

Buffalo Academy of the Sacred Heart



Athletic Handbook

Spirit ~ Mind ~ Body

Barbara J. Rooney '74 - Athletic Director (brooney@sacredheartacademy.org)

Phone: 716-834-2101 x 319

Website: www.sacredheartacademy.org

MESSAGE FROM THE ATHLETIC DIRECTOR

Sacred Heart's athletic program serves as an integral part of the total educational experience. Our young women will learn respect for themselves and others, leadership, discipline, teamwork and sportsmanship. It is the goal of the athletics program that life-long lessons will remain with the student-athlete long after her playing days are over and that life-long friendships will be developed and nurtured.

It is critical to the success of any athletics program that everyone understand the role they play. All of us- coaches, parents, administrators and of course, student-athletes, need to understand and embrace our role. When this happens, programs and teams can find success.

At Sacred Heart, success is defined in more than just a win –loss record. It is defined by how much the student-athlete has improved, grown and enjoyed her experience. Success is also defined by the sportsmanship displayed during competitions by Sacred Heart student-athletes.

Thank you for the role you play in helping to make our athletics program a successful one. Thank you to the coaches for sharing their time and talents, to the parents and fans for supporting our student-athletes in their efforts, and most importantly, to the girls for choosing to attend Sacred Heart and for proudly wearing the maroon and white. Go Sharks!

Sincerely,

Barbara Rooney '74
Athletic Director

MISSION STATEMENT

The Buffalo Academy of the Sacred Heart is a community committed to providing young women with a comprehensive, balanced and challenging Catholic education rooted in the core values of the Franciscan tradition.

We graduate young women with intellectual preparedness, spiritual grounding, commitment to service and the leadership skills necessary to have a positive impact on the world.

AFFILIATIONS

Sacred Heart is a member of the Monsignor Martin High School Athletic Association (MMHSAA), an unincorporated association, of the Diocese of Buffalo. This Association promotes interscholastic athletic competition under the auspices of the New York State Catholic High School Athletic Association (NYSCHSAA), the New York State Public High School Athletic Association (NYSPHSAA) and the New York State Federation. Sacred Heart Academy abides by all rules and regulations of the association.

ATHLETICS PROGRAM

The following competitive sports teams are offered:

FALL: Cross Country
 Field Hockey, JV and Varsity
 Golf
 Soccer, JV and Varsity
 Swimming
 Volleyball, JV and Varsity

WINTER: Basketball, JV and Varsity
 Bowling, JV and Varsity
 Cheerleading

SPRING: Lacrosse, JV and Varsity
 Softball, JV and Varsity
 Tennis
 Track & Field

Crew and Sailing are available as club sports. See www.wsrc.org for Crew information and www.buffaloyachtclub.org for Sailing.

Junior Varsity Level

The Junior Varsity Level of competition is for those athletes who are preparing for play at the Varsity level. Practices are held up to five days a week. All practices are mandatory. This is a competitive level of play and playing time is not guaranteed during every game although that is one of the goals for coaches. Playing time is awarded at the coach's discretion. The emphasis at this level is skill development and teamwork.

Varsity Level

The Varsity Level of competition is for those athletes who perform at the highest level. Usually the roster is made up of juniors and seniors. Sophomores and freshmen may be included on the team upon providing evidence of advanced levels of physical development, athletic skill and appropriate socio-emotional development. Practices are held five or six days a week. All practices are mandatory. This is the highest level of competition and playing time is awarded to those athletes who perform at the highest level on their team. Playing time is not guaranteed to everyone on the team and is awarded at the discretion of the coach. This level is geared toward giving the athletes a chance to win during competitive play, while enhancing individual and team skills.

Academic Eligibility

Any student who fails one or more subjects in a quarter or whose grades drop substantially in a quarter will be subject to a probationary period during the following quarter. If there is no improvement the following quarter or another subject's grade drops, the student, upon review, may be suspended from any or all extra-curricular activities for the following quarter.

Role/Expectations of the Student Athlete

Sacred Heart Academy permits all students to try out for sports teams as long as a current physical is on file with the Health Office and other obligations (i.e. Footprint Hours) are met. Participating on an athletic team is a privilege and requires a great deal of dedication. We expect all student-athletes to comply with the following expectations. Failure to do so may result in suspension and/or dismissal from the team.

- To demonstrate appropriate sportsmanship and appropriate behavior at all times to other teammates, opponents, officials, parents, coaches, spectators and themselves. This includes the use of social media platforms.
- To attend all practices and games unless previous arrangements have been made with the coach. Missing a practice/game, may result in restricted playing time in the next game.
- To properly care for her team uniform and will return it promptly at the end of the season. Repair or replacement cost will be the responsibility of the student-athlete.
- Violation of the SHA Alcohol and Other Controlled Substances policy, which is in the Student Handbook, will result in suspension or expulsion from a team.
- Will not engage in disrespectful behavior in practice, competitions or social media. This includes but is not limited to; taunting, trash-talking and other forms of intimidation.
- Non participation in a physical education class, means the student-athlete will not be allowed to participate in practice or a game on that same day.
- Absence from school automatically disqualifies the student-athlete from participating in that day's game or practice. The student must be present at school for ½ a day (12 pm on a full day, 10 am on a half day) in order to be eligible to play or practice.
- If a student-athlete leaves school due to illness she will NOT be allowed to participate in practice or competition of any nature on that day.
- Any student-athlete that is taken in an emergency situation to a hospital or doctor must present a doctor's release PRIOR to resuming practice and games. This will be given to the school nurse.
- The hours spent on the team service project may not count towards Footprints hours.

A Sacred Heart Coach reserves the right to implement his/her own specific team rules, regulations, and consequences that may be more, but not less severe than those listed above.

Role/Expectations of the Coach

The coach of the team is responsible for teaching the athletes physical skills, mentally preparing the team for competition and maintaining a positive and caring attitude toward the athletes. Athletic participation can also teach life skills such as hard work, discipline, commitment, sportsmanship, respect and honesty. Coaches are in a position to develop moral excellence and build self-esteem in each athlete.

We at Sacred Heart strongly believe that sportsmanship and fair play are the main components of our athletics program. The moral development of our student-athletes is our first mission and the coaches are expected to teach fair play within the rules of the game as intended.

Role/Expectations of the Parent

Our parents are an integral part of our athletic program. The support of parents and spectators lends itself to the success of our athletes. Athletics is another arena in which our young women are able to create a positive self-image. With the support of our parents, coaches can perform to the best of their ability and ultimately guide athletes to succeed, not only in athletics, but also in the real world. We expect our parents to act in a manner that encourages and supports the team atmosphere, not only individual performance. Parents are to be an exemplary role model for good sportsmanship and team play.

Communicating Issues/Concerns

If non-emergency issues or concerns arise, we encourage our student-athletes to communicate with the coach and/or team captain(s). It is advisable to wait a day (the 24 hour rule) to calm down and think things through before contacting a coach. Do not confront a coach before or immediately after a competition or practice.

After the 24 hour period, the student-athlete is first expected to meet with the coach to bring forth concerns. If the concern remains unresolved, the parents may then meet with the coach. If the concern is still not resolved, the parent or student-athlete should contact the athletic director.

The appropriate concerns to discuss with coaches are expectations during practices and contests, ways to improve and college opportunities. Inappropriate issues to discuss with coaches are playing time, team strategy, play calling, other athletes and personal opinions about the coach. Our coaches are professionals. They make decisions based on what is best for the team and all student-athletes involved.

Transportation

Depending on the needs of the individual team, the Athletics Department will provide transportation to competitions and off-site practices. Transportation to practices is one-way. Transportation to competitions may be one way or round trip depending on the distance and needs of the team. With parental consent, student-athletes may drive themselves or be driven by other students. Student-athletes and parents will be asked to submit a transportation form.

College

Continuing your athletic participation in college is a wonderful aspiration. Please keep in mind that less than 1% of high school athletes receive a full athletic scholarship. Your coach and school counselor can assist you, but ultimately, it is your responsibility to be prepared academically and to know what steps are necessary to be NCAA/NAIA academically eligible. This includes, but is not limited to: required Core Courses (9-12), Grade point average, SAT/ACT tests, NCAA Clearinghouse and special conditions. The NCAA puts out a “Guide for the College-Bound Student-Athlete” that will lead you through a number of important topics. Listed below are places to contact that may prove to be helpful in your pursuit of being a collegiate student-athlete.

NCAA (National Collegiate Athletic Association) www.ncaa.org

NCAA Eligibility Center www.eligibilitycenter.org

NAIA (National Association of Intercollegiate Athletics) www.naia.org