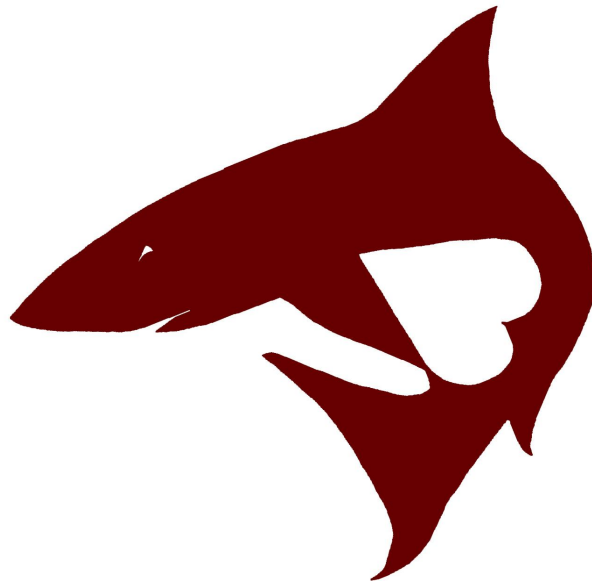




**Senior School
Athletic Handbook
2022-2023**

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Philosophy

Sacred Heart Senior School recognizes that extracurricular athletics promotes sportsmanship, team building, good citizenship, and community responsibility. Athletics also provide an opportunity for students to explore their unique talents outside of the classroom setting. These activities demand a high level of commitment, excellence, and self-motivation, which will help prepare students for the challenges they will meet outside the school community.

Our athletic philosophy follows a belief in both skill and character building. The Sacred Heart Senior School Athletic Department recognizes that athletics should promote more than just winning. We strive to have each individual student improve upon their existing skillset to become a better athlete. In this search for personal development, we also challenge our athletes to learn life lessons from their athletic endeavours. These lessons include, but are not limited to, determination, sacrifice, hard work, grit, communication, perseverance, and dedication.

Participation in extracurricular athletics is open to all students provided they meet the general requirements as outlined in the School Handbook, and any requirements specific to the activity of their choice.

Athletic Department

Athletic Director - Peter Moores
Senior School Principal - Dr. Wallace MAcAskill

Coaches:

Senior Girls Soccer - Jill Blain
Senior Boys Soccer - Andreas Loria
Junior Girls Soccer - Frederick Bekkers
Junior Boys Soccer - Andrew McSwain
Cross Country - Bonnie LeFrank, Shoneth Leadbetter, Laura Elworthy, Jared Griffiths,
Senior Girls Volleyball - Kathleen Underhill, Megan MacNeil, Hannah Aldcorn
Junior Girls A Volleyball - Jenn MacDougall
Junior Girls B Volleyball - Gabriel Gesner
Junior Boys Volleyball - Stephanie Simpson
Senior Girls Basketball - Antwon Christain
Senior Boys Basketball - Allan April
Junior Girls A Basketball - Bryan Fader
Junior Boys Basketball - Samuel Wile, Colin Smith
Junior Hockey - Jeremy MacHattie, Andreas Loria, Janelle Misener
Senior Girls Field Hockey - Kathryn Ross
Ping Pong - Bill Druker
Track and Field - Bonnie LeFrank, Shoneth Leadbetter, Laura Elworthy, Jason Scott
Golf- Bryan Fader
Badminton - Gordon MacKinnon

Programs

Students at Sacred Heart Senior School can participate in a wide range of both individual and team sports. Junior teams begin at Grades 7-9 and Senior teams begin at Grade 10-12.

Our Athletic Department offers a wide range of sports throughout the year including, soccer, cross country, volleyball, basketball, hockey, field hockey, golf, tennis, badminton, track and field, and table tennis.

Participation Fees

It is necessary for the Athletics Department to charge a participation fee for some sports/activities. All participation fees will be determined by the Athletic Director/Principal and be communicated in advance. Fees will be billed directly to a family's account unless otherwise noted. Players must pay fees in full or make arrangements with the Athletic Director before they will be permitted to participate in league games or tournaments.

Uniforms and Equipment

All uniforms will be provided by Sacred Heart Senior School and distributed by the coach or Athletic Director.

Players will be responsible for the care and maintenance of their uniform. If damaged or lost while in their possession, the player will be responsible for the cost to replace their uniform (a charge of \$100-\$200 will be issued for lost uniforms).

Transportation

School Bus/Coach

Throughout the year, school buses and coaches will be ordered for various events when they happen outside the HRM. Students are to act appropriately and not move around unless the bus is parked.

Games and Practices

Players/families are responsible for arranging transportation for their child prior to a local game or practice. The coach and/or School is not responsible for arranging drives. Players may transport themselves if they hold a valid driver's license. Family members may transport other immediate family members to events.

****A school consent form must be completed online prior to attending events outside of the HRM or for activities that have a higher risk of injury. These forms will be sent directly to parents to complete online.***

Practice and Game Times

In Junior High (Grades 7-9), many team sports (Soccer, Basketball, Volleyball) have games on the following days:

Junior Girls - Monday and Wednesday Games (Generally)

Junior Boys - Tuesday and Thursday Games (Generally)

Other sports can have competition on any day of the week. Tournament play does, at times, take place on the weekend but athletes will be given advance notice of any tournaments.

In Senior High (Grades 10 -12), sports can have games on any day of the school week.

Practice times will be set by the coaching staff in consultation with the Athletic Director.

Guidelines for Student-Athletes

Eligibility

Students must be in attendance for the day of a practice or game in order to participate in that practice or game. Legitimate reasons for an absence, which would allow a student to participate on the same day as the absence, include:

- School-sanctioned activities
- Appointments with health professionals
- Emergency situations
- Planned absence for personal or educational purposes that have been approved by the School administration.

Students who are absent from classes for a portion of the day due to illness are not eligible to participate by simply making it to the remaining portion of their classes.

An athlete under suspension from School is also suspended from participation in extracurricular activities until such time as the student has been reinstated to classes.

Conduct

Student-athletes are representatives and ambassadors of Sacred Heart Senior School. Players must respect the decisions of officials and promote sportsmanship.

Coaches have the authority to make any and all decisions related to gameplay.

Student-athletes are expected to provide strong examples of leadership and citizenship both on and off the court/field of play, and both in and out of the classroom.

Team Before Self — most sports are team games and although it is proper and even necessary to have personal objectives, it is paramount that each member of the Sacred Heart Senior School team possesses an unselfish attitude where team objectives are primary.

Regardless of when or where an athletic event occurs, it is a School-sponsored activity. The use of tobacco, drugs, or alcohol is prohibited and shall be strictly enforced.

If a student-athlete does not conduct himself in a manner that reflects favourably on the School, the privilege of participation may be suspended or revoked by the Principal.

Injury

Return to play policy — should an athlete receive a major injury or require consultation with a doctor or medical professional, they are required to provide documentation from the medical professional that they have been cleared to participate again.

Commitment

Being a member of any School team is a privilege, which each athlete must earn. A key to earning that privilege is a commitment to the team. Team success can only be achieved if all participants are committed. This type of commitment includes:

- Attendance at all practices, games, and team events.
- Providing the coach with advance notice of absences from practices or games, and an explanation of that absence.

Please note, consistent absences may result in a player being removed from the team and replaced.

Team Selection

All sports/activities are open to all students of Sacred Heart Senior School who meet the requirements of grade and general eligibility.

Coaches must conduct open tryout(s). In many cases, coaches will have two try-out sessions before a roster is chosen. However, this process may be modified depending on the sport and the circumstances.

Final selections will be based on attitude, coachability, and skill.

Some sports will have a long training process leading up to competition where a final roster will be selected. In these activities, the coaches will post a competition roster in advance of each competition. Track and Field, Table Tennis, and Badminton are examples of this.

Playing Time/Expectations

Sacred Heart Senior School participates in competitive leagues. As such, there will be few, if any instances where playing time for each player on the team will be equal. The amount of playing time may vary from game to game, or from week to week. Neither the player's grade nor prior years of playing experience with Sacred Heart Senior School teams will be a factor in determining playing time.

During the regular season, coaches are encouraged to consider the commitment and attitude of their players when choosing a starting team and playtime.

Coaches, in most cases, will make every effort to give playing time to all members of the team in a game. However, there will be circumstances where some players may not receive substantial time due to the competitiveness of the game. These situations may occur more in the High School setting.

Guidelines for Parents

Always support the team, the players, and the coaches.

Help your child to follow and uphold the Sacred Heart Senior School athletes' guidelines for participation.

Support the goals of sportsmanship and help bring pride and respect to your child and school.

Support your child's role on the team and the athletic department's philosophy

Athletic Awards

Each year in May, after the conclusion of all School-sponsored athletic activities, athletic awards are given during the School's Prize Day Ceremony. The selection process for these awards is done by the Sacred Heart Senior School staff and coaches.

Team Awards:

1. MVP (Most valuable player)
2. Coaches Award

Major Awards:

1. Character Award(s)
2. Junior and Senior Athlete of the Year
3. SSNS Exemplary Participation Award
4. SSNS Good Sport Award
5. SSNS Scholar-Athlete Award