



St. Vincent's Academy
— 1845 —



**Parent - Student
Athletics 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

Follow us on Instagram and Facebook for all SVA Athletic updates.

Instagram: @SVAAthletics

Facebook: @stvincentsathletics

TikTok: SVAAthletics

Twitter: SVAAthletics

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.

As a Catholic Mercy school, all student- athletes, coaches and staff members are required to stand for prayer, the Pledge of Allegiance and the National Anthem in any pre or post game activities.

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 year long 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.

1.56 Loss of Eligibility: Students assigned to alternative school or an out-of-school suspension for disciplinary reasons, or adjudicated to YDC, lose their eligibility. Suspension is considered to have ended when the student is physically readmitted to the classroom. (SVA's In School Suspension is considered out-of-school suspension since the student is not allowed into the classroom during this time)

Note: A student who fails two or more classes in one semester will be considered academically ineligible. Students that are deemed academically ineligible can regain eligibility according to the GHSA standards listed above. Academic ineligibility does not fall under the dismissal/quitting a team protocol. A coach or the Athletic Department can review grades and temporarily suspend eligibility based on current grades before semester grades are posted. Academic Progress Monitoring will be referred to anyone with two or more failing grades during the school year to try and prevent the possibility of losing GHSA eligibility. In addition to this, any student serving ISS (In-School-Suspension) will not be able to participate in athletic events. They are expected to practice and be dressed in uniform on the bench, but they may not represent the school until their suspension has ended and they are readmitted to the classroom.

PARTICIPATION CHECKLIST

1. GHSA Forms: An annual physical is required per GHSA and may be downloaded via the Athletics webpage (svaga.net) or Privit account. 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. Please note, some sports practice and compete over holidays. If your team is practicing/playing over holidays you are required to attend these commitments. If you are unable to

honor this commitment, this could result in a dismissal from the team.

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 for 9th and 10th grade athletes. Juniors and Seniors who are registered with NCAA and are actively seeking college sports scholarships MAY be excused from no more than 2 non region/state competitions for bracketed sports with the following stipulations:

- Scheduled conflicts must be submitted and communicated to the head coach prior to the season starting, or with immediate (12-24 hour) notice if the showcase is rescheduled or newly added.
- ONLY showcases are excused, and ONLY for juniors and seniors registered for NCAA.
- No more than 2 non-region/state competitions will be excused.
- In sport guidelines and consequences set forth by the coach are non- negotiable.
- Missed SVA competitions are only excused for showcase tournaments/competitions.
- Non- bracketed sports will follow guidelines and consequences set forth by the head coach, and require the same submission/ communication protocol.

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** include more than one sport at the same time, as long as you have prior approval from coaches/Athletic Director. There are some sports that will not be able to allow this based on practice times and playoff dates, etc. If any two teams have set playoffs on the same day, it will not be permitted to play both sports. 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 might be given special consideration and an opportunity for a delayed tryout, but this is at the coach's discretion. In some cases, this is not possible with overlapping seasons so coaches will work together to make accommodations for athletes to attend tryouts. However, it is the duty of the athletes to discuss this with their coaches well in advance of any other SVA commitments. 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.

Please also know, involvement in multiple extracurriculars/sports is the students choice. While we will do our best to cross reference extracurricular rosters, it is the student's responsibility to notify all teachers/coaches of their commitments prior to accepting a position on any extracurricular group/athletic team. If a student does not notify coaches/teachers and is unable to honor their

commitment due to overbooking their schedule, this will count as not being able to fulfill their commitment to the group and could result in a year long penalty from all extracurriculars/sports.

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 one 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 online school account until everything has been returned to the Director of Athletics.

SOCIAL MEDIA REPRESENTATION

St. Vincent's Academy demands the values of the Sisters of Mercy be upheld in all representations of the institution. Any social media taken on campus, at a sporting event, or in St. Vincent's attire must be clean, appropriate, and represent the school in a positive manner. If clips are reported to

SVA Administration depicting negative actions, foul language (including music), or vulgar gestures while on campus, at an SVA event, or in SVA attire, disciplinary actions will be taken.

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/vapes/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.

The coaches may conduct random searches on trips requiring travel. In the event that contraband is found, the coach/administrator will confiscate and notify parents to pick up the student- athlete ASAP.

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 athletic 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.

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.

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 or in the first floor assembly room. The school is NOT responsible for belongings left unattended or placed in an unlocked locker or in any unsupervised common space.

TEAM OFFERINGS - (these are reviewed annually)

Fall Sports:

Softball - Season Begins August 1 – October 31; Summer Workouts begin in June

Please contact Coach Winter at winter.frost-roundtree@sccpss.com

Volleyball – Season Begins August 1 – November 7; Summer Workouts begin in June

Please contact Coach Nichols St. Louis at nichols.stlouis@svaga.net

Cross Country – Season Begins August 1 – November 7; Summer Workouts begin in June

Please contact Coach Brooke Sims at brooke.sims@svaga.net

One Act Play – Season Begins August 1 – November 7 & 14

Please contact nichols.stlouis@svaga.net

BC Cheerleading – Season Begins May (tryouts) – December

Please contact Coach Maggie Fogarty at maggieofogarty@comcast.net

Flag Football – Season Begins September – December

Please contact Coach Mike St. Louis at football@svaga.net

Shotgun Pilot Club – Season Begins August – December

Please contact Coach Jeremy McKenzie at sportingclays@svaga.net

Winter Sports:

Basketball – Season Begins in late October 26- March 13; Summer Workouts begin in June

Please contact Coach Fallon Page at basketball@svaga.net

Rifle – Season Begins August 1– April 24

Please contact Coach Gary Ogden at gary.ogden@svaga.net

Swimming – Season Begins October 12 – February 4-6

Please contact nichols.stlouis@svaga.net

BC Basketball Cheerleading – Season Begins October (tryouts) – February

Please contact Coach Maggie Fogarty at maggieofogarty@comcast.net

Spring Sports:

Soccer – Season Begins January 11 - May 15

Please contact Coach Sarah Stewart at sarah.stewart@svaga.net

Tennis – Season Begins January 4 – May 8

Please contact Coach Bernadette Staudt at Tennis@svaga.net

Track – Season Begins January 11 – May 15

Please contact nichols.stlouis@svaga.net

Golf – Season Begins February 8 – May 18

Please contact Coach Joey Sims at golf@svaga.net

Beach Volleyball – Season Begins March– May

Please contact nichols.stlouis@svaga.net

Sailing – Season Begins September - April

Please contact Coach Nichols St. Louis at nichols.stlouis@svaga.net

GENERAL POLICIES

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 by the date set by the coach (if the uniform is NOT received on this set date, the athlete will be charged a \$20 late fee)
- Late uniforms must be hand delivered and signed in to the Athletic Director. Any uniforms not received by the end of the semester/year will be marked as lost and report cards will not be released until the missing uniform fee is paid.
- 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 of the uniform and potentially the uniform set. Since we are unable to order individual uniform pieces, the last uniform fee is \$500. 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 SCHEDULING 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

ACT Test Date

September 9, 2023 (SVA)

October 28, 2023

December 9, 2023

February 10, 2024

April 13, 2024 (SVA)

June 8, 2024

July 13, 2024

Dates are copied from www.act.org

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

SAT Test Date

August 26, 2023 (SVA)

October 7, 2023

November 4, 2023

December 2, 2023

March 9, 2024 (Digital)

May 4, 2024 (Digital)

June 1, 2024 (Digital)

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 a 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 advance 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 to 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, 1/4 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.)

The Tonk's Award

The Tonk's 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.

Mercy Award

The Mercy Awards are sponsored by our SVAA Boosters. The nominees are submitted by each Head Coach and voted on by all coaches and administration. The nominees are athletes that have demonstrated exemplary sportsmanship, service, and leadership.

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 to present at the signing ceremony. The director of athletics will arrange for photographic coverage and distribution of information from the event to the proper media channels.

SCHOOL ABSENCES

In order to participate in an after school activity, a student athlete must be present for at least 3 academic hours of the school day. This does not include lunch, frees, 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.

In order to participate in sports with SVA you must read and fully understand the rules and guidelines written in the St. Vincent's Academy Parent-Student Athletics Handbook. This handbook can be found on our website and will also be emailed to all Parents and Athletes by the Athletic Director. I understand by signing the Parent-Student Handbook Agreement Form that I (parent and student athlete) are aware of the game schedule and understand the commitment to the games as well as the practices including but not limited to school holidays, Christmas break, spring break, and school closures due to weather issues.