



OUR LADY OF PERPETUAL HELP CATHOLIC SCHOOL



A National Blue Ribbon School of Excellence



*Inspiring ...
Academic Excellence
Catholic Values
Family Community*

ATHLETIC HANDBOOK

2016-2017

as of December 02, 2016

*Our Lady of Perpetual Help Catholic School builds character and shapes tomorrow's leaders
by delivering academic excellence in a Catholic faith based community.*

Our Lady Of Perpetual Help Catholic School Athletic Handbook as of 02 DEC 2016

One of my friends asked "Why do you pay so much money for your kids to do all their sports?" Well I have a confession to make; I don't pay for my kids to do sports. Personally, I couldn't care less about what sport they do.

So, if I am not paying for sports what am I paying for?

- ✓ I pay for those moments when my kids become so tired they want to quit but don't.
- ✓ I pay for those days when my kids come home from school and are "too tired" to go to their training but they go anyway.
- ✓ I pay for my kids to learn to be disciplined, focused and dedicated.
- ✓ I pay for my kids to learn to take care of their body and equipment.
- ✓ I pay for my kids to learn to work with others and to be good team mates, gracious in defeat and humble in success.
- ✓ I pay for my kids to learn to deal with disappointment, when they don't get that placing or title they'd hoped for, but still they go back week after week giving it their best shot.
- ✓ I pay for my kids to learn to make and accomplish goals.
- ✓ I pay for my kids to respect, not only themselves, but other athletes, officials and coaches.
- ✓ I pay for my kids to learn that it takes hours and hours, years and years of hard work and practice to create a champion and that success does not happen overnight.
- ✓ I pay for my kids to be proud of small achievements and to work towards long term goals.
- ✓ I pay for the opportunity my kids have and will have to make life-long friendships, create lifelong memories, and to be as proud of their achievements as I am.
- ✓ I pay so that my kids can be out on the field or in the gym instead of in front of a screen...

...I could go on but, to be short, I don't pay for sports; I pay for the opportunities that sports provides my kids to develop attributes that will serve them well throughout their lives and give them the opportunity to bless the lives of others. From what I have seen so far I think it is a great investment!

~Unknown

The format of this handbook was selected to allow for changes and additions. Throughout the year, updates may be disbursed which are to be added to this handbook.

SCHOOL SPORTS PHILOSOPHY

The middle school sports program is provided to help foster spiritual, moral, intellectual, social and physical development in our students by offering a competitive team sports environment. Our sports policy strives to balance the drive to win and succeed in athletic competition with the Christian principles that are the foundation of our educational program.

We encourage all students to consider participation in our athletic programs as opportunities arise throughout the year.

The OLPH Athletic program provides a variety of experiences that enhance the development of favorable habits and attitudes that will prepare students for adult life. The interscholastic athletic program shall be conducted in accordance with existing Archdiocesan Interscholastic Athletic League (AIAL) and OLPH policies, rules and regulations.

While OLPH takes great pride in winning, it does not condone “winning at any cost.” It discourages any and all pressures which might lead to neglecting good sportsmanship and good mental health. At all times, the athletic program must be conducted as an educational activity of learning.

The goal of the OLPH Athletic Program is to assist students in the development of Christian character through their participation in sports.

Parents and players are obligated to acknowledge the fact that “Our Lady of Perpetual Help Catholic School athletic programs are competitive.”

PERFORMANCE AND PLAYING TIME

The OLPH Catholic School Athletic Program is a competitive program. The coaches of each sport have full discretion when determining playing time and control of continued membership on a particular team.

The student-athlete will learn:

- To work with others. A person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.
- To be successful. Our society is very competitive. We do not always win, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with earnest dedication.
- To develop sportsmanship. To accept any defeat like a true sportsman, knowing we have done our best, we must learn to treat others as we would have others treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation and dependability.
- To improve. Continual improvement is an essential component of good citizenship. As an athlete, you must establish a goal and you must constantly try to achieve that goal. Try to improve in the skills and knowledge required and those personal traits that enhance the success of a team.
- To enjoy athletics. It is necessary for athletes to enjoy participation, to acknowledge all of the personal rewards to be derived from athletics, and to give sufficiently of themselves in order to persevere and improve the program.
- To develop desirable personal health habits. To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good

health habits, and to develop the desire to maintain this level of physical fitness after formal competition has been completed.

SPORTS PROGRAMS

OLPH competes in the Archdiocesan Interscholastic Athletic League (AIAL). The guidelines established by the member schools govern competition in the league. The league offers competition in the following sports:

Football

Baseball

Soccer**

Track*

Basketball*

Softball

Golf

Volleyball*+

Cross Country*

Cheerleading++

Tennis

*Separate boys and girls leagues are available for these sports

** In soccer both boys and girls compete in a co-ed league

+ OLPH has not competed in boys' volleyball in several years, if interest is indicated, a team could be formed

++ See cheerleading section

Competition in boys and girls sports is divided into "A" and "B" teams in the following sports: ^

Volleyball

Track

Basketball

Cross Country

The following sports only offer a single "A" team^:

Football

Baseball

Tennis

Soccer

Softball

Golf

^ AIAL regulations stipulate that 8th grade students may only participate on "A" teams.

SPORTS POLICY

The sports policy may be changed at the discretion of the school administration as needed and without notice. Please direct any inquires to the School Administration. All students must meet all eligibility requirements to participate in any school team sport. Where both "A" and "B" teams are available, the school will field teams at both levels of competition. If there are not enough players to field a team at both "A" and "B" levels, only an "A" team will be established.

- 6th, 7th and 8th grade students are eligible to try out for all sports.
- 5th grade students are allowed to participate in track, cross country, cheer, and golf.
- If there are limited eligible players in grades 6th, 7th, and 8th, the school will allow 5th Graders to participate. Coaches are not allowed to cut an older player to make room

for a 5th grade student. Tryouts may be held for any sport when participation exceeds the available number of player's slots available for the sport. Tryouts will be "closed" to the parents. In the event a roster spot becomes available after the season has begun, and at the coach's discretion, a student may be asked to join the team based on the tryout evaluation. The coach, athletic director and principal must approve final rosters for all sports before being sent to the AIAL office.

- Students and parents are expected to exhibit Christian behavior and good sportsmanship at all school related functions and activities, whether on or off campus.
- The administration and game officials, at their discretion, have the authority to remove anyone displaying unsportsmanlike conduct at any school related activity, whether on or off campus.

Athletic events and practices are not the time or place to express concerns or conduct discussions of a personal nature with coaches or school personnel. Concerns should be brought to the attention of the Athletic Director within 24 hours and a response will be received within a week's time.

ATHLETIC CODE OF CONDUCT CONDUCT OF ATHLETES

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student is our major consideration and transcends any other consideration. All athletes shall abide by a code of ethics which will earn them the honor and respect that participation and competition in the interscholastic program affords – to the athlete, the team, and the school. Acts of unacceptable conduct such as, but not limited to: theft, vandalism, disrespect, immorality or violations of law, tarnishes the reputation of everyone associated with the athletic program. Participation on an athletic team involves discipline and willingness to make sacrifices. For this reason, those who wish to participate in interscholastic sports at OLPH must always behave as ladies and gentlemen and be neat in appearance and polite in behavior.

REQUIREMENTS FOR PARTICIPATION

Physical Examination: A yearly physical examination is required. The physical exam form must be completed by the physician and submitted to the coach prior to participation in any try-out or game competition. The examination will be valid for a period of one year from the date it was first obtained. The form will be kept on file in the Athletic Department Office.

Medical Release Authorization: Each athlete's parent shall complete an emergency Medical Release Authorization form, giving permission for treatment by a physician or hospital when the parent(s) are not available. The form will be kept with each coach so that they are available at each practice and contest.

Parental Acknowledgement of Athletic Policies: Upon entering middle school and/ or are at the time a student tries out for an athletic team, he/she will be presented with necessary forms and information for participating in athletics. Each parent or guardian and athlete shall read all of the enclosed material and certify that they understand the athletic eligibility, and rules and policies of the school. This signed document will be filed in the Athletic Department.

Scholastic Eligibility: In order to participate on an OLPH athletic team, each athlete must have satisfied all the scholastic eligibility requirements prior to participation. Furthermore, any student who is in violation of the school's disciplinary policies is not eligible to participate in interscholastic sports at OLPH. Any student whose conduct or appearance is not in compliance with the school's policy may be declared ineligible by the Administration for an indefinite period.

Academic Probation will occur at the end of each progress report/report card grading period. A student is placed on academic probation if he/she receives more than one grade below 70. For athletics, according to AIAL eligibility rules, the student "may not be failing more than one subject nor receive less than a 70% overall grade point average at the end of any progress reporting period or regular report card period." (AIAL rules)

1. While on academic probation a student may not:
 - Be a representative of any school organization
 - Participate in activities that take time after school hours unless the activities are required for a course grade, in which case an alternative assignment will be given
 - Participate in any AIAL sport competitions

2. Parents, faculty, club sponsors, and coaches will be notified. Academic probation will be reviewed on a weekly basis and the probationary status will remain in effect until the deficiency is removed as indicated by the progress report or report card. (AIAL eligibility rules) Academic probation begins when the student organization moderator or Athletic Director receives the list from school Administration and the parent and student are notified. At any time in this process, the student's academic record may be re-evaluated with the possible recommendation that the student withdraw from OLPH.

ELIGIBILITY

To be eligible for athletics, the middle school athlete must be in compliance with the OLPH policies concerning extra-curricular eligibility and the rules and regulations of the Archdiocese Interscholastic Athletic League (AIAL) and the Student/ Parent Handbook. Individual sports may adopt rules and regulations, with administrative approval, regarding expectations and requirements for students participating in that particular sport. These policies, once signed by the parent and student, become an extension of the student/parent handbook.

- Students must be enrolled in Our Lady of Perpetual Help Catholic School.
- Students trying out for a fall sport must be a student in good standing at the time of the team tryouts. A student must have passed all core classes for the previous full year to be eligible to try out. If they failed a core class for the previous year, they must have completed summer school at their expense and received a passing grade prior to the commencement of tryouts. In the case of electives, the student must have maintained a passing average for all elective classes for the full year. If the student does not meet the elective requirement, they must make up the failed class during the summer at their expense.
- All applicable athletic fees must be paid in full prior to the first game/competition of the season
- Athletes must be marked present in school the entire day in order to be eligible to participate in games/competition or practice later that same afternoon or evening**

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- Any student missing more than 2hrs. (120 minutes) of the school day is marked absent for that day.
- If a student misses classes on a Friday, they will be eligible to participate in Saturday or Sunday events as deemed appropriate by the sport's coach.

**The only exceptions are school sponsored or approved activities. Parents need to keep this in mind when scheduling appointments.

INELIGIBILITY

If a student becomes ineligible, due to grades, he/she may not participate in practice or games until the deficiency is removed at the next progress report or report card grading period whichever comes first. A student may not tryout for a sport if they do not meet the academic requirements for eligibility as outlined in the Eligibility section above. If a student is unable to tryout, they will be ineligible for the full season even if they rectify the grade deficiency. If a student becomes ineligible for other reasons such as misconduct, the coach and/or administration will make a determination of the consequences up to and including permanent removal from the team.

TEAM SELECTION PROCESS

The purpose of tryouts is to fairly evaluate all student athletes on their talent, sportsmanship and knowledge of the game. All in attendance will be fairly evaluated by using a rating system that will rank each athlete in several categories that pertain to each sport tryout. The date and number of days the tryout will be conducted will be determined by the published AIAL calendar, Athletic Director and School Principal.

Athletes trying out for each sport must attend all posted tryout dates. Failure to attend all tryout dates will disqualify the athlete/ student from making the final roster for that sport.

In the event a student is ill and not able to attend school or has to leave school because of an illness, the athletic department will allow the student to try out as long as they are able to attend the posted tryout dates. Failing to attend the tryout dates will disqualify them from the tryout. This applies to illnesses that fall under the current school policy that requires them to be kept home due to health department guidelines. Each medical situation will be reviewed and handled on an individual basis by the Athletic Director, School Nurse and Principal.

There are no guarantees that a student, trying out for a team, will make the squad, regardless of grade level or prior participation on a school team. In the event a student fails to demonstrate the efforts and attitude expected of a player or should the coach believe the student could not safely participate in the sport, then the student may not be placed on the team. The coach, athletic director and principal must approve final rosters for all sports before being sent to the AIAL office.

Each player will be given a number prior to tryout. **A tryout worksheet will be kept to document scores and notes during the evaluations.** This will help coaches to identify and select players in accordance with their abilities. The worksheet is solely a tool to assist the coaching staff with making final team selections. Team selection results are considered personal in nature and will only be disclosed to Our Lady of Perpetual Help School coaching staff and administration.

<u>Sport</u>	<u>Grades Allowed to Try-Out</u>	<u>Number of Teams</u>
Football *	6th - 7th - 8th	A Team

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Volleyball	6th - 7th - 8th	A & B Team
Soccer	6th - 7th - 8th	A Team
Cross Country	5 th - 6th - 7th - 8th	A & B Team
Basketball - Boys	6th - 7th - 8th	A & B Team
Basketball - Girls	6th - 7th - 8th	A & B Team
Tennis	6th - 7th - 8th	A Team
Golf	5 th - 6th - 7th - 8th	A Team
Baseball	6th - 7th - 8th	A Team
Softball	6th - 7th - 8th	A Team
Track & Field	5 th - 6th - 7th - 8th	A & B Team
Cheerleading	5 th - 6th - 7th - 8th	A Team

* 6th grade athletes will be allowed to try out for the team in the event there are not enough athletes to fill a team. The Coaches, Athletic Director and Principal will make the decision based on the current situation.

All participating in the tryout have an equal chance to make the team. Available slots will be filled with any combination of 6th, 7th and 8th graders.

AIAL regulations stipulate that 8th grade students may only participate on "A" teams. Clarification: A 6th or 7th grade athlete can be selected over an 8th grade athlete for a roster spot.

TEAM COMMITMENT

All absences will be either excused or unexcused:

Excused absences: Illness, death in the family or a family emergency. If a student gets ill during the school day and goes home, their absence will be excused. If a student feels ill and stays in school, they should go to practice. If their illness gets worse, then the coach can excuse them to go home.

Unexcused absences: When a student/athlete gets an unexcused absence from practice, they will become ineligible for one game. In addition, players will be required to attend the competition, dressed and must sit on the team bench as teammates normally do. When a student gets a second unexcused absence from practice, parents will be notified by phone that one more unexcused absence from practice will result in that student's removal from the program. As a result, the player will again be required to miss one game with the same conditions as stated above. When a student gets an unexcused absence from a contest (misses a game), they will be immediately removed from the program and parents will be notified by phone.

Tardiness will also be either excused or unexcused. The coach will have the authority to decide whether a tardy is excused or not. As a reinforcement measure, please make time to discuss these guidelines with your daughter or son. Players are expected to be on time to classes, practices, and meetings. Tardiness will not be tolerated. Corrective action will be taken by the coach. An ensuing tardy will result in the same consequence as an unexcused missed practice.

Quitting a Sport - The Athletic Department believes that a student has made a commitment to the school, team and coach. His or her quitting has disrupted team unity and deprived another student of participating. Any student, who remains on a team, and after minor

disciplinary action, continues to demonstrate poor team morale can be dismissed by the coach with the approval of the Athletic Director and be subject to the same suspension. The Athletic Department feels strongly that a student makes a serious commitment to a team before trying out for a sport. When an athlete quits the team to which he/ she have been selected, he/she forfeits trying out or participating in another sport that season until the completion of the previous sport.

Disciplinary Procedures - Disciplinary infractions of school rules while in attendance at, or while being transferred to or from, an athletic event come under the jurisdiction of the regular school disciplinary procedures. The head coach must inform the Principal and the Athletic Director of such infractions. The head coach may add to the punishment from the school but cannot bypass ordinary procedures.

Since discipline is a vital ingredient to a team's success, athletes can be disciplined for the following infractions:

- Unexcused absence from practice or game
- Failure to attend team meetings
- Being tardy to a practice
- Lack of sportsmanship
- Failure to contribute your best effort
- School disciplinary reasons for missing practice are not excused
- Breaking training rules

Sanctioned disciplinary procedures include:

- Suspension or expulsion from the team (only instituted with permission from the Head Coach of the sport and Athletic Director).
- Benching (sitting out of practice or game as designated by coach).
- Extra physical activity (i.e. push-ups).

NOTE: An OLPH athlete who leaves the bench area to join in an altercation during a contest will be suspended from the team and subject to dismissal from the Athletic Program and the school, if after an investigation it is found that the student participated in such.

Another setback can occur with untimely injuries to players. Some of these injuries occur because of non-school team sports participation during the season. (Club, tournaments, etc)

While players are encouraged to participate in club sports, parents and players must understand that school athletics will take precedence over club athletics. Similarly, if there is a conflict with another school sport, it is recommended that the parents and player decide which school sport is a priority.

It is the parents' sole responsibility to pick up their children after team practices are finished for the day. If a practice concludes at 5:00 pm their child will be dropped off at the school's After School Care Program after 5:15 pm. Parents will need to pay the costs of this care program. Parents are asked to be considerate and arrive on time in order to pick up their children after practices. This way coaches who conduct practices that finish after 6:00 pm will not have to sit with children until parents arrive. Please know that most of our coaches are volunteers or have other jobs and many need to go to work after their practices conclude.

SPORTS TEAMS

- Prior to participation in any sport or extracurricular activities, Players must have a current physical on file with the Athletic Department

FOOTBALL

- The Football program is open to 6th, 7th & 8th grade students
- OLPH will field only one Football team
- The Football program averages approximately 20 players. In the past there has not been a tryout for the team unless the number of participants exceeds a manageable number. At that time the *Team Selection Process* will be followed to determine a final roster. The number of participants will be determined by the Head Coach and Athletic Director.
- Minimum weight is **85lbs** with the Maximum weight not to exceed **210lbs**
- Must read and sign the *OLPH Athletic Contract* after being selected to the team
- All sports fees must be paid prior to the start of any game competition

VOLLEYBALL

- The Volleyball program is open to 6th, 7th & 8th grade students
- OLPH will field two teams ("A" & "B" teams) *see Sports Policy section for team structure*
- Team rosters and the number of roster spots will be determined by the Head Coach and Athletic Director at the conclusion of tryouts
- Tryouts will follow the *Team Selection Process* which will determine team final rosters
- All Volleyball tryouts and practices are closed to only athletes, coaches and school administrators.
- Must read and sign the *OLPH Athletic Contract* after being selected to the team
- All sports fees must be paid prior to the start of any game competition

SOCCER

- The Soccer program is open to 6th, 7th & 8th grade students
- OLPH will field one "A" team *see Sports Policy section for team structure*
- Team rosters and the number of roster spots will be determined by the Head Coach and Athletic Director at the conclusion of tryouts
- Tryouts will follow the *Team Selection Process* which will determine team final rosters
- Must read and sign the *OLPH Athletic Contract* after being selected to the team
- All sports fees must be paid prior to the start of any game competition

CROSS COUNTRY

- The Cross Country program is open to 5th, 6th, 7th and 8th grade students
- OLPH will field an "A" & "B" team *see Sports Policy section for team structure*
- Everyone is encouraged to participate (Athletic Director will evaluate participation numbers each season)
- Team rosters and the number of roster spots will be determined by the Head Coach and Athletic Director if a tryout is warranted
- Must read and sign the *OLPH Athletic Contract* after being selected to the team

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- All sports fees must be paid prior to the start of any game competition

BASKETBALL

- The Basketball program is open to 6th, 7th & 8th grade students
- OLPH will field four teams ("A" & "B" boys team) & ("A" & "B" girls team) *see Sports Policy section for team structure*
- Team rosters and the number of roster spots will be determined by the Head Coach and Athletic Director at the conclusion of tryouts
- Tryouts will follow the *Team Selection Process* which will determine team final rosters
- All Basketball tryouts and practices are closed to only athletes, coaches and school administrators
- Must read and sign the *OLPH Athletic Contract* after being selected to the team
- All sports fees must be paid prior to the start of any game competition

BASEBALL (Boys)

- The Baseball program is open to 6th, 7th & 8th grade students
- OLPH will field one "A" team *see Sports Policy section for team structure*
- Team rosters and the number of roster spots will be determined by the Head Coach and Athletic Director at the conclusion of tryouts
- Tryouts will follow the *Team Selection Process* which will determine team final rosters
- Must read and sign the *OLPH Athletic Contract* after being selected to the team
- All sports fees must be paid prior to the start of any game competition

SOFTBALL (Girls)

- The Softball program is open to 6th, 7th & 8th grade students
- OLPH will field one "A" team *see Sports Policy section for team structure*
- Team rosters and the number of roster spots will be determined by the Head Coach and Athletic Director at the conclusion of tryouts
- Tryouts will follow the *Team Selection Process* which will determine team final rosters
- Must read and sign the *OLPH Athletic Contract* after being selected to the team
- All sports fees must be paid prior to the start of any game competition

TRACK

- The Track program is open to 5th, 6th, 7th and 8th grade students
- OLPH will field an "A" & "B" team *see Sports Policy section for team structure*
- Everyone is encouraged to participate (Athletic Director will evaluate participation numbers each season)
- Team rosters and the number of roster spots will be determined by the Head Coach and Athletic Director at the conclusion of tryouts
- Must read and sign the *OLPH Athletic Contract* after being selected to the team
- All sports fees must be paid prior to the start of any game competition

TENNIS

- The tennis program is open to 6th, 7th & 8th grade students

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- OLPH will field one tennis team
- Everyone is encouraged to participate (Athletic Director will evaluate participation numbers each season)
- Tryouts will follow the *Team Selection Process* which will determine team final rosters
- Team rosters and the number of roster spots will be determined by the Head Coach and Athletic Director at the conclusion of tryouts
- Must read and sign the *OLPH Athletic Contract* after being selected to the team
- All sports fees must be paid prior to the start of any game competition

GOLF

- The Golf program is open to 5th, 6th, 7th and 8th grade students
- OLPH will field one golf team
- Everyone is encouraged to participate (Gold Coach will evaluate participation numbers each season)
- Team rosters and the number of roster spots will be determined by the Head Coach and Athletic Director at the conclusion of tryouts
- Must read and sign the *OLPH Athletic Contract* after being selected to the team
- All sports fees must be paid prior to the start of any game competition
- Practices will be held off campus at a golf range or the golf club determined by the golf coach
- Practice is encouraged on off days and weekends
- OLPH will enter any individual in the AIAL District golf tournament as long as the athlete is able to demonstrate they can play on their own and have a full understanding of the rules of golf.

Middle School Cheerleading Team

MISSION

The mission of the Our Lady of Perpetual Help Middle School Cheerleading Team is to uphold the pride and tradition of the OLPH Wildcats through the unification of the student body, parents and fans. Cheerleaders will support as many athletic events as possible and promote a positive game day atmosphere for the campus and its athletes. Cheerleaders will strive to set an excellent example of behavior and sportsmanship at all times and exemplify Christian values on campus, at events and in their communities.

ATTENDANCE

Regular attendance creates team spirit and success!

- Please be on time for all practices and performances.
- Communicate any and all delays, emergencies or absences as soon as possible.
- Regular attendance at all practices is necessary for participation at performances as well as membership on the cheerleading team.
- Members must attend school on the day of practice and the day of any event in order to be able to practice or perform, unless the absence is due to a school related activity.
- It is the cheerleader's responsibility to arrange to learn choreography from any missed practice.

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- Please communicate any conflict with dates for upcoming performances, as soon as possible.

CONDUCT

As a member of the Cheerleading Team you represent yourself, your family, and the entire OLPH community. We applaud you for conducting yourself in a mature and responsible manner!

- The cheerleader must maintain academic grades and conduct in accordance with the “Requirements for Extra-Curricular Activities,” as outlined in the OLPH Student/Parent Handbook, Section VI – CC.
- Cheerleaders must agree to abide by the dress code for all practices at all times.
- The cheerleader agrees to keep their belongings organized and clean and to leave all areas in the same condition or better than they found it during practices and performances.
- Cheerleaders will respect one another’s property at all times. If it does not belong to them, they are not to touch it.
- All team members are expected to treat all others with respect.

HEALTH

- The cheerleader agrees to report any injury occurring while in practice or at a performance immediately to the coach/sponsor, or whoever is in charge of them at the time. A doctor’s note may be required if the team member needs to sit out for any practices following their injury.
- The cheerleader agrees to observe all practices and attend all performances when recovering from any injury or illness, if possible. The cheerleader and parent agree to provide a doctor’s note if they must sit out or miss a practice or performance.

UNIFORMS AND GEAR

- Please be conscientious about the care of your uniform, practice attire and additional gear. We look forward to our cheerleaders looking polished and professional.
- The cheerleader/parent agrees to be prepared for all practices and performances with all uniforms and gear readied as required and to arrive on time.
- The cheerleader/parent agrees to immediately report to coach/sponsor any uniform or gear item that is falling apart, has a broken piece, etc.
- Cheerleaders must wear the required attire to all practices, competitions, performances, or events affiliated with OLPH Cheerleading Teams.
- Cheerleaders will be provided with a binder in order to keep essential information in an orderly manner and be able to access needed materials quickly. Team members are required to bring this binder to every practice.

PARENT RESPONSIBILITIES

- Parents are responsible for having their child at all practices and performances on time as well as picking their child up in a timely manner. If any person other than the assigned guardian of the child will be picking the cheerleader up, a note or email must be sent to the coach or sponsor.
- Please voice all concerns and opinions by email or make arrangements to speak with the coach or the sponsor after practice or after a performance.

TEAM GUIDELINES/DEMERIT SYSTEM

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Below are more specific guidelines and an outline of the demerit system based on the Contract.

Attendance/Tardiness

We hold all team members to a high standard, which is why consistent attendance and punctuality is required of them. They are going to be shining examples of hard workers with positive attitudes!

- Demerits will be given for all violations.
- All team members are expected to attend all practices and performances. Tardiness and/or lack of attendance may result in the removal of the cheerleader from one or more of the upcoming performances. This is not to be cruel; it is only fair to other team members who are consistently at practice. This will be determined by the demerit system.
- A cheerleader may not attend practice or a performance if they missed school due to anything other than an approved campus activity.
- Cheerleaders are considered tardy 15 minutes after practice starts or 15 minutes after stated performance arrival times.
- Absences are only considered excused for the following reasons:
 - Illness or injury (doctor's note is required)
 - Family Emergency
 - Excused absences will be determined by the coach/sponsor

Dress Code

All team members are expected to follow the dress code. Demerits will be given for dress code violations.

Practices

Wear designated practice top and red Softe shorts. Shirt **MUST** be tucked in for all practices. Cheer shoes with white ankle socks are required. If you forget your appropriate shoes, demerits will be given

- No socked feet
- No bare feet
- No colored undergarments are to be worn under practice tops.
- Only white, black or navy blue sports bras will be allowed under practice top.
- No regular bras
- Hair must be pulled back securely.
- Cheerleaders are required to provide their own hair accessories
- Hair must be completely secured away from the face.
- Stud earrings will be allowed during practice. All other jewelry must be removed before practice begins.

Performance Rules

Demerits will be given for all violations at coach/sponsor discretion. The number of demerits will depend on the violation and will be determined by the coach/sponsor.

- Cheerleaders are responsible for remembering all uniform pieces, accessories, gear, etc.
- Stud earrings will be allowed during performances. All other jewelry must be removed before performances begin.
- Please remember that you are representing OLPH, we want to set a positive example for others.
- Do not be loud and disruptive when not cheering, no horseplay.

Our Lady Of Perpetual Help Catholic School Athletic Handbook as of 02 DEC 2016

- No whining will be tolerated.
- Always keep a positive attitude!
- Never, ever talk poorly of another team or cheerleader. Cheerleaders must be polite and supportive to all other teams, parents, athletes, coaches and fans.

Additional Rules

Demerits will be given for all violations at coach/sponsor discretion. The number of demerits will depend on the violation and will be determined by the coach/sponsor. These rules apply to both practices and performances.

- Be kind to all fellow teammates.
- Be positive.
- Respect your coach and sponsor - respond with "Yes ma'am" or "No ma'am"
- Show up ready to work with a positive attitude.
- Do your best to practice at home and remember all material taught.
- Communicate with the coach/sponsor if there is an injury, illness, or other problem.
- Never give up! Never give excuses!

Demerits

Demerits will be recorded by month. Cheerleaders will start each month with a clean slate. 10 or more demerits in a month will result in the removal of the cheerleader from the next performance or event.

Attendance/Tardiness

- Practices
 - ♦ 1st and 2nd tardy = 1 demerit
 - ♦ 3rd tardy = 3 demerits
 - ♦ Unexcused Absence = 3 demerits

Dress Code

An "offense" will be determined by the coach/sponsor. It is possible for a cheerleader to receive more than one dress code demerit in a day. For example, if the team member forgets a hair tie and wears the wrong shorts to team practice (both in one day), that equals 2 demerits. Demerits will be given for any missing binder, required clothing or uniform item as well as any item worn incorrectly. These rules apply to both practices and performances.

- ♦ Each Offense = 1 demerit

Performance Rules

Demerits will be given for all violations at the director's discretion. The number of demerits will depend on the violation and will be determined by the director.

Additional Rules

- Demerits will be given for all violations at coach/sponsor discretion. The number of demerits will depend on the violation and will be determined at the time of the offense.
- Cheerleaders will be responsible for logging their demerits in their binder and must sign a demerit log each time they receive a demerit. Parents will only be contacted due to severe situations. The severity of each situation will be determined solely by the coach/sponsor.

**Our Lady of Perpetual Help
Middle School _____ Team Contract 2016 - 2017**

Congratulations! This document represents your willingness to abide by the rights and responsibilities itemized in this contract for school year 2016 - 2017. You can count on your experience and opportunity as a(n) OLPH Middle School _____ Team Member to be one of positive ongoing growth and development.

NAME OF STUDENT: _____

Student Signature: _____ Date: _____

NAME OF PARENT(S) : _____

Parent Signature: _____

Parent Signature: _____

School Sponsor Signature Coach Signature: _____