

### **Athlete Guidelines for the Sacred Heart Athletic Association (the "Association")**

1. Athletes must be enrolled in Sacred Heart Elementary School (the "*School*") and must maintain academic and behavioral standards in order to participate in Association sponsored athletics.
2. Athletes cannot participate in practices or games on a school day if they have not attended School that day.
3. Athletes should not bring friends and siblings to practice.
4. Athletes should attend scheduled practices as much as possible and should inform the coach if they will not be present. Athletes who have unexcused absences from practice can expect reduced playing time in games.
5. Athletes on the competitive varsity and junior varsity teams must realize that these teams play in a competitive environment and, as such, all athletes may not play in every game. The coaches of these teams will endeavor to substitute athletes as game conditions warrant, but shall be under no obligation to play every athlete in every game.
6. For safety reasons athletes should wear appropriate footwear in good condition.
7. Athletes should not wear any jewelry, including pierced jewelry, to practices or games. Hair ties and clips made of hard materials, such as metal or plastic, are not permitted.
8. All athletes are reminded that no food or drink is permitted in the gym.
9. Good-sportsmanship should be exhibited by all athletes at all times. Coaches and officials must be addressed and treated with respect. Rude and/or obscene language or physical violence will not be tolerated.
10. Any athlete removed from a game by an official for misconduct must appear before a committee of the Association's board or directors for a disciplinary hearing. Each athlete involved shall be prohibited from participating in Association sponsored activities until the disciplinary hearing is held.