



2018-2019

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# SACRED HEART CATHOLIC SCHOOL

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# ATHLETICS HANDBOOK

**Sacred Heart Catholic School**  
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## **INTRODUCTION**

The Sacred Heart Catholic School Athletics Handbook is a reference guide for coaches, student-athletes and parents, concerning the policies that govern interscholastic athletics at Sacred Heart School.

The coach of an athletic team reports to the Athletic Director and is primarily responsible for the compliance by his/her squad members to the rules, regulations and policies governing athletics at Sacred Heart Catholic School. The Athletic Director will administer these rules and regulations as they relate to inter-squad and inter-coach relationships. In addition, coaches, student-athletes and parents must adhere to the policies and guidelines of the Mississippi High School Activities Association, State Board of Education and the Diocese of Biloxi.

Sound reasoning, good judgment, and adherence to the school's core values will be the standard by which situations outside these stated rules and regulations are determined and evaluated by the Athletic Director and ultimately decided by the principal.

Interscholastic athletics is a voluntary program. Students are not obligated to participate and participation is not required for graduation. Thus, competition in high school athletics is a privilege and not a right. Accompanying this privilege is the responsibility to conform to standards established for the school athletic program. This privilege may be revoked if the athlete fails or refuses to comply with the rules.

## **PHILOSOPHY**

The Athletic Department is an integral part of the total educational process of Sacred Heart Catholic School. Being involved in athletics provides the student with opportunities to learn skills, good sportsmanship, develop leadership skills and learn the ideals of fair play and ethical behavior that are necessary for competition and cooperation in our society. It should also provide our students with the unique opportunities for self-discipline, self-sacrifice, and loyalty to the school community and the team. Sacred Heart Catholic School encourages all students to participate in athletics by offering a well-rounded program of interscholastic athletics for young men and women.

## **PURPOSE OF ATHLETICS**

- Provide students with the opportunity to use and develop their athletic talents while participating competitively under the direction of qualified and dedicated coaches.
- Instill in the student-athletes the Christian values and attitudes of sportsmanship, teamwork, commitment, respect and dedication.
- Educate the whole person, physically, mentally, and spiritually to use their God-given talents wisely.

## **COMMITMENT**

To be successful, a student-athlete must place the highest priority on health, academics and training. All team members are valuable, and each team needs to know that it can count on its members to be there. Often this means sacrificing social life, trips and other events, which come in conflict with the rigors of training and competition. Learning how to make choices is one of the most valuable life lessons an athlete takes from a good athletic program.

## **ATHLETIC DEPARTMENT INFORMATION, EXPECTATIONS, PRACTICES AND POLICIES**

### **ACADEMIC ELIGIBILITY**

#### **MHSAA Requirements (See [www.misshsaa.com](http://www.misshsaa.com)):**

##### **High School – grades 9-12**

Students entering 9<sup>th</sup> – 11<sup>th</sup> grade must pass a minimum of 6 courses (mid-year) or 6 credits (end of year). The average of those 6 courses/credits must be a “C - 75” or above. Students entering 12<sup>th</sup> grade must pass 5 courses/credits with a “C – 75” or above average.

##### **Junior High – grades 6-8 participating in junior high sports**

In order to participate in junior high sports (football/basketball), a student must be promoted and have passed any 4 basic courses that meet at least 250 minutes per week with an average of “C - 75” or above. The same rules apply at the end of the 1<sup>st</sup> semester.

##### **Junior High – grades 6-8 participating at the high school level**

To participate at the high school level during the fall, a junior high student must be promoted, passing the 4 core courses (English, Math, Science, Social Studies) with a “C- 75” average or above. For spring eligibility, a student must have a “C - 75” average in the 4 core courses.

#### **Additional Sacred Heart Requirements:**

Sacred Heart Catholic School’s academic eligibility requirements for athletes exceed those of the Mississippi High School Activities Association and are outlined below.

### **Academic Eligibility Requirements**

To fully participate in athletics, a student must have a passing grade (70 or higher) in each class. Student eligibility will be determined at the end of each quarterly grading period. A student who has a **grade lower than 70 will be put on full athletic probation** until the next quarterly grading report. At that time, if all grades are 75 or above that student will be eligible to participate in athletic contests. A student who is on full probation (grade lower than 70) will be allowed to try-out for a team, but cannot compete in contests. The student will not be allowed to travel with the team on away contests. Parents of the involved student are encouraged to communicate with the teacher(s) and coach in order to develop a plan for that student's academic improvement. **\*\*Students who are on full academic probation will not be allowed to receive honors or participate in Senior Night activities.**

Students who earn a **“D” (70-74) at the end of the quarter grading period are on limited probation.** The student will be allowed to fully participate until the next quarter report. **At that time the student must have shown progress, or he/she will be on full probation until the end of the quarter grading period.** Eligibility in the fall will be determined by the final grades from the previous school year.

### **Academic Probation Policy for Jr High and Varsity Cheer**

Cheerleaders with any grade lower than 70 on a report card are on Academic Probation until the report card the following quarter. Cheerleaders on Academic Probation are required to attend all designated games, in complete and appropriate uniform. Cheerleaders will remain next to the squad for the duration of the event, but will not cheer. The consequence of Academic Probation removes the privilege of cheering, but maintains an obligation of supporting the team. Cheerleaders are not required to attend any practices during Academic Probation. Practice time should be replaced with attention to homework and preparation for class.

The goal of our policy is to keep all student grades high, not to punish. Academics are the number one priority at Sacred Heart Catholic School. Sports and other school-related, after-school activities are a privilege and a reward for academic success.

## **HEALTH ELIGIBILITY & CONSENT TO PARTICIPATE**

Each student must have a physical examination before he or she begins practice for any sport, including cheerleading. Students may get a physical from a private physician, however, Sacred Heart routinely sets up physicals at a facility in the area at no charge to the athlete. The “Athletic Health Examination Form” is included in this handbook, or it may be downloaded from the “Documents” section of the school's website or obtained from a coach or the athletic director. It is the form to be used when obtaining a physical for any sport.

A signed “Athletic Participation Consent Form” and “Student-Athlete Pre-Participation Eligibility Form” are also required before participation in practices or games. Both forms are included in this handbook, or they may be downloaded from the “Documents” section of the school website or obtained from a coach or athletic director.

### **“STAR SPORTSMANSHIP”**

Each athlete must complete the “StarSportsmanship” course one time during their athletic career in order to participate in contests. This is an online course required by the MHSAA. (starsportsmanship.com – school code 03889).

## **TRYOUTS**

Student-athletes should check for announcements of a pre-season meeting for each sport. Coaches will hold a pre-season meeting for all interested athletes explaining the tryout schedule, practice and game expectations, any pre-season voluntary conditioning recommendations and criteria for team selection. All athletes, who meet eligibility requirements (current physical on file and enrolled as a student), may try out for a team. Tryouts times may vary. Tryouts should not interfere with any sports season. Multi-sport athletes have three school days from the end of their season to try out for a new sport. **A student athlete must complete the full season and any post-season games before trying out for the next season.** All multi-sport athletes will have an opportunity to tryout for a team in a subsequent season, even if the season has started. The coaches may agree to allow a player to practice or play in an upcoming sport. The inseason sport has priority. **In addition, an athlete cannot leave a team during the season to join another team; they must wait until that team has completed its entire season.** That includes being dismissed from a team for any reason. Sacred Heart desires participation by as many students as possible on our sports teams. Sometimes, roster limitations will have to be made due to travel, space or practice time limitations, MHSAA requirements or the level of play necessary to compete at that level. However, a roster spot is not guaranteed; this is left to the discretion of the coach. Students who transfer to Sacred Heart from another school may be allowed to try out at a later date.

## **SCHOOL ATTENDANCE**

Students are expected to attend at least 4 of their 7 class periods during the day in order to participate in athletics that day. Special consideration will be given to emergencies or health-related appointments.

## **SUMMER CAMPS AND PRACTICES**

The MHSAA allows coaches to work with players from the end of the school year until the beginning of the fall athletic year. During that time, except for a one week “dead” period in July, athletes may be asked to attend practices, summer league games or team camps in order to be better prepared for their season. Coaches are encouraged to hold approved, conditioning-only sessions prior to their seasons.

## **FEES**

Annual fees will be assessed for all sports to help fund the cost of interscholastic athletics: transportation to athletic events, game officials, tournament entry fees and supplementary equipment and supplies as well as coaching salaries. Other sport-specific fees may be assessed prior to the start of a sport season. All athletes will receive an All-Sports pass which will be good for regular season home games. The pass will not cover admission to tournaments and playoff games.

## **TRANSPORTATION**

All team members and coaches are expected to ride with the team to and from contests. Busses are arranged for most teams. Only those with proper licenses and approval by the school administration may drive the school bus. For emergencies only and with prior approval from the school administration, students may drive their own cars. With prior permission of the coach, parents may drive their child directly home after a contest. A written request should be submitted to the coach.

## **GAME DAY DRESS**

During the school day, athletes adhere to the school dress code or wear designated attire along with school uniform pants/shorts or plaid kilt/skirt. No non-uniform shorts, pants or skirts are allowed. Footwear should be in accordance with the school’s regular uniform dress code (saddle oxfords/boys

dress shoes/tennis shoes). Students who do not follow these guidelines will receive an infraction. Administration will have the final determination on game day dress appropriateness.

## **LETTERING**

Coaches will submit to the athletic director a final roster which includes their recommendations for those athletes who will “letter” in that sport at the conclusion of their season. Lettering requires an athlete, playing on a varsity team, to have participated in more than 50% of each contest or play JV for three years. Students will not letter if they did not complete the season for any reason other than illness or injury. This list must be approved by the athletic director and principal.

## **ILLEGAL AND PERFORMANCE ENHANCING SUBSTANCES**

Any athlete found to be in possession of, or involved in the use of alcohol, tobacco, smokeless tobacco or narcotics will be suspended from athletics for a period of time determined by the SHS Administration.

Performance enhancing substances are strictly prohibited. The administration and coaches recognize that the use of androgenic/anabolic steroids (“steroids”) and other performance-enhancing supplements presents a serious health and safety hazard. As part of the school’s drug prevention and intervention efforts, the staff shall make every effort to ensure that students do not begin or continue the use of steroids or other performance-enhancing supplements. Students in grades 7-12 shall receive a lesson on the effects of steroids as part of their StarSportsmanship program, which is required to be completed by each athlete prior to competition.

A student who is found to have violated the agreement or this policy shall be restricted from participating in athletics and shall be subject to disciplinary procedures including, but not limited to, suspension or expulsion in accordance with law, school policies, and administrative regulations.

## **ATHLETIC COUNCIL**

Sacred Heart Catholic School has an Athletic Council which serves as the Executive Branch of the Athletic Department. The council is to be made up of parents of current athletes with representation of all major sports. The Athletic Director, Assistant Athletic Director, a faculty member and a representative of the Church Finance Committee will serve as members. At any time during a regular scheduled meeting, parents and coaches can address the council. Each team shall have a parent team manager who communicates not only with all team parents but to the council any information considered necessary for the betterment of their sport. A team manager will be secured by each team for the purpose of securing and running all fundraisers. This may include concessions and any fundraiser approved by the council. The council’s main purpose is to communicate to all teams any school related business to create transparency for the Athletic Department.

## **PARENT PARTICIPATION/ TEAM PARENT**

Parents are encouraged to support their athletes, go to games, serve as team parents, help out in the concession stands, and participate in fund raising efforts and other events. In order to facilitate communication between the different teams, each team will have a Team Manager who represents their team at the Athletic Council meetings, coordinates team fund raising efforts and helps with the collection of fees, plans team parties, etc.

## **ATHLETIC FACILITY USE**

Use of athletic facilities by students, individuals or teams is limited to team activities or by appointment. Students may not use the athletic complex facilities, gym or the high school weight room

without a coach or designated school employee present. **All use must be scheduled and pre-approved by the Athletic Director or Assistant Athletic Director.**

## **PRACTICES**

Coaches will have regular practice schedules depending on availability of venue. Varsity practices are expected to be 2 to 3 hours in length, 5 to 6 days per week. Early morning practices may be held due to facility availability. Coaches may set practice times during vacations depending on the season. It is expected that coaches and players will abide by the Sacred Heart code of conduct during all practices and games. Students who are recovering from illness or injury are expected to observe practices and games even though they are unable to participate.

Many athletes and coaches are involved with club/select sports. Sacred Heart Catholic School teams are independent from all club/select sports. Participation in club/select sports does not fulfill PE requirements, nor is it a criterion for playing on a Sacred Heart team. **Participation on outside recreational/club/select sports teams is not an excuse for missing Sacred Heart team practices or games.**

## **SCHEDULE CONFLICTS WITH OTHER SCHOOL COMMITMENTS**

Athletes may request to miss a practice or game in order to participate in another **Sacred Heart affiliated** academic or extra-curricular school activity. Athletes must recognize that missed practices or games may result in reduced playing time in future contests.

## **UNIFORMS AND EQUIPMENT**

Athletes are issued uniforms and equipment for each team. All equipment and uniforms must be returned to the head coach or athletic director washed and in good condition promptly at the conclusion of the season. If not returned, a student will be charged for the replacement cost of uniforms/equipment, and grades/schedules will not be released until all obligations are met.

## **COURSE OFFERINGS**

**Advanced Physical Education** Grades 9-12, Credit: ½ unit

Course Code: 340113

***Prerequisite: Coach's Approval***

Advanced Physical Education includes participation in competitive athletics, within the class and the basic skills outlined in the State Curriculum Program. This course may be taken for one semester or the entire year. Students in 9<sup>th</sup>-12<sup>th</sup> grades may also receive a P.E. credit for participating on a Sacred Heart athletic team sanctioned by the Mississippi High School Activities Association that meets the State requirement of 70 contact hours (practice time and competition time). This must have prior approval from the Sacred Heart Athletic Director. **This course satisfies the P.E. requirement for graduation for all entering freshmen of 2008-2009 and thereafter.**

## **SACRED HEART CATHOLIC SCHOOL ATHLETICS CODE OF CONDUCT**

Sacred Heart Catholic School has a duty to assure that their athletic programs impart important life skills and promote the development of good character. At all practices and athletic contests, coaches, players and parents are expected to emphasize the proper ideals of sportsmanship, ethical conduct and fair play, including but not limited to the following:

- Attendance at all practices and games, unless excused due to family emergency or student illness, which does not allow school attendance. If you don't practice, you don't play.
- Be prompt to practices and games
- Be gracious in victory and accept defeat with dignity
- Be respectful to others. No profanity, obscene cheers or gestures, negative signs, artificial noise makers, offensive remarks of a sexual nature, trash talking, taunting, boastful celebrations or other actions that would demean individuals or the sport.
- Treat game officials with respect. No complaining about calls during or after an athletic event.
- Exercise self-control. No fighting or excessive displays of anger or frustration.
- Promote a healthy lifestyle, encouraging good nutrition and rest
- Sexual or romantic contact of any sort between students and adults involved with interscholastic athletics is improper and strictly forbidden.
- Be open-minded, willing to listen and learn.
- Encourage teamwork on and off the field.
- Honor the spirit and letter of rules of the sport. Avoid improper gamesmanship techniques that violate the highest traditions of sportsmanship.
- Positive cheering only. Spectators should not shout coaching comments. Leave coaching to the coaches.
- Any form of hazing is not tolerated.
- The use of tobacco and alcohol is prohibited at all Sacred Heart Athletic events.

### **Tobacco and Alcohol Policy**

Sacred Heart Catholic School is a tobacco-free and alcohol-free zone. All facilities, including all Sacred Heart athletic venues, are tobacco-free (this includes the use of vapes and e-cigarettes) and alcohol-free zones. According to MHSAA rule 5.1.7, no alcoholic beverages shall be sold or consumed at any MHSAA event. Sacred Heart Catholic School will have a zero-tolerance policy in regard to this rule.

In addition, this policy will remain in force at all events (unless prior approval is obtained from the pastor of Sacred Heart Catholic Church) held at the Sacred Heart Athletic Complex. Violators of this policy may be instructed to leave the property or banned from attendance at Sacred Heart Catholic School events for an extended period of time. Consequences for violations will be at the discretion of the Athletic Director, Assistant Athletic Director, Administrator-on-Duty and/or the Director of Administration.

### **CONSEQUENCES FOR VIOLATIONS OF THE ATHLETICS CODE OF CONDUCT**

Players, coaches and/or fans may be ejected from a contest for inappropriate behavior. For persistent violations of the code of conduct, parents and/or fans may be asked by the coach or Athletic Director not to attend future contests.

For violations by a student-athlete of the code of conduct during games or practices, **playing time may be reduced, he/she may be removed from the team, or the athlete may be disciplined according to Sacred Heart Catholic School procedures.**

## **GENERAL INFORMATION FOR PARENTS AND STUDENTS**

### **PARENT/COACH RELATIONSHIP**

Both parenting and coaching are extremely challenging responsibilities. By establishing and understanding each position, we are able to accept the actions of the others thus enhancing communication. Parents have a right to understand what expectations are placed on their children. This begins with clear communication from the coach. It is suggested that all teams have a parent who is willing to help with communication between coaches, parents and players. Parents who have concerns should first voice them to the coach, followed by the Athletic Director and then the Principal.

### **COMMUNICATION PARENTS/PLAYERS SHOULD EXPECT FROM THE COACH**

1. Pre-season team meeting for every sport.
2. Location, dates and times of practices and games.
3. Changes in schedule and/or practice and game locations.
4. Expectations the coach has for your child and the team.
5. Notification and proper attention given if an injury occurs during participation.
6. Team requirements/rules for participation.
7. Notification whenever any disciplinary action results in your child being denied participation in a practice or game.

### **COMMUNICATION COACHES EXPECT FROM PLAYERS**

As students become involved in athletics, they will experience some of the most rewarding moments of their lives. It is important to also understand at times students may experience disappointment and frustration. At these times, student-initiated discussion with the coach is recommended and encouraged. Students who will be absent due to illness or family emergency are required to notify the coach prior to the practice or game. Messages sent by teammates or classmates are not considered appropriate notification.

#### *Parents/Students Should Notify the Coach Concerning:*

1. Notification of any unavoidable schedule conflict well in advance (upon distribution of practice/game schedules).
2. Any specific health concerns.
3. Any unhealthy mental or physical strain you detect in your child at home.
4. Ways you can contribute to your child's skill improvement and development.
5. Any dramatic changes you detect in your child's behavior.
6. Treatment of your child, mentally and physically.

#### *Issues Not Appropriate To Discuss With Coaches:*

1. Playing time.
2. Team philosophy, strategy or play calling.
3. Other student athletes.

## **COACHING**

Sacred Heart Catholic School is dedicated to hiring experienced coaches, dedicated to educating student athletes in the development of individual skills, teamwork, good sportsmanship and fair play. Our preference is always to recruit coaches from our faculty and staff. For those coaches hired from outside the school, every effort is made to integrate them into the entire school community. The same high standard of behavior expected of a teacher in the classroom is expected of all coaches during practices and games.

### **COACHING REQUIREMENTS**

1. Background check/Fingerprinting through the Biloxi Diocese
2. Current Red Cross CPR certification
3. Completion of "StarSportsmanship" for coaches

#### *Additional Requirements for Para-Professionals:*

Those coaches (head coaches & assistants) who are not currently certified teachers have requirements in addition to those listed above. These courses are offered through the National Federation of High School Coaches (NFHS) website:

1. Completion of "Fundamentals of Coaching" online course.
2. Completion of "First Aid" online course.

NOTE: All requirements must be met before a coach is allowed to begin coaching duties.

### **ROSTER AND ELIGIBILITY**

Prepare an alphabetical and numerical roster of your students and give a copy to the Athletic Director to be checked for academic eligibility. Discuss eligibility with your team.

Students should be made to understand that if they participate without being eligible, the team could suffer by forfeiting the games in which the student has played, and additional games as well.

### **UNIFORMS, EQUIPMENT AND KEYS**

Coaches must take responsibility for the uniforms and equipment that are issued to a team. Our school budgets do not generally allow us to purchase uniforms every year. It is, therefore, essential that you keep accurate records of what is issued to each student and be sure it is returned. If items are not returned, the Athletic Director should be informed and provided with all delinquent names and amounts owed.

Appoint one or more reliable managers to protect equipment and uniforms when your attention must be on the field. Your Athletic Director will ask you for an inventory of supplies and equipment so that orders can be prepared for next year.

Hold on to your keys. Do not lend keys to students! Turn them in at end of season to the Athletic Director.

### **RECRUITING**

Recruiting is not allowed at Sacred Heart Catholic School. Coaches have contact with students at the middle school level, at youth camps and in the community. Encouraging students to come to Sacred Heart for athletic purposes is not acceptable. Talking to students' parents or them about their future school placement is very easy to misinterpret and should be avoided.

## **SAFETY**

There are inherent dangers in all sports activities. Coaches must alert student-athletes of potential injuries even though certain risks are consented to by students and parents. Coaches must inform the Athletic Director of faulty equipment and unsafe conditions in the practice or playing area immediately upon their discovery. Culpability is assured if any of us are found negligent in our assignments.

## **SCHEDULE**

Coaches are expected to work with the Athletic Director in preparing a schedule of games your team will play. Provide information about non-league games to your Athletic Director, so officials can be requested. At the beginning of the season, give a team roster and game schedule (including bus requests and requested departure times) to the Athletic Director, so that faculty members can be informed of early dismissals from academic classes. Remember that they are students first and athletes second, so they should not leave any sooner than absolutely necessary.

## **OFF-SEASON WORKOUTS**

Coaches will clearly explain to student athletes the benefits of off-season conditioning. Coaches may provide information about recommended pre-season practices and conditioning activities. No athlete currently competing on a Sacred Heart team may participate in pre-season activities for a subsequent season. Recorded attendance at scheduled pre-season conditioning is not a requirement for a team. However, coaches may articulate the expected level of conditioning and skill development for team selection. Weight training is part of the off season workout program.

**PLEASE NOTE:**

**Nothing in this handbook is intended to contradict any policy set forth in the Sacred Heart Catholic School Student Handbook. If anything in this handbook appears to contradict any policy set forth in the Sacred Heart Catholic School Student Handbook, the policy in the Student Handbook overrides.**

**The Principal and/or Athletic Director will reserve the right to make decisions concerning issues not covered that might arise and to amend any part of this handbook in the best interest of the school.**

SACRED HEART CATHOLIC SCHOOL

**STUDENT ATHLETE PRE-PARTICIPATION ELIGIBILITY FORM**

One copy of this form must be completed and on-file in the Athletic Department for each student-athlete. The form will apply to all activities selected.

<b>STUDENT INFORMATION</b>	First Name	Middle Initial	Last Name	
	Address		City/State/Zip	
	Home Phone		Cell Phone	
	Date of Birth	Grade	Gender Male      Female	
	Email Address		Social Security Number	

<b>SPORTS</b>	Fall Sports	Winter Sports	Spring Sports
	<input type="checkbox"/> Varsity Cheerleading	<input type="checkbox"/> Boys Basketball	<input type="checkbox"/> Baseball
	<input type="checkbox"/> Jr. High Cheerleading	<input type="checkbox"/> Girls Basketball	<input type="checkbox"/> Golf (co-ed)
	<input type="checkbox"/> Cross Country (co-ed)	<input type="checkbox"/> Jr. High Boys Basketball	<input type="checkbox"/> Softball
	<input type="checkbox"/> Football	<input type="checkbox"/> Jr. High Girls Basketball	<input type="checkbox"/> Tennis (co-ed)
	<input type="checkbox"/> Swimming (co-ed)	<input type="checkbox"/> Boys Soccer	<input type="checkbox"/> Track (co-ed)
	<input type="checkbox"/> Volleyball	<input type="checkbox"/> Girls Soccer	<b>Other:</b>

<b>LEGAL GUARDIAN</b>	Name	<input type="checkbox"/> Father <input type="checkbox"/> Mother <input type="checkbox"/> Other _____
	Email Address	Home Phone
	Employer's Name	Cell Phone
	Employer's Address	Work Phone

<b>LEGAL GUARDIAN</b>	Name	<input type="checkbox"/> Father <input type="checkbox"/> Mother <input type="checkbox"/> Other _____
	Email Address	Home Phone
	Employer's Name	Cell Phone
	Employer's Address	Work Phone

<b>EMERGENCY CONTACT</b>	Name	Relationship	
	Home Phone	Work Phone	Cell Phone

<b>INSURANCE INFORMATION</b>	<b>All students participating in sports MUST have health insurance.</b>			
	Primary Insurance Name		Effective Date	
	Phone	Agent's Name	Policy #	Group #
	Secondary Insurance Name		Effective Date	
	Phone	Agent's Name	Policy #	Group #

**PARENTAL AUTHORIZATION FOR PARTICIPATION & TREATMENT RELEASE**

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Student name \_\_\_\_\_ Grade \_\_\_\_\_

I hereby give my consent for the above-named student to represent Sacred Heart Catholic School in interscholastic athletics, realizing that such activity involves the potential for injury, which is inherent in all sports. I acknowledge that even with the best coaching and strict observance of rules, injuries are still a possibility. On rare occasions these injuries can be so severe as to result in total disability, paralysis, or even death. I also give my consent for him/her to accompany the team on trips and will not hold the school or the Diocese of Biloxi or any of its employees responsible in case of accident or injury, whether it is in route to or from another school, athletic venue, or during practice or a competition. If I cannot be reached and in the event of an emergency, I also give consent for the school to obtain, through a physician or hospital of its choice, such medical care as is reasonably necessary for the welfare of the student, if he/she is injured in the course of school activities.

The Family Educational Rights & Privacy Act of 1974 protects the rights of parents and students in a way not heretofore provided. The school, from time to time, will be making available to the news media, and to the public in general, information about students who participate in athletics. The information may include such things as name, grade, honors and awards received, and photographs.

I also note that my child's interest in school athletics is totally voluntary on our part and made so as his/her guardian. We understand the eligibility standards set forth by the Mississippi High School Activities Association and Sacred Heart Catholic School, and that our child must abide within these standards and has not and will not violate these standards in any way. We also understand that if our child does not meet the citizenship standards set forth for the team, he/she may be suspended from the team or all athletics either temporarily or permanently. We also understand and agree that ALL decisions regarding the participation of the student in these programs are made by the coach(es) of these programs.

I understand that an athletic health examination is required for my child's participation in athletics and that I am responsible for having this completed by a proper medical facility and/or physician. I also realize that this examination is limited in scope and does not indicate that my child is completely free from impairments which may be affected by athletic participation.

**I understand that the requirements for participating on a school team will involve:**

- 1. Applicable participation fees and/or uniform fees to be paid by the student.**
- 2. Parental volunteering for gate collections and concessions.**
- 3. Attendance at all practices and games unless prior approval is given by the coach.**
- 4. Adherence to all rules of the Sacred Heart Catholic School Athletic Handbook.**
- 5. Maintaining academic eligibility as outlined in the Athletic Handbook.**

I also understand the nature of athletics and release hospital, physicians, coaches, volunteers and paid personnel involved from any and all liability for all injuries, damages or claims of every kind, character or description which may arise from my child's participation in an athletic health examination and/or school athletics. It is also my responsibility to obtain results from the physician for my child's examination.

I understand that by granting permission for participation in athletics at Sacred Heart Catholic School, I am agreeing to abide by all policies and rules set forth by the Mississippi High School Activities Association, the Catholic Diocese of Biloxi, Sacred Heart Catholic School, and the coaches of the sport(s) in which my child participates.

Parent/Guardian Signature: \_\_\_\_\_  
Date \_\_\_\_\_

Student Signature: \_\_\_\_\_  
Date \_\_\_\_\_

**SACRED HEART CATHOLIC SCHOOL**  
**ATHLETIC HEALTH EXAMINATION**

Each student must have a physical examination before he or she begins practice for any sport.  
Students may get a physical from a private physician or during annual physicals scheduled by the school.

Student name \_\_\_\_\_ Grade \_\_\_\_\_

**PHYSICIAN'S HEALTH EXAMINATION**

Blood pressure: \_\_\_\_\_ Pulse: \_\_\_\_\_  
Height: \_\_\_\_\_ Weight: \_\_\_\_\_ BMI: \_\_\_\_\_  
Vision: R \_\_\_\_\_ L \_\_\_\_\_ Hearing: R \_\_\_\_\_ L \_\_\_\_\_

**MEDICAL**

Appearance \_\_\_\_\_  
EENT \_\_\_\_\_  
Lymph nodes \_\_\_\_\_  
Heart \_\_\_\_\_  
Pulse \_\_\_\_\_  
Lungs \_\_\_\_\_  
Abdomen \_\_\_\_\_  
Genitalia \_\_\_\_\_  
Skin \_\_\_\_\_

**MUSCULOSKELETAL**

Neck \_\_\_\_\_  
Back \_\_\_\_\_  
Shoulder/arm \_\_\_\_\_  
Elbow/Forearm \_\_\_\_\_  
Wrist/hand \_\_\_\_\_  
Hip/thigh \_\_\_\_\_  
Knee \_\_\_\_\_  
Leg/ankle \_\_\_\_\_  
Foot \_\_\_\_\_

**PARTICIPATION CLEARANCE**

\_\_\_\_\_ Cleared for participation \_\_\_\_\_ Restrictions \_\_\_\_\_ Not cleared

Restrictions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If not cleared, reason: \_\_\_\_\_

Recommendations: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Physician

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print name of Physician or stamp

Cut here to return completed form to coach or athletic director.

## SELF ADMINISTERED HEALTH EXAMINATION BY PARENT

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Does any of the following pertain in any way to your child? (check appropriate spaces)

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Presently under doctor supervision | <input type="checkbox"/> Mononucleosis           | <input type="checkbox"/> Rheumatic fever               |
| <input type="checkbox"/> Presently taking medication        | <input type="checkbox"/> Hypoglycemia            | <input type="checkbox"/> Swelling                      |
| <input type="checkbox"/> Family w/ heart problems           | <input type="checkbox"/> Sickle cell anemia      | <input type="checkbox"/> Scoliosis                     |
| <input type="checkbox"/> Heart irregularities/murmurs       | <input type="checkbox"/> Scarlet fever           | <input type="checkbox"/> Surgery                       |
| <input type="checkbox"/> High blood pressure                | <input type="checkbox"/> Pneumonia               | <input type="checkbox"/> Advised for surgery           |
| <input type="checkbox"/> Concussion/head injury             | <input type="checkbox"/> Respiratory asthma      | <input type="checkbox"/> Been hospitalized             |
| <input type="checkbox"/> Been "knocked out"                 | <input type="checkbox"/> "Stingers/burners"      | <input type="checkbox"/> Wear glasses/contacts         |
| <input type="checkbox"/> Allergic to medicines              | <input type="checkbox"/> Pinched nerves          | <input type="checkbox"/> Eye related conditions        |
| <input type="checkbox"/> Allergic to insect stings          | <input type="checkbox"/> High cholesterol        | <input type="checkbox"/> Frequent headaches            |
| <input type="checkbox"/> Allergic to any other              | <input type="checkbox"/> Skin irritations/rashes | <input type="checkbox"/> Frequent nose bleeds          |
| <input type="checkbox"/> Heat stroke/exhaustion             | <input type="checkbox"/> Fracture to any bone    | <input type="checkbox"/> Herniated/slipped disks       |
| <input type="checkbox"/> Epilepsy                           | <input type="checkbox"/> Strained a muscle       | <input type="checkbox"/> Only one of any paired organs |
| <input type="checkbox"/> Seizures                           | <input type="checkbox"/> Sprained a ligament     | <input type="checkbox"/> Use special equipment         |
| <input type="checkbox"/> Diabetes                           | <input type="checkbox"/> Dislocated a joint      | <input type="checkbox"/> Presently taking supplement   |

With exercise does any of the following pertain to your child: (check the appropriate spaces)

- |  |  |
|--|--|
| <input type="checkbox"/> Dizzy                                 | <input type="checkbox"/> Skipped or racing heartbeat           |
| <input type="checkbox"/> Passed out (unconscious)              | <input type="checkbox"/> Exercise-induced asthma               |
| <input type="checkbox"/> Chest pains (before, during or after) | <input type="checkbox"/> Tire quickly (faster than the others) |
| <input type="checkbox"/> Shortness of breath                   | <input type="checkbox"/> Cough                                 |

- |   |     |    |
|---|-----|----|
| Has a physician ever denied your child's participation in any sport? (circle) | Yes | No |
| Has your child had his/her tetanus shot?                                      | Yes | No |
| Has your child had his/her measles shot?                                      | Yes | No |
| Are there any other medical conditions not listed above?                      | Yes | No |

I hereby release that all information to this point is correct to the best of my knowledge.

\_\_\_\_\_  
Signature of parent or guardian

\_\_\_\_\_  
Date