



# *St. Vincent's Academy*

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1845



## Parent - Student Athletics Handbook

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**This document is aligned and in addition to the school student handbook.**

## **ABOUT US**

St. Vincent's Academy was established in 1845 and is the oldest continuously operating Mercy school in the United States.

Athletic Colors: Royal Blue and Gold  
Athletic Mascot: Saints  
Nickname: SVA

## **ATHLETICS PHILOSOPHY STATEMENT**

It is the philosophy of St. Vincent's Academy to encourage every St. Vincent's Academy student-athlete to become a champion. To foster an environment where academic integrity, commitment, social responsibility, respect for others, and competitive athletic excellence are highly valued. To discover and nurture the "whole person" who enriches the world and brings honor to St. Vincent's Academy, now and throughout life.

St. Vincent's Academy seeks to provide a broad range of interscholastic activities for students in grades 9–12 that will support the St. Vincent's Academy mission. Personal traits, including commitment, discipline, team cooperation, individual leadership, sportsmanship, and consideration of others, are emphasized and vital to the success of the St. Vincent's Academy' athletics program. We strive to demonstrate grace in victory and sportsmanship in defeat.

## **PARTICIPATION PHILOSOPHY**

It is the intent of St. Vincent's Academy to provide the opportunity for students in Grades 9–12 to participate in as many interscholastic athletics activities as possible. While some of our sports require a limitation of numbers, others are open to all. We encourage our students to be aware of opportunities to participate and take advantage of them. Because it is a privilege to represent the school in athletics, it also follows that the school has the authority to revoke the privilege when the student athlete does not conduct herself in an acceptable manner. Not only does this responsibility exist while she is on the field, court, or track, but good conduct will be required of her **at ALL times and most certainly while she is at school.** As a member of the school team, she brings attention to herself and the student body at St. Vincent's Academy.

## **ATHLETICS DEPARTMENT GOALS**

The primary goals of St. Vincent's Academy athletics program are to accentuate the development of the whole student and to achieve a personal level of excellence in the areas of fitness, team commitment, and sportsmanship.

When a student chooses to become a member of a team, the choices she makes impacts personal goals and the goals of the team. For this reason, athletics is one of the most significant tools in the educational process of character development and helps to encourage students to lead by example.

While each program has goals specific to the nature of the sport, all Saints sports programs share the following three goals:

1. **Work to Improve:** Improving through practice and game experience is vital to success.
2. **Work to Have Fun:** Fun is a function of commitment. An athlete is having “fun” when he or she is improving both as an individual and as a member of a team.
3. **Work to Win State Championships:** All St. Vincent’s Academy athletes should be preparing for the day when, as varsity athletes, they have the opportunity to compete for state championships.

### **ACADEMIC ELIGIBILITY**

As stated in the GHSA Constitution and By-laws, Sub-Section 1.50 - SCHOLASTIC STANDING / SCHOLARSHIP

**1.51** To be eligible to participate, practice, and/or try out in interscholastic activities, a student must be academically eligible. A student is required to pass classes that carry at least 2.5 Units [credits] counting toward graduation the semester immediately preceding participation.

1. Exception 1: First semester ninth grade students.
2. Exception 2: A cheerleader who is academically ineligible for the spring semester may try out if she is passing ALL classes at the time of the tryout . The window of opportunity to try out under these conditions is available only during the ten (10) days set aside for tryouts that the school chooses.
  - (a) Passing in all GHSA member schools is a grade of seventy (70).
  - (b) Students participating in junior varsity or “B” team competition must meet all scholastic requirements.
  - (c) If an eligible student transfers from a school that uses a block-schedule format to a school using a traditional format (or vice versa) and that student cannot get a full schedule of classes with equivalent credit in the semester of the transfer, the school may petition the Executive Director for a waiver of this rule for the first semester after the transfer occurs.
  - (d) For schools offering courses with yearlong grading, eligibility must be computed for each semester.
    - (1) At the end of the first semester, the school must determine that the student has a grade of 70% or higher in classes carrying at least 2.5 Units [credits].
    - (2) The second semester grade will be the grade given for the entire course and shall include the end-of-course test grade.

- (3) Remediation programs designed to bring the student's first semester grade up to 70% or higher may be used (in accordance with GHSA guidelines) if the school allows such programs for all students.

**1.52** Students gain or lose eligibility on the first day of the subsequent semester. The first day of the Fall semester shall be interpreted as the first date of practice for the first sport.

1. Exception: Students who successfully complete summer school to maintain eligibility become eligible the last day of summer school.
  - (a) Summer school is an extension of the previous semester and courses may be:
    - a. remedial in nature where a previously-taken course is repeated in its entirety with a new grade being given.
    - b. enrichment in nature where a new course is taken that results in new credit being earned.
  - (b) A maximum of two (2) units [credits] earned in summer school may be counted for eligibility purposes. NOTE: Additional credits may be earned in credit recovery programs or make-up programs.
  - (c) Summer school credits earned in non-accredited home study programs or non-accredited private schools may not be used to gain eligibility. Accreditation recognized under the rule shall be from the Georgia Accrediting Commission (GAC) or a regional accreditation agency (such as SACS) or the Georgia Private School Accreditation Council (GAPSAC).
  - (d) An independent study course taken in summer school must be regionally accredited and accepted by the school system for graduation credit.
2. Courses completed after the beginning of a new semester may not be used to gain eligibility for that semester. Example: night school classes, correspondence courses, etc.
3. Independent study courses taken during the school year must meet the criteria of 1.52
- (a) 4.

**Note:**

A student who fails two or more classes in one semester will be considered academically ineligible. Students deemed academically ineligible can regain eligibility according the GHSA standards listed above. Academic ineligibility does not fall under the dismissal/quitting a team protocol.

**PARTICIPATION CHECKLIST**

1. GHSA Forms: An annual physical is required per GHSA and may be downloaded via the Athletics webpage under Forms and Downloads. Physicals completed before April 1 are valid for one year from that date. Physicals completed on or after April 1 are valid through the following school year. Students may not try out or participate without a valid GHSA Physical Form on file.

2. Preseason Recommendations: Each program has recommendations for preseason preparation. See the individual team page on the athletics website and/or the head coach for details.
3. A commitment to adhere to the tenets of the Parent/Student Handbook: Please pay particular attention to policies related to ethical use of technology, the honor code, and use of alcohol, drugs, and other substances.
4. Review the Athletics Calendar and guidelines.

## **PRACTICE AND GAME COMMITMENT**

Saint's athletics programs require a five- or six-day per week commitment, depending on the sport and level. Any exception to this policy must be authorized by the varsity head coach and director of athletics.

With advanced communication, St. Vincent's Academy athletics programs attempt to provide some flexibility concerning family needs, college trips, and academic needs. However, trips related to athletics that occur outside the St. Vincent's Academy community are not excused. Unexcused absences from practices and games will affect a student-athlete's role on the team and will result in diminished participation, suspension, and/or dismissal from the team.

In order to participate in St. Vincent's Academy athletics, the student athlete must be committed to her St. Vincent's Academy team over all other extra- curricular activities both school and non-school related. This includes but is not limited to: club sports, dance, music lessons, etc.

## **MULTIPLE-SPORT ATHLETES**

Multiple-sport participation pertains to an athlete's participation in more than one sport during the school year. Multiple-sport **does not** connote more than one sport at the same time or season (see Practice and Game Commitment on page 7). The multiple-sport participant is the backbone of St. Vincent's Academy's comprehensive athletic program. All St. Vincent's Academy athletes, parents, and coaches should understand the importance of the multiple-sport athlete and support, encourage, and allow students to participate in one, two, or three seasons as they so choose. It should also be understood that students who are finishing one athletics season while tryouts are in progress for another season will be given special consideration and an opportunity for a delayed tryout. However, it is the duty of the athletes to discuss this with their coaches well in advance. Injury, illness, and other special situations will be taken into consideration as well, but must be authorized by the varsity head coach and director of athletics.

## **SPORTSMANSHIP**

Athletes, parents, and coaches should exhibit good sportsmanship at all times and adhere to the following sportsmanship guidelines during competition:

1. ALWAYS cheer in a positive manner. Positive cheering leads to positive results.
2. Do not talk to officials before, during, or after the competition.
3. Accept the call of an official with grace. We want athletes and coaches to concentrate on what is about to happen, not on what already has.
4. Never communicate with St. Vincent's Academy coaches and athletes, or coaches and athletes from visiting schools, from the start of warm-up until the end of competition, other than to cheer their efforts.
5. Fans should be seated in bleachers or remain in designated areas away from the team and playing areas.

As part of St. Vincent's Academy's guidelines for sportsmanship, and in accordance with St. Vincent's Academy's technology code of conduct, the school expects the members of its community to engage in positive behavior while using electronic forms of communication — blogs, sports events, social networking sites, e-mail, texting, tweeting, etc. — in regard to communication about St. Vincent's Academy' athletics. Students, parents, coaches, and fans should not engage in any activity that is harmful to others, being mindful that they are representatives of our school.

## **DISMISSAL FROM A TEAM/QUITTING A TEAM**

A student athlete who quits a team after the beginning of the season or is dismissed from a team must sit out for 1 full calendar year before participating in any other GHSA sport or activity. The beginning of the season is the first practice day following tryouts. Special circumstances will be evaluated on a case by case basis by the school administrative team.

Because it is a privilege to represent the school in athletics, it also follows that the school has the authority to revoke the privilege when the student athlete does not conduct herself in an acceptable manner during, after and away from school. Not only does this responsibility exist while she is on the field, court, or track, but good conduct will be required of her **at ALL times and most certainly while she is at school.** As a member of the school team, she brings attention to herself and the student body at St. Vincent's Academy.

All equipment and uniforms must be cleaned and returned within 48 hours from quitting or dismissal. After 48 hours, a hold will be placed on the student's Blackbaud account until everything has been returned to the Director of Athletics.

## **DRUG & ALCOHOL USE**

The athletic department fully supports the policy set forth in the school's parent/student handbook concerning the possession of, selling of and use of drugs/alcohol on the way to or from school, at school, before, during or after a school-sponsored event.

In addition to the overall school policy, a student athlete that is involved in any illegal activity or inappropriate behavior will be dismissed from their team and will remain ineligible until fulfilling the requirements set forth by the administrative team and/or a court of law.

## **COMMUNICATION POLICY**

Open communication between student-athletes and coaches is a cornerstone to success in athletics. Young people must learn to communicate directly with their coaches and other people in positions of authority on all matters of concern. Student-athletes should speak directly with coaches about absences, academic matters that affect team involvement, and any issue relating to performance, injury, playing time, and participation. Often this style of communication does not come naturally to young people and must be encouraged at all times by teammates, team captains, coaches, and parents.

Parents should not circumvent this communication process by contacting coaches, or other members of the school's administration, about any of the above matters if their child has not made an attempt to speak directly to her coach. Parents should contact the athletics director when they feel their child did not reach a resolution to a matter by speaking to her coach directly or have concerns at a programmatic level.

Lines of communication are as follows:

1. Student athlete to coach
2. Student athlete, parent to coach
3. Student athlete, parent to coach and Director of Athletics
4. Student athlete, parent to coach, Director of Athletics, and Principal and/or administrative team

### **IMPORTANT NOTE:**

All communication with GHSA and/or other schools must go through the Director of Athletics. Under no circumstances should a parent or student contact GHSA or other schools.

## **SPORTS INFORMATION**

St. Vincent's Director of Athletics will serve as a sports information director who is the school's liaison to the media. The Director of Athletics is St. Vincent's Academy's **official** conduit for all

information flow relating to St. Vincent's Academy athletics, both internally and externally, and is responsible for maintaining the athletics portion of the St. Vincent's Academy website.

Most routine athletics inquiries can be answered via the individual team pages within St. Vincent's Academy's website at [www.svaga.net](http://www.svaga.net).

The Athletics Office's policy is to try to make weather-related decisions by 1:00 p.m., if possible. St. Vincent's Academy offers information pertaining to athletics schedules and changes on the school website at [www.svaga.net](http://www.svaga.net).

## **GEORGIA HIGH SCHOOL ASSOCIATION (GHSA)**

St. Vincent's Academy athletics programs are governed by the GHSA. The Director of Athletics is the sole liaison between St. Vincent's Academy and the GHSA. Any matters of concern should be brought to the Director of Athletics' attention to address at her discretion. Please contact the director of athletics regarding information about the GHSA.

## **DEVELOPMENT OF AN ATHLETE**

In order for athletes to improve they must be guided by their coaches and support personnel (strength coaches and athletic trainers) in the areas of strength, conditioning, agility, skill, and mental preparation. This preparation should begin at the middle school level and continues into the high school years. In order to be a consistently competitive athletics program, sub-varsity athletes should receive training that is well structured, and disciplined. The disciplined athlete should improve in a sport if the following tenets are observed:

1. The sub-varsity programs emphasize an improvement of fundamentals.
2. Full commitment, a positive attitude, and good sportsmanship are a minimum expectation for playing time.

It should be noted that all St. Vincent's Academy teams are playing to win. At the varsity level, it should be understood that one of our main goals is to win the state championship.

## **STYLE OF PLAY**

Winning is important! Only through individual and team success can the modern athlete achieve the total satisfaction and rewards that are a part of our society. To be an athlete of this type is not easy. It requires work and dedication. Only through this type of devotion can the athlete realize her full potential as a student and as an individual. This is the type of person we encourage to be a part of the athletic program at St. Vincent's Academy.



## **PERSONAL BELONGINGS**

Book bags and other personal belongings should not be left in bathrooms, hallways, or gym lobby areas, since these areas cannot be secured. All student-athletes are required to store their belongings in the locker room. The school is NOT responsible for belongings left unattended or placed in an unlocked locker.

## **GENERAL POLICIES**

### **SOCIAL MEDIA POLICY**

Students are expected to conduct themselves appropriately as young Christian women in and outside of school. Any public behavior including inappropriate use of technology and/or social media, which reflects negatively on the school, SVA Athletics, coaches, teammates and/or staff will be dealt with in a serious manner. While the school does not hold itself responsible for offenses committed outside its jurisdiction, conduct that by its nature jeopardizes the good name of the school (including but not limited to any activity resulting in police intervention) may cause for dismissal. Any student that is in violation of the law and involved in legal action, may not participate on an SVA sports team or extracurricular activity representing SVA until the matter is cleared up in the eyes of the law.

### **HAZING POLICY**

St. Vincent's Academy Athletics strongly prohibits hazing and/or initiation rituals of any sort. Hazing refers to prohibitive acts relating to initiation or belonging to an athletics team. Consent from the person who is the subject of a hazing or initiation ritual does not defend that action. Examples of prohibited behaviors include, but are not limited to: forcing or encouraging a student to violate the law or school rules, striking or marking upon the body of a student by hand or with any other instrument and/or performing humiliating acts. Students who witness hazing, but did not participate in committing these acts, must report the activities to a school administrator. Voluntary and truthful reporting of hazing incidents from these witnesses will factor favorably in any disciplinary measures.

Students who are victims of hazing should know that the school administration will take every measure to protect their privacy and insure personal safety while handling the disciplinary requirements

Students accused of violating this hazing policy will be subject to the school's disciplinary practices and procedures. Hazing is also a violation of the law and could require the school to report the incident to local authorities. See the Georgia Code, section 16-5-61.

## **ATHLETIC LOCKER POLICY**

Basketball and volleyball athletes will be assigned a locker. The assigned student is responsible for any damage to that locker during their specific season. The athlete is required to remove their lock, clean out and sterilize the locker within one week of the completion of their sport season. Failure to comply will result in a hold placed on the student's school account. Any damage to the locker will be accessed by the director of athletics. A written quote to repair or replace the locker will be sent to the athlete and her parents in writing. Failure to comply will result in a hold placed on your school account.

## **UNIFORM POLICY**

Upon acceptance of a school issued uniform, the athlete agrees to:

- Do NOT wash the uniform with fabric softener; use laundry detergent ONLY
- The complete uniform must be returned at the end of the season
- If a uniform is lost, stolen, misplaced, damaged, etc. or no uniform is returned, the athlete must reimburse St. Vincent's Academy for the replacement uniform as per Uniform Inventory Sign Out Sheet for that particular sport. Our uniforms are custom made and cannot be replaced by ordering one. For example: Track uniforms cost \$74.75 per uniform if purchased in lots of twelve. ( $12 \times \$74.75 = \$897.00$ ). Therefore the cost to replace is \$897.00. Failure to comply will result in a hold placed on the student's school account.

## **AP EXAM POLICY**

If a student participates in a spring sport and is taking an AP course, and an athletic travel day or a game day falls on the original AP exam date, the student will be required to take the AP exam on the assigned make up day at the school's expense. There will be no exceptions.

## **SAT/ACT EXAM DATES**

It is the responsibility of the student athlete and parent to schedule the ACT and/or SAT. BEFORE SCHEDULED THE ACT and/or SAT please check the St. Vincent's Academy Athletics Schedule for your daughter's game days and/or travel days. You can always ask the coach or the director of athletics to verify game schedules before scheduling a test date. Athletes WILL NOT be allowed to miss regular season games without approval from the head coach at least 1 week PRIOR to the game and/or testing date. ATHLETES WILL NOT BE ALLOWED to miss ANY REGION OR STATE PLAYOFF games or travel days for ACT/SAT testing.

### **ACT Test Dates & Deadlines – Please Check the Website for Updates**

<b>ACT Test Date</b>	<b>Registration Deadline</b>
September 8, 2018	August 3, 2018
October 27, 2018	September 21, 2018

December 8, 2018	November 2, 2018
February 9, 2019	January 4, 2019
April 13, 2019	March 8, 2019
June 8, 2019	May 3, 2019
July 13, 2019	June 14, 2019

Dates are copied from [www.act.org](http://www.act.org)

**SAT Test Dates & Deadlines – Please Check the Website for Updates**

<b>SAT Test Date</b>	<b>Registration Deadline</b>
August 25, 2018	July 27, 2018
October 6, 2018	September 7, 2018
November 3, 2018	October 5, 2018
December 1, 2018	November 2, 2018
March 9, 2019	February 8, 2019
May 4, 2019	April 5, 2019
June 1, 2019	May 3, 2019

Dates are copied from <https://collegereadiness.collegeboard.org/sat-subject-tests/register/test-dates-deadlines>

**STRENGTH AND CONDITIONING**

Every athlete, parent, and coach should understand that strength and conditioning work is a primary tool for achieving success in all athletics programs. All athletes should participate in a workout program both in and out of the season of their sport. Workout programs are designed by the St. Vincent’s Academy’s strength and conditioning coach. All strength and conditioning activities are closely supervised and monitored by an on-duty St. Vincent’s Academy coach or staff member.

**SPORTS MEDICINE**

St. Vincent’s Academy’s athletic trainer is available for athletic related medical needs. We encourage you to inform the athletic trainer as soon as an injury occurs so appropriate treatment may commence immediately. Once an athlete is in the care of an athletic trainer or a physician, the student may not return to practice or competition without authorization from that person. St. Vincent’s Head Athletic Trainer is the point of contact for all concerns relating to concussions.

## **CONCUSSION POLICY**

Concussions at all levels of sports have received a great deal of attention and a state law has been passed to address this issue. Adolescent athletes are particularly vulnerable to the effects of concussion.

A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death.

### **COMMON SIGNS AND SYMPTOMS OF CONCUSSION**

- Headache, dizziness, poor balance, moves clumsily, reduced energy level/tiredness
- Nausea or vomiting
- Blurred vision, sensitivity to light and sounds
- Fogginess of memory, difficulty concentrating, slowed thought processes, confused about surroundings or game assignments
- Unexplained changes in behavior and personality • Loss of consciousness (NOTE: This does not occur in all concussion episodes.)

BY-LAW 2.68: GHSA CONCUSSION POLICY: In accordance with Georgia law and national playing rules published by the National Federation of State High School Associations, any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the practice or contest and shall not return to play until an appropriate health care professional has determined that no concussion has occurred. (NOTE: An appropriate health care professional may include licensed physician (MD/DO) or another licensed individual under the supervision of a licensed physician, such as a nurse practitioner, physician assistant, or certified athletic trainer who has received training in concussion evaluation and management. a) No athlete is allowed to return to a game or a practice on the same day that a concussion (a) has been diagnosed, OR (b) cannot be ruled out. b) Any athlete diagnosed with a concussion shall be cleared medically by an appropriate health care professional prior to resuming participation in any future practice or contest. The formulation of a gradual return to play protocol shall be a part of the medical clearance.

Academic accommodations may be considered on an individual basis.

## **TRANSPORTATION AND TRAVEL**

For most events, St. Vincent's Academy provides transportation for our athletes by school vehicle. However, there are occasions when parents or students are asked to drive. Parents will be notified with as much advanced notice as possible if their assistance is needed in transporting our athletes. Athletes can drive themselves to an event within the Chatham County limits or with prior written approval the director of athletics.

During the regular season, meals and any extras are generally covered by the students. During region and state-level, post-season competition, meals and most other expenses are covered by the school. When athletes are required to stay overnight for region or state competition, their food, hotel and transportation expenses are covered by the school. All optional travel expenses are the responsibility of the student.

## **DRESS AND GROOMING**

When students are traveling to an away contest either in or out of town, they are expected to dress in an appropriate way as set by the head varsity coach of each program in cooperation with the director of athletics. All student athletes are provided a warm up and a duffle bag. These are the required travel apparel. Student-athlete grooming and attire must follow the guidelines set forth in the Parent/Student Handbook at all times.

The approved athletic warmup (solid royal blue, full zip) jacket may be worn to school as part of the school uniform **ONLY ON GAME DAYS** or the Friday preceding a Saturday game. The jacket **CANNOT BE WORN** as part of the everyday school uniform.

## **LETTERS/LETTER JACKETS**

Students may be eligible to receive a varsity letter if they meet the criteria set forth in a particular program and should direct their questions pertaining to lettering to the head varsity coach. A student must complete a season and remain in good academic standing in order to earn a varsity letter.

All students who receive a letter are eligible to purchase a letter jacket and may do so at Thompson's Sport Shop. Letters will be distributed at each awards ceremony. Region and state patches are ordered by the director of athletics and will be distributed by the coach.

Junior varsity team members will receive certificates of participation at the end of the season. No individual awards are given to sub-varsity athletes.

## **AWARDS: Yearly**

**(Seasonal awards are given by individual coaches and are at the coaches' discretion.)**

## **Wendy's High School Heisman:**

The Wendy's High School Heisman Program is for all types of high-achieving seniors from more than 29,000 public and private high schools within the U.S. They consider young men and women who participate in a wide range of sports and school and community activities. The selection process is handled by Wendy's. The director of athletics will notify all those who are eligible during the beginning of their senior year. For more information please go to [www.wendyshighschoolheisman.com](http://www.wendyshighschoolheisman.com).

### **The Tonks Award**

The Tonks Award is given to St. Vincent's Academy's most outstanding athlete who best represents the ideals of the Academy with her athletic talent, spirit and commitment. The coaching staff of St. Vincent's Academy meets to review the list of nominees for the Tonks Award and the entire coaching staff votes. The criteria includes but is not limited to: the athlete must letter in at least 2 sports and represents the ideals of St. Vincent's Academy in sportsmanship and conduct on and off the court or field. This award is given during the spring awards banquet.

### **Vince Dooley Award/Scholarship**

The Vincent J. Dooley Awards and Scholarships are presented annually by Athletes for a Better World and the Georgia High School Association. Each year, every high school in Georgia is invited to select one male and one female senior athlete to receive the **Vincent J. Dooley Award**. The award recipients are chosen for their distinguished individual character, outstanding teamwork, and citizenship. a stronger part of the ethos of participation in Georgia high school sports. The administrative team and coaching staff of St. Vincent's Academy nominates and votes for the Vince Dooley Award recipient from St. Vincent's Academy.

### **The Herbie Griffin Scholar Athlete**

The Herbie Griffin Scholar Athlete award is given to an individual who demonstrates excellence in the classroom and in athletic competition. This award is based on the student athlete's GPA. This award is given during the spring awards banquet.

## **COLLEGE SIGNING CEREMONIES**

St. Vincent's Academy Athletics celebrates and recognizes our student-athletes who sign a National Letter of Intent (NLI) to continue athletics at the collegiate level. To assist in this process, the student-athlete and his/her family should notify the director of athletics, at least one week in advance of that particular sport's official signing date. Sport-specific ceremonies are held in the gym or assembly room, and student-athletes are encouraged to invite anyone from the St. Vincent's Academy community who they would like present at that signing ceremony. The director of athletics will arrange for photographic coverage and distribution of information from the event to the proper media channels.

### **PE EXEMPTION CREDIT**

Team Sports/PE for credit is available to student athletes in grade 9. A total of .5 credits may be earned each year. Students must begin participation the first day of the season and successfully complete the season in order to receive credit. This must be verified by the Coach, and/or Athletic Director.

The student athlete must complete and pass the required fitness testing which includes: Sit ups, Shuttle Run, Sit and Reach, 1 Mile Run, Pull Ups, Push Ups.

The student athlete's scores must be in line with the benchmark awards for the National Physical Fitness Qualifying Standards (50th Percentile) which can be found at <https://www.presidentschallenge.org/challenge/physical/benchmarks.shtml>

Any one of the items listed below will make the student ineligible to receive credit in this program:

- A student who removed from an athletic team, quits or is injured or ill and misses 75% of the scheduled games/meets/matches and/or practices will be required to make up the PE credit via online, in class or by participating in another sport.
- Any violation of the St. Vincent's Academy Parent/Student Athletics Handbook will make the student in-eligible for credit.
- Students must be academically eligible for the entire season to be eligible for credit.
- Credit will be recorded as a PASS/FAIL.

### **SCHOOL ABSENCES**

In order to participate in an after school activity, a student athlete must be present for at least 1/2 of the academic school day. This does not include lunch or homeroom. If a student stays home sick from school, THEY MAY NOT PARTICIPATE in an athletic activity that day and this also includes Saturday play if a student athlete misses school on the Friday before due to an illness.

There are special circumstances that can be approved by the director of athletics prior to the absence that will exempt a student athlete from missing an athletic event including but not limited to: a death in the family, a funeral, major family medical emergency, other school activities, a scheduled and approved college visit, etc.

## TEAM OFFERINGS

### *Fall Sports :*

**Softball** - Season Begins Aug. 1 – Nov. 1

Summer Workouts begin in June

Please contact Coach Marie Dotson at [marie.dotson@svaga.net](mailto:marie.dotson@svaga.net)

**Volleyball** – Season Begins Aug. 1 – Nov. 1

Summer Workouts begin in June

Please contact Coach Katie Broderick at [katie.broderick@svaga.net](mailto:katie.broderick@svaga.net)

**Cross Country** – Season Begins Aug. 1 – Nov. 8

Summer Workouts begin in June

Please contact Coach Brooke Blanton at [brooke.sims@svaga.net](mailto:brooke.sims@svaga.net)

**One Act Play** – Begins Aug 1 – Nov. 8

Please contact Director Justin Johnson at [justin.johnson@svaga.net](mailto:justin.johnson@svaga.net)

### *Winter Sports:*

**Basketball** – Season Begins in late Oct. - March

Summer Workouts begin in June

Please contact Coach Marie Dotson at [marie.dotson@svaga.net](mailto:marie.dotson@svaga.net)

**Sailing** – Season Begins September - April

Please contact Coach Karye Moreau at [karye.moreau@svaga.net](mailto:karye.moreau@svaga.net)

**Rifle** – Season Begins September – April

Please contact Coach Gary Ogden at [gary.ogden@svaga.net](mailto:gary.ogden@svaga.net)

**Swimming** – Season Begins late Oct. – Feb.

Please contact Coach Rebecca Faucette at [rebecca.faucette@svaga.net](mailto:rebecca.faucette@svaga.net)

### *Spring Sports:*

**Soccer** – Season Begins mid Jan - May

Please contact Coach Tess Tvrdy at [tess.tvrdy@svaga.net](mailto:tess.tvrdy@svaga.net)

**Tennis** – Season Begins Jan – May

Please contact Coach Katie Broderick at [katie.broderick@svaga.net](mailto:katie.broderick@svaga.net)

**Track** – Season Begins Jan – May

Please contact Coach Rebecca Faucette at [rebecca.faucette@svaga.net](mailto:rebecca.faucette@svaga.net)

**Golf** – Season Begins Feb – May

Please contact Coach Karye Moreau at [karye.moreau@svaga.net](mailto:karye.moreau@svaga.net)

Director of Athletics: [dawn.odom@svaga.net](mailto:dawn.odom@svaga.net)