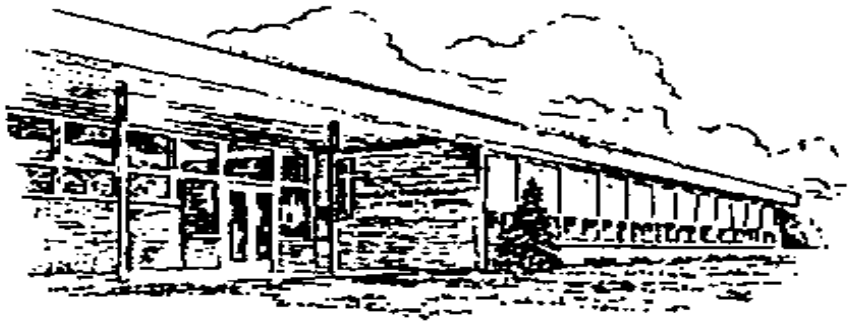
SACRED HEART ACTIVITIES HANDBOOK

2025-26



ACTIVITIES GUIDELINES

INTRODUCTION

Sacred Heart School is proud of the students, coaches, sponsors and moderators who have made the school's activities program a success. Success cannot be measured by the wins and losses, but must be measured by the satisfaction and educational experiences received by the participants.

Extra-curricular activities are an important part of what we are about in Catholic education. School activities help us understand life a little better: teamwork, cooperation, courage, self-discipline, communication, empathy, respect for opponents, success and failure. They reward discipline and hard work, build, and reveal character.

We believe that participation in activities, both as a participant and as a student spectator, is an integral part of the student's educational experience. Such participation is a privilege that carries with its responsibilities to the school, to the team, to the student body, to the community, and to the Church. In their performance and in their conduct, they are representing all these groups. Such experiences contribute to the knowledge, skill and emotional patterns that they possess: thereby making them better people and better citizens. The element of competition and winning, though it exists, is controlled to the point that it does not determine the nature of the program.

PARENT/COACH COMMUNICATION

Both parenting and coaching are extremely difficult and challenging vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH:

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all the players on the squad.
3. Locations and times of all practices and contests.
4. Team requirements, i.e., fees, special equipment, off-season conditioning.
5. Procedure should your child be injured during participation.
6. Discipline that results in the denial of your child's participation.

COMMUNICATION COACHES EXPECT FROM PARENTS:

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations.

As your children become involved in the programs of Sacred Heart School, they will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for the team and all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, as listed below, must be left to the discretion of the coach.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES:

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES:

1. Team strategy.
2. Playing time.
3. Play calling.
4. Other student-athletes.

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the others position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH, THIS IS THE PROCEDURE YOU SHOULD FOLLOW:

1. Call to set up an appointment.
2. Falls City Sacred Heart's telephone is (402) 245-4151.
3. If the coach cannot be reached call the Athletic Director, Doug Goltz. He will set up the meeting for you.
4. Please do **not** attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

WHAT CAN A PARENT DO IF THE MEETING WITH THE COACH DID NOT PROVIDE A SATISFACTORY RESOLUTION?

1. Call and set up an appointment with the Activities Director to discuss the situation.
2. At this meeting the appropriate next step can be determined.

ACTIVITY CODE

Sacred Heart School students are before the public eye throughout the school year. People judge Sacred Heart School by the way the students conduct themselves. It is imperative that quality standards of conduct, dress, grooming and training are established as a part of the school's activity program. In order to prevent adverse public reaction, prevent dissension within and among the various teams and organizations, and for the general welfare of all participants and the school, the following regulations have been developed and are to be in effect.

CONDUCT: As representatives of Sacred Heart High School, participants are expected to conduct themselves in a manner which exemplifies good manners, respect and sportsmanship at all contests.

DRESS: Individual coaches/moderators may request certain dress on activity days. Coaches may have more specific guidelines.

GROOMING/APPEARANCE: Sacred Heart students should be neat and clean in appearance in accord with the grooming standards as defined in the Sacred Heart School dress code. Coaches may have more specific guidelines.

TRAINING: Participants are expected to obey the laws of our society and to demonstrate acceptable standards of conduct and training at all times. These standards of conduct and training listed below shall apply in season as well as throughout the entire school calendar (i.e. from first day of Fall Practice to last day of school in spring).

POLICIES FOR EXTRACURRICULAR ACTIVITIES:

("Extracurricular Activities" shall include but not be limited to: All Sports, All NSAA Sponsored Activities, Cheerleading, Yell Squad, One-Act, Speech Contests, Journalism Conventions, Quiz Bowl, Jazz Band, Show Choir, All-State Music, Honor Music Clinics, Pep Band, District Music, Musical, Homecoming Dance, Homecoming Royalty, Christmas Formal, Prom, Lock-In, School Club's Sponsored Events, School Organization's Sponsored Events, Class Dance, etc.)

- ALCOHOL AND DRUG POLICY

The administration, coaches, activity sponsors, and school council have adopted the following policy for alcohol and drug use:

First Offense: If a student engages in the unlawful possession, selling, dispensing and/or use of illegal drugs and/or alcohol, he/she shall forfeit all privileges of participation at Sacred Heart for thirty (30) calendar days following the determination the offense has been committed. This includes all Sacred Heart extra-curricular activities.

Second Offense: If a student engages in the unlawful possession, selling, dispensing and/or use of illegal drugs and/or alcohol, he/she shall forfeit all privileges of participation at Sacred Heart for sixty (60) calendar days following the determination the offense has been committed. This includes all Sacred Heart extra-curricular activities.

Third Offense: If a student engages in the unlawful possession, selling, dispensing and/or use of illegal drugs and/or alcohol, he/she shall forfeit all privileges of participation at Sacred Heart for the remainder of the student's junior high years or the remainder of the student's high school years following the determination the offense has been committed. This includes all Sacred Heart extra-curricular activities.

The 30-day, 60-day, or remainder of the student's junior high years or remainder of the student's high school years punishments begin when the Administration has made a determination there has been an offense committed.

- TOBACCO USE

If a student is cited for use of tobacco (smoking, chewing, zyn pouches, e-cigarettes or vaping/juuling), he/she shall be declared ineligible for fourteen (14) calendar days following the determination the offense has been committed. This includes all Sacred Heart extra-curricular activities.

Proof of violations for alcohol, drugs and tobacco violations shall be defined as follows:

- Being observed in violation of Sacred Heart activity rules by a faculty or staff member of Sacred Heart School.
- Being observed or cited by a law enforcement officer.
- Accumulation of information by the school administration indicating sufficient evidence that a violation did occur.

NOTE: The penalties listed above for misuse of alcohol, drugs and tobacco are minimum penalties. The coaches and/or moderators have the right to establish more severe penalties of suspension and other rules for their sport or activity.

- CRIMINAL/MORAL CODE

Criminal acts (The illegal use of alcohol, drugs and tobacco is covered above.) will result in punishment. The assigned punishment may include temporary or permanent suspension from activities and/or practices. Determination of punishment shall be made by the administration in each case.

ELIGIBILITY REQUIREMENTS

A student must meet all eligibility requirements set forth by Sacred Heart School, the Diocese of Lincoln and the Nebraska School Activities Association.

ACADEMIC PROBATION

Each teacher will have academic standards and expectations set for each student on the basis of past scholastic history, grades, standardized test scores and personal experience. If a student's performance in class consistently falls below expectations and after reasonable attempts to motivate the student to improve, the teacher, after consultation with the principal, shall place the student on academic probation. When a student is placed on academic probation, the principal shall notify in writing the student, the student's parents, Guidance Counselor and, if appropriate the coach/moderator. The notice shall be specific in identifying the nature of the deficiency in the class. The notice from the principal shall be given before the end of school day on Monday or the first day of school for the week (if there are no classes on Monday.) The student will be required to arrange for remedial work with the teacher either before or after school if it is deemed necessary by the teacher. Seventh through ninth grade students must speak to the probation or ineligible issuing teacher for purposes of remedial work prior to the following Monday, (or first day of school in the week) or receive one detention for failure to make the minimum academic effort necessary for success. If the student's performance has not improved prior to the following Monday (or first day of school in the week), the student shall be suspended from all extra-curricular activities for one week.

Extracurricular Activities shall include but not be limited to: All Sports, All NSAA Sponsored Activities, Cheerleading, One-Act, Speech Contests, Journalism Conventions, Quiz Bowl, Jazz Band, Show Choir, All-State Music, Honor Music Clinics, Pep Band, District Music, Musical, Homecoming Dance, Homecoming Royalty, Christmas Formal, Prom, Lock-In, School Club's Sponsored Events, School Organization's Sponsored Events, Class Dance, etc. During this period of suspension from extra-curricular activities, the student shall continue to be on academic probation. The student shall be expected to attend practices or rehearsals but not at the expense of remedial work with the teacher if deemed necessary.

The student may be on "probation" for more than one week in the event that the teacher deems it advantageous to the student's continuation of effort and improvement.

NSAA SPORTSMANSHIP POLICY

The NSAA has adopted bylaws to insure appropriate sportsmanship at athletic contests. These bylaws include penalties for coaches and participants ejected from a contest for unsportsmanslike conduct. Unsportsmanlike conduct shall include the following: fighting, verbal abuse or dissent directed toward an official or opponent, racial or ethnic slurs, inappropriate comments or actions that may be construed as sexual harassment, profanity, obscene gestures, flagrant and violent fouls, taunting, trash talk, baiting, cheating, throwing or abusing equipment, inappropriate posters, physical intimidation or abuse of an official or opponent, and unauthorized leaving of a team bench area. Any participant ejected from a contest for unsportsmanlike conduct shall be ineligible for the next athletic contest at that level of competition and all other athletic contests at any level during the interim, in addition to the other penalties the NSAA or the school may assess.

POINTS OF INFORMATION

CLEARANCE TO PARTICIPATE

All athletes must have a current physical exam by a qualified doctor, parental consent and proof of insurance (health insurance is recommended for all students) signed and on file. These must be given to the coach or coaches of each sport prior to their first practice. No athlete will be able to participate in practice until these are turned in to his or her coaches.

INSURANCE

Sacred Heart School does not provide regular insurance coverage to its students. It is the responsibility of the parents to provide adequate insurance to cover any medical expenses, which may be incurred while the student is participating in athletics or any extra-curricular activity. Parents not owning a basic health insurance plan can purchase such insurance through the school from the *Student Assurance Services Company*. This insurance must be purchased when practice starts. This may be done through the school office. The NSAA does provide for

"catastrophic insurance" for students involved in NSAA sanctioned activities. The school does provide catastrophic insurance for 7th and 8th grade athletics. It is strongly recommended that families have insurance.

LOCKER ROOM POLICIES

All athletes will be under the supervision of the coach in charge while dressing. Athletes must not linger in the dressing room, be rowdy or endanger the safety of others. The coach in charge will deal with all cases of misconduct while dressing. Participants are to always respect all equipment and supplies. Sponsor's offices and equipment rooms are off limits to all participants except student managers. The only exception is if a student is asked to enter the area by the sponsor.

ATTENDANCE - PRACTICE AND GAME DAY

Attendance at all practices/rehearsals is required. If a student is unable to attend a practice/rehearsal, he/she must contact the coach before the practice begins. Each coach/moderator shall have specific attendance requirements according to the demands of each activity. A student must be in attendance at school by 9:00 a.m. on the day of a scheduled event in which the student is to participate. Exceptions may be made in the cases of previously scheduled doctor or dental appointments or other unforeseen circumstances, e.g. funerals. All exceptions must be cleared with the Activities Director or Principal.

TRANSPORTATION

The school will provide transportation to all contests and events. Team members will travel to and from contests/events as a unit. Students are not permitted to drive personal cars to "away" events. In case of necessity, rare exceptions to this rule will be made only with the written permission of (a) parent or guardian (b) principal or activities director **and** (c) the coach/moderator. Any student who would be a passenger in the student-driven car must obtain the same written permission. The written permissions must be obtained prior to departure from Sacred Heart School.

Students may leave the activity with their parent, grandparent or peer-parent of another Sacred Heart student but only with a written note from their parent(s) handed to the coach, sponsor or activities director **PRIOR TO departure** from Sacred Heart School. However, coaches/moderators may require team members to ride from activities as well as to activities.

If no note has been received by the coach/moderator prior to departure, permission may be given to a parent/guardian, and only to a parent/guardian to transport his/her child home if (a) the parent/guardian speaks to the coach/moderator in person and (b) the parent/guardian signs a written permission in the presence of the coach/moderator, who will receive the written permission and file it in the principal's office at school.

EQUIPMENT

The school will furnish equipment needed for each program. It will not furnish shoes or any equipment needed of a personal nature. All equipment checked out to a participant is his/her responsibility. Upon completion of the season, the equipment will be checked in. If there is an item missing or damaged, it must be paid for by the athlete.

UNIFORMS

Team uniforms are to be worn during athletic contests only. They are not to be worn to and from contests unless special permission is given by the coach/moderator. Uniforms are to be kept clean and conditioned by the student and shall be returned to the school at the end of the season.

AWARDS & LETTERS/CERTIFICATES OF PARTICIPATION

At the conclusion of each season, every student who has completed an activity season will be able to receive a certificate of participation. Those students who have achieved the requirements for lettering in their activity will receive a varsity letter. Certificate will be awarded at the activities banquet in the spring. The requirements of each activity shall be determined by the head coach/moderator of each activity.

ACTIVITIES BANQUET

At the end of the school year an Activities Banquet will be held. Letters and certificates of participation will be given to participants. Each student should attend this event. Parents, friends and fans are invited to this night to honor Sacred Heart students who participated and excelled in the activities of the year.

QUITTING OR BEING REMOVED FROM AN ACTIVITY

Any student who quits an activity or who is removed from a team ("kicked off") automatically forfeits any letter he/she has earned during that season for that activity.

Falls City Sacred Heart does not discriminate on the basis of race, color, national origin, religion, sex, marital status, sexual orientation, disability, age, genetic information, citizenship status or economic status in its programs, activities and employment.

**Sign this page and only return this page to the Sacred Heart Office.

Sacred Heart School

Student/Parent Agreement

I have read the Sacred Heart Activities Handbook and understand the policies outlined therein. I understand that being part of an extra-curricular activity at Sacred Heart is a privilege and not a right. I accept and will abide by all of the guidelines and requirements as outlined above in this handbook.

Signed (Student)_____

Date_____

As the parent/guardian of the above-named student, I have read the Sacred Heart Activities Handbook and understand the policies outlined therein. I accept the guidelines and will do my part to encourage my son/daughter to abide by them. I will support the coaches and moderators of Sacred Heart School in enforcing them.

Signed (Parents)_____

Date_____

This student has all necessary forms completed and signed. I have determined that he/she is eligible for inter-school competition according to the Nebraska School Activities Association rules and guidelines. He/she is able to participate in all activities at Sacred Heart School.

Signed Activities Director) _____

Date_____

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