



Educating Mind † Heart † Spirit

Sacred Heart Catholic School Athletic Manual

2025-2026

**Mrs. Deb Brown
Principal**

**Fr. Nicolas Ramirez
Pastor**

**Coach Matthew Chodorow
Athletic Director**

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Dear Parents,

Welcome to another exciting year of athletics at Sacred Heart Catholic School! We are thrilled that your student has chosen to be part of our athletic program and join a tradition of teamwork, dedication, and school pride. Participation in school sports offers students the opportunity to grow both on and off the field—building character, developing leadership skills, and forming lasting friendships.

Our coaches and staff are committed to providing a positive and competitive environment that promotes sportsmanship, academic achievement, and personal development. Whether your student is trying a sport for the first time or is a returning athlete, we're here to support them every step of the way.

This Athletic Handbook is designed to provide families with the essential information regarding our policies, expectations, and procedures. We encourage you to review it carefully and keep it handy throughout the season. Together, we can create an experience that is rewarding for both students and their families.

Thank you for your continued support of our athletic programs. We look forward to an incredible year of growth, effort, and achievement.

Blessings,

Mrs. Brown, Principal
Sacred Heart Catholic School

Dear Sacred Heart Eagles,

As the Athletic Director of our Catholic school, I am proud to oversee a program that not only fosters physical excellence but also nurtures the spiritual and moral development of our student-athletes. Guided by our faith and the values of discipline, teamwork, and respect, our athletic programs strive to reflect the teachings of Christ both on and off the field. We are committed to creating a supportive environment where students can grow in character, integrity, and sportsmanship, all while representing our school with pride and grace. Through athletics, we aim to build confident leaders who embody the true spirit of Catholic Education.

Coach Chico
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MISSION STATEMENT

Sacred Heart Catholic School commits to forming Disciples of Christ by instilling the values and teachings of the Catholic faith. We cultivate an environment that calls to holiness through service, while creating a thirst for knowledge and promoting academic excellence.

GENERAL INFORMATION

GREATER HOUSTON CATHOLIC ATHLETIC ASSOCIATION

Sacred Heart Catholic School participates in the Greater Houston Catholic Athletic Association (GHCAA). Although some games may be scheduled against schools that do not participate in this league, the majority of our games will come from within the GHCAA. Sacred Heart Catholic School supports and abides by all rules and regulations, as well as the goals set forth by the GHCAA. The following is the mission statement and a list of goals provided by the GHCAA.

The GHCAA is an integral part of the educational mission of The Catholic Schools of The Archdiocese of Galveston-Houston. The GHCAA is dedicated to fostering human development, within the framework of a Christian environment, encouraging a positive vision in our young men and women through exercise, positive athletic competition and fully recognizing the dignity of each student in Christ's image.

All affiliated schools agree to the following goals:

- To build a community which strives to imitate Christ.
- To develop Christian spirit, school spirit, team spirit and personal acceptance.
- To instill Christian sportsmanship in the lifestyles of the participants.
- To teach the participants the proper attitude towards winning, losing and competing with dignity.
- To develop an acceptance and appreciation of others.
- To train and instruct in athletic rules.
- To develop the students' physical abilities and coordination.
- To help form well-rounded students by fostering good health habits.
- To provide a Christian environment and outlet for youthful energy.
- To teach the positive value of athletic participation.
- To show the necessity of practice, work, and management of time.

These goals are founded upon the principle of the infinite worth of each person because he/she is created in the image and likeness of God.

COACH'S CODE OF ETHICS AND RESPONSIBILITIES

We believe that athletic competition should be fun but that it should also be a significant part of a sound educational program. We believe that coaches are, first and foremost, teachers who have a duty to ensure that their sports programs impact important life skills and promote the development of good character. Our coaches have the responsibility to model and teach Christian values and abide by the mission statement of Sacred Heart Catholic School. The following are expected of Sacred Heart Catholic School coaches:

- The coach will treat all people with respect and require the same of student-athletes.
- The coach will not taunt, use profanity, or engage in any other actions that demean individuals or the sport.
- The coach will use positive coaching methods to ensure enjoyability, increase self-esteem and foster love and appreciation for the sport. The coach will never engage in physical or psychological intimidation, verbal abuse or any conduct that demeans the student—athlete or others.
- The coach will understand Sacred Heart Catholic School's academic program and always emphasize that academics are the student's first priority.

- The coach will enforce the athlete code of ethics fairly and consistently.
- The coach will maintain appropriate, professional relationships with student athletes and respect proper teacher-student boundaries.
- The coach will be a good sport, be gracious in victory, and accept defeat with dignity. The coach will promote sportsmanship over gamesmanship and never cheat.
- The coach will be a worthy role model and always be mindful of a coach's high visibility and great influence.
- The coach will communicate clearly with parents and make sure that all parents understand the coach's philosophy, expectations, team rules, practice and competition schedules, extra fees, and required offseason conditioning.
- The coach will strive to improve coaching competency and acquire increasing proficiency in coaching principles as well as staying current in CPR and basic first aid.

PARENT/SPECTATOR'S CODE OF ETHICS AND RESPONSIBILITY

- Parents/Spectators are to reflect the same Christian behavior and sportsmanship required of coaches and athletes.
- If a parent/spectator exhibits unruly disruptive or unsportsmanlike behavior, the game official and/or coach will temporarily stop the game and deal with the unruly spectator and, if necessary, will remove him/her from the premises.
- The parent/spectator will support the team through the willingness to supervise/transport the child to and from games.
- The parent/spectator will display a Christian attitude toward coaches, referees, students, and other.
- The parent/spectator will cooperate with the athletic department, administration, and coaches in their exercise of authority in the areas of student eligibility.

SPORTSMANSHIP/CODE OF CONDUCT

It is important that the actions of the student-athlete are above reproach at all times.

- In the area of athletic competition, the student-athlete must be gracious in defeat, modest in victory, always maintain complete control of himself/herself, never use profanity, and never resort to fighting or illegal tactics.
- The student-athlete should set forth the example for all students by following the policies set forth by the school, the administration, athletic director, and individual teachers. The behavior pattern is also expected in the hallways, in the locker room, on the playground, in the parking lot, etc.
- It is expected that the student-athlete and spectators will adhere to the rules and regulations as may be established by the school and that the student-athlete will respect the rights, privileges, and property of other members of the school community.
- At athletic events, the student-athlete represents himself/herself and the Sacred Heart school community as a whole. It is expected that all coaches, athletes, parents/guardians, siblings and fans/visitors will behave in an acceptable manner.
- Student-athletes are responsible for their own conduct, and violation of established rules and regulations may subject them to disciplinary measures or dismissal from the athletic team.
- Discipline is the responsibility of the head coach; however, it is imperative that all policies of the school administration be strictly followed.
- At Sacred Heart, we define the fundamentals of sportsmanship as follows:
 1. Exercise representative behavior at all times by exemplifying the highest moral character and by adhering to strong ethical and integrity standards.
 2. Exhibit respect for the officials.
 3. Gain an understanding and appreciation for the rules of the game/contest/event.
 4. Lose without complaint, win without gloating and treat your opponents with fairness, courtesy and respect.

ELIGIBILITY

The Sacred Heart Athletic Department offers the following sports in 5th -8th grades:

BOYS	GIRLS
Soccer, Basketball, Track & Field	Volleyball, Soccer, Basketball, Track & Field

Student-athletes are allowed to participate in **only one** school sport per season. Each coach expects full commitment to the school team each season.

All student-athletes will be required to receive a physical exam prior to playing any sports and must be valid for the school year. He or she will not be allowed to participate until all forms are returned to the athletic office. Forms can be found at the school website, <http://shcstx.com/> under the Athletics link.

FINANCIAL OBLIGATION

- An athletic fee for each sport is required for a student-athlete to participate on an athletic team.
- Athletic fees are due before the **first game** of each season and are non-refundable.
- The fee is \$185 per child per sport and is payable through FACTS. If more time is needed for payment, then an alternate payment date must be arranged with the Principal before that student may participate in practices and games.

ATTENDANCE REQUIREMENTS

- Practice schedules are prepared by the head coach.
- Excessive absences can result in dismissal from the team. A student-athlete will receive a warning prior to dismissal. Student-athletes that continually miss practices should not expect to be a participant without preparation.
- Student athletes are expected to attend all practices, games, meets, tournaments, and team meetings and to be on time to all team events. All team events are considered standard and mandatory, and exceptions will be made on an individual basis. Anticipated absences from team events must be scheduled and approved by the coach at least one day prior to the event and are considered excused.
- Other absences from team events are considered unexcused unless he/she is absent from school.
- If the student-athlete misses the practice the day preceding competition without an excuse, he/she should not expect to participate in the competition the next day. Only academic tutoring and doctor's appointments will constitute an excused absence. Other circumstances will be left to the discretion of the head coach.
- The student-athlete's first priority is being a student. Student athletes should always be present and on time to school. The student athlete must be present for at least four hours of school to be eligible for competition on that day.

ACADEMICS/BEHAVIOR REQUIREMENTS

- All students involved in athletics must maintain a grade of 70 or higher in all subjects and a conduct grade of "S" or higher.
- Upon acceptance to an athletic team, the academic progress of the student-athlete will be monitored on a bi-weekly basis. At that time, if a student-athlete receives one failing grade, he or she must discontinue participation on the athletic team for two weeks. The

student-athlete will not be allowed to attend practices but may attend competitions as a spectator. The student-athlete will not be eligible unless he/she receives passing grade at the two week check.

- In addition to grades, student-athletes are expected to maintain proper conduct in and out of school and behaviors will be monitored.
- Other conduct infractions will be handled at the discretion of the coach and administration.
- If a student-athlete quits a sport of his/her own will, after being selected for a team, it will be noted on file and considered in future tryouts. Making a team means making a commitment to the overall athletic program.
- The Sacred Heart Athletic Department understands unforeseen circumstances and will determine the following as acceptable reasons to be removed from a team:
 1. Failing grades
 2. Illness
 3. Extended absences
 4. All other reasons for departing will be reviewed by the coaching staff and administration.

UNIFORMS AND EQUIPMENT

- Sacred Heart Catholic School is responsible for providing the facilities and equipment needed for practices and games.
- Additional or special equipment for personal needs will be purchased by the student athlete.
- School-issued uniforms and equipment are to be used for all Sacred Heart athletic events. Equipment and uniforms should only be worn for the specific athletic event. It is important that all uniforms are treated with care as they will be used for future teams.
- Athletic uniforms in physical education classes are not worn.
- Student-athletes are responsible for furnishing their own shoes, knee pads, shin guards, and socks.
- At the end of the season, all issued uniforms must be cleaned and returned in a clear bag with the athlete's first and last name printed on the front of the bag. The student will be responsible for replacing any lost or damaged uniforms that are the result of abuse.
- If a uniform is not turned in on time, and in good condition, a replacement fee will be charged. That student will not be allowed to continue to participate in athletics at Sacred Heart until the fee has been paid.

MEDICAL

- Physicals and medical forms must be on file **BEFORE** the first practice of the season. The student will **NOT** be allowed to practice/play until a physical is on file (along with the medical form and athletic fee).
- It is the coach's responsibility to coordinate with the school nurse to make sure all athletes have a physical and make copies to be included in the coach's binder.
- Students requiring medicine during practice or a game must follow SHCS Medicine Administration guidelines.

TRANSPORTATION

- Student-athletes will need to provide their own transportation to team events. Head coaches frequently rely on parents/guardians to transport student-athletes to athletic events. In this case, all parents/guardians volunteering for carpool must meet all insurance requirements, be an approved driver, and proof of online Safe Haven Training. For information on how to become an approved driver and Safe Haven certified, contact the school office.
- Parents/guardians are expected to pick up their student-athletes immediately at the conclusion of all athletic events. Parents/guardians who are continually late should make arrangements, in advance, to have their child picked up on time. If a parent/guardian is late more than twice a season and has been warned by head coach, his/her student-athlete

may be suspended from the program. Extenuating circumstances will be determined by the Administration.

- If a student-athlete has parental permission to go home with another parent, or to ride to an athletic event with another parent, a written note stating that information must be on file, both in school and in the coach's binder.
- Teachers/Staff may not transport student athletes that are not their personal children.

PLAYING TIME

- Our "Varsity" level team in each sport is considered the "competitive" team. This means that the coach will try to make decisions that will increase the chance of the team being successful. This is meant to serve as a transition into high school where playing time and positions are determined in large part by performance. However, each member of the team will receive playing time throughout the course of the season. While every effort will be made to play all members of the team in each game, there is no guarantee that each player on the "varsity" team will receive playing time in each game.
- For a "*Junior Varsity*" (*JV*) level team, being competitive is still one of the goals, but there is more of an emphasis on player and team development. Each member of the team **will receive playing time in every game**. However, it is at the **coach's discretion to determine how long each member of the team will play**.
- For any "C" or "developmental team", **each member of the team will receive a significant amount of playing time in each game**. The emphasis at this level is to be placed on development and experience as opposed to the number of wins and losses the team compiles.
- Playing time for all teams will be determined by a variety of factors including skill, strength, physical development, attendance, following directions, dedication, accepting constructive criticism, attitude, work ethic, respect, willingness to be coached, potential for improvement, and performance in practice and previous games.

PARENTAL COMMUNICATION WITH COACHES

- The Sacred Heart Athletic Department encourages open communication between parent/guardian, student athletes, and coaches.
- If a parent/guardian would like to conduct a meeting with the coaching staff of a particular sport, the athletic director and coaching staff will be present.
- Parents should wait 24 hours after an incident occurs to approach the coaching staff. Coaches will not discuss an incident before, during, or after competitions. Parents should contact the Athletic Director to schedule a meeting with the appropriate coaching staff.
- The focus of such meetings should be on the student's standing on the team and how he or she can improve to be more successful. The focus should not be on comparisons to other players or another player's weaknesses. Coaches are not expected to explain or justify team strategy; decisions made during a practice or game or accept coaching advice or suggestions from parents.

ATHLETIC COMMUNICATION ON SCHEDULE CHANGES

- Sacred Heart Catholic School Athletic Director will send out any immediate or last-minute schedule changes by e-mail, phone message, or text message.
- For questions or concerns about rainouts for outdoor sports, please call the school office.

END OF THE YEAR SPORT'S BANQUET

At the end of the year an Athletic Banquet is held to honor all athletes. All athletes who compete in any sport will be recognized and acknowledged for participation.



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**SACRED HEART CATHOLIC SCHOOL
CATHOLIC SCHOOLS - ARCHDIOCESE OF GALVESTON HOUSTON**

**Athletics Handbook and Sportsmanship / Catholic Identity
Acknowledgment Form
2025-2026**

DETACH AND RETURN

We have read and discussed the Sacred Heart Catholic School Athletic Handbook, and Sportsmanship / Catholic Identity Pledge. We agree to follow the school procedures, regulations, and policies that are covered. We understand that failure to abide by the school procedures, regulations, and policies may jeopardize a student's continued participation in the athletic program.

Parent or Guardian Signature

Student Signature Grade

Print Parent / Guardian Name

Print Student Name

Date

Date