



Holy Family School Athletic/Extracurricular Requirements

1. Games and Practices - Athletes/Members must be in school on the day of the event. Athletes tardy due to illness or other appointments must be in school by 11:00AM to participate in the evening activity. Athletes must finish the school day in order to participate in an evening event. Any other absence on the day of a game/event must be pre-approved by the Athletic Director or Principal before the athlete/member will be permitted to participate. In the case of a doctor's appointment, a doctor's statement must be presented upon an athlete's/member's return.
2. Missing Games -
Grades 5 & 6 - Athletes missing a game, arriving late, or leaving early will sit half of the next game.
Grades 7 & 8 - Athletes missing a game, arriving late, or leaving early will sit out the next game.
3. Missing Practice - If athletes arrive late, leave early, or miss a practice, they will sit half a game, or an appropriate amount of time depending on the sport.
4. Quitting a Team/Club - If athletes/club members quit a team during the regular season, his/her reasons will be reviewed before participation on another team is allowed.
5. **All athletes/club members are expected to be at school, on time, the day following an event.**

Academics

1. In order to help parents and students evaluate whether involvement in Holy Family athletics or extracurricular activities is affecting academic performance, a deficiency notice will be sent home for any student who is in academic jeopardy (65-74%) or is failing (64% or below) in any class.
2. If a student is failing a class at mid-quarter he/she will be suspended from the team or removed from the extracurricular activity for one week. In that week the student will need to improve their academic standing to a passing grade in order to return to the team or activity. After a week, if the student is still failing he/she will be removed from the team or activity for the remainder of the season.
3. If a student is failing at the end of the marking period, he/she will not be allowed to participate in a sport or school sponsored extra-curricular activity during the following marking period.
4. If a student fails two classes for the year, he/she will be required to attend summer school in order to regain eligibility for the following school year.

Conduct/Effort

1. If a student receives a "1" in conduct or effort in two classes he/she will be suspended from the team or removed from the extracurricular activity for one week. If a student receives a "1" in conduct or effort in physical education he/she will be suspended from the team or removed from the extra-curricular activity for one week. During that week the conduct or effort must improve in order for the student to return to the team or activity.
2. If there is no improvement in conduct or effort during the week of suspension, the student will be removed from the team for the remainder of the season.
3. Students who fail to follow the school rules will be suspended from teams or activities for one full week from the day of the incident. Repeated disruptive behavior may result in suspension for the entire season.
4. Bullying or harassment of another athlete is unacceptable and may result in either suspension or removal from a team.



ATHLETIC/EXTRACURRICULAR PARTICIPATION

When a student makes a decision to participate on a Holy Family team or club, he/she should be aware of the commitment he/she is making. When choosing to participate for Holy Family, the student is committing to:

1. Setting an example of good citizenship for the school by following school rules and cooperating with those in authority as it is a privilege to represent the school;
2. Maintaining their grades;
3. Being a member of the team/club for the whole season;
4. Attending practices and working at practices to develop the skills necessary to play the sport or participate in the activity;
5. Attending game/event;
6. Wearing their team jersey to school on a game day (Friday for a weekend game);
7. Supporting his/her teammates by applauding their strengths and accepting their weaknesses.

When making a decision to become part of a team or club, parents and students should be aware of the amount of time involved and whether the involvement will affect the student's grades.

Consideration should be given to over-involvement. If involvement in other after school activities will prohibit the full participation at practices and/or games, serious thought should be given as to whether the student can make a commitment to a Holy Family team/club.

Although we encourage the participation of all athletes in every game, participation could be limited due to missed practices, school absence, not wearing a jersey on game day, as well as lack of effort and cooperation at practices.

Requirements prior to participation

1. This form signed and turned into the school
2. Physical on file with the school (for participation in a sport)

Requirements during the season of participation

1. Attendance at all practices and games/events
2. Responsible care of uniform
3. Good sportsmanship at all times
4. Good academic standing and school behavior
5. Attendance in school on, and after, game/event days
6. Return of a **clean** uniform at the end of the season.

Please sign and return the bottom portion to the Athletic Director. Keep the copy of the rules for your reference.

HOLY FAMILY SCHOOL ATHLETIC/EXTRACURRICULAR PARTICIPATION

(Printed Athlete's Name)

(Printed Parent/Guardian Name)

(Athlete's Signature)

(Parent/Guardian Signature)

Date: _____

Grade: _____