elbow/forearm				
Wrist/hand/fingers				
Hip/thigh				
Knee				
Leg/Ankle				
Foot/toes				
Functional • Duck-walk, single leg hop				

^aConsider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.
^bConsider GU exam if in private setting. Having third party present is recommended.
^cConsider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

On the basis of the examination on this day, I approve this child's participation in interscholastic sports for 395 days from this date.

Yes _____ No _____ Limited _____ Examination Date _____

Additional Comments:

 Physician's Signature _____
 Physician's Name

 Physician's Assistant Signature* _____
 PA's Name

 Advanced Nurse Practitioner's Signature* _____
 ANP's Name

*effective January 2003, the IHSA Board of Directors approved a recommendation, consistent with the Illinois School Code, that allows Physician's

DISPUTE RESOLUTION PROCESS

It is SHS policy that any dispute between parents/students and coaches be resolved promptly, amicably and fairly.

For Parents/ Students

1. If a parent or student believes the coach is not complying with the Code of Conduct, the parent or student should first attempt to resolve the issue by approaching the team parent, and permit the team parent to serve as an independent liaison between the party involved and Athletic Director.
 - In no case should a dispute be discussed during a game, or in a public situation, in particular in front of students.
2. If the parent or student feels uncomfortable about discussing the matter with the team parent, the school recommends a verbal, informal discussion with the Athletic Director.
3. If there is not a satisfactory resolution, a parent or student may submit a formal complaint to the Athletic Director. This complaint should be in writing, and signed.
4. Upon receipt of a formal complaint, the Athletic Director will:
 - Confer with the coach for his or her perspective on the issue.
 - Consult with the Head of Student Life.
 - If the complaint is deemed valid, design and require a mitigating solution for the coach.

For Coaches

1. If a coach believes a parent is not complying with the Code of Conduct, the coach should first attempt to resolve the issue by approaching the Athletic Director.
 - In no case should a dispute be discussed during a game, or in a public situation, in particular in front of students.
2. If there is not a satisfactory resolution, a coach may submit a formal complaint to the Athletic Director. This complaint should be in writing, and signed.
3. Upon receipt of a formal complaint, the Athletic Director will:
 - Confer with the parent or student for his or her perspective on the issue.
 - Consult with the Head of Student Life.
 - If the complaint is deemed valid, design and require a mitigating solution for the parent.

SHS ATHLETE'S CODE OF CONDUCT

Please read, initial each item, sign at the end, and return to the Athletic Director before you participate in any SHS sport.

1. I understand participation in the SHS Athletic Program is intended to foster sportsmanship, teamwork, responsibility, school spirit, and physical fitness. _____
2. Each athlete is a representative of SHS and his/her conduct must reflect the principles of the Five Goals, with the primary emphasis on **good sportsmanship**, which generally means having respect for teammates, coaches, officials, and opponents.

The following actions are strictly prohibited, and the violation of these rules may result in the athlete being immediately removed from the game:

- The use of profanity is strictly prohibited
- Reacting negatively to referee's calls in any way is prohibited
- Taunting opponents in any way is prohibited

In addition, SHS standards of good sportsmanship include:

- Cheer for your team in a positive manner only
- Do not cheer opponents' mistakes
- Dress neatly in uniform at all times (shirts tucked in, etc.)

I understand how I am expected to conduct myself in athletic programs. _____

3. I understand that students are expected to:
 - Take instruction from coaches in a respectful manner
 - Treat teammates with respect at all times
 - Treat all equipment and gyms with respect and care

I understand how I am expected to conduct myself in practice. _____

4. I understand that attendance at practice is mandatory for participation in games, except in the case of an excused absence. I understand that failure to attend practice on a regular basis will affect the amount of playing time I am given. _____
5. I understand that if I miss school, I may not attend practice or play in a game that day. _____
6. I understand that failure to comply with any of the above may result in suspension or dismissal from a team. _____

I agree to honor the SHS Athlete's Code of Conduct in my words and actions.

Parent/Guardian Signature

Please print child name(s)

SHS PARENT’S CODE OF CONDUCT

Please read, initial each item, sign at the end, and return to the Athletic Director before your child participates in any SHS sport.

1. I understand that the top three reasons kids play sports are to have fun, make new friends and learn new skills. I will encourage my child to have fun and keep sport in its proper perspective. I understand that athletes do their best when they are emotionally healthy, so I will be positive and supportive. _____
2. I will set a good example of sportsmanship for my child by showing respect for coaches, players, opponents, opposing fans, and referees. I understand that officials, coaches, and players make mistakes. If the referee makes a “questionable” call, I will continue to respect the individual and be silent! _____
3. I understand my child is learning to deal with the fast-paced action of the game, responding to opponents, referees, teammates and coaches. I will not add confusion by yelling out instructions. During the game, I will limit my comments to encouraging my child and other players for both teams. _____
4. I will not make negative comments about the game, coaches, referees or teammates in my child’s presence. If I have any issue to discuss, I will bring it first to the Team Parent outside of the presence of any students, and then, if necessary, to the Athletic Director (see attached “Dispute Resolution Process.”) _____
5. I agree to support SHS athletics by volunteering as needed and scheduling to run concessions stand, keep score, take admissions, etc. _____
6. I will be on time when dropping off my child for a practice or game, in order to provide adequate time for warm up, and will be on time picking up my child. _____
7. I will read and discuss the athlete’s code and coach’s code with my child. In particular, I will emphasize the SHS philosophy of sportsmanship and achievement through effort and attitude, not just individual achievements or team wins. _____

I agree to honor the SHS Parent Code of Conduct in my words and actions.

Parent/Guardian Signature

Please print child name(s)

SHS COACH'S CODE OF CONDUCT

SHS expects the Coaches to comply with the following expectations. Each coach shall read, initial, sign and submit the following to the Athletic Director prior to the season:

1. I will create a positive and fair environment for learning. ____
 - Use encouragement and positive instruction.
 - Set high expectations for effort, discipline and teamwork
 - Set team goals as individual and team improvement, not just winning. Acknowledge effort as well as success.
2. I will lead well-prepared, organized practices that begin and end on time. ____
 - Teach rules and strategy of the game
 - Demonstrate and drill fundamental skills and tactics
 - Incorporate conditioning into practice
3. I will comply with all playing time and competitiveness policies per the Athletic Handbook. ____
4. I will emphasize that all players are representatives of the school and are expected to comply with the Athlete's Code of Conduct. ____
5. I will be a role model through embracing the SHS athletics philosophy. I will treat coaches, officials, team members, members of opposing teams, and fans with courtesy and respect at all times. ____
6. I will communicate and coordinate with the Team Parent regarding all scheduling, especially any changes. I understand that the Team Parent will also attempt to mediate any disputes, and I will be cooperative and constructive in resolving any disputes. ____

I agree to honor the SHS Coach's Code of Conduct in my words and actions.

Coach's Name _____

Coach's Signature _____