



**2019-2020  
ATHLETIC  
DEPARTMENT  
HANDBOOK**

**Paul Clewell  
Director of Athletics**

### **Athletic Department Mission Statement**

The mission of our athletic program is to provide opportunities in which students can acquire skills, experience leadership, and grow personally. All students are encouraged to participate and to learn to balance academics, athletics, and the arts. Our goal is to provide a positive experience for the boys on the field of competition. Every boy, from the novice to the advanced player, has a place in our program.

### **A Note from the Director of Athletics**

Dear Parents, and Students:

This handbook was created to provide coaches, students, and parents with the procedures, policies, and expectations of the Princeton Academy of the Sacred Heart Athletic Department.

My goal is that, as a player, you will enjoy participating in our athletic program, and will learn the importance of sportsmanship, teamwork, and ways in which to be a great competitor.

I value the importance of sports within the education process, and would encourage all players to work hard and play hard. In the end, your hard work and dedication will bring you great satisfaction.

If you have any questions, please do not hesitate to contact me.

Good Luck,

Paul Clewell  
Director of Athletics

## **Expectations for Student Athletes**

### **The student athlete will:**

1. Display positive public actions at all times.
2. Maintain good academic standing.
3. Accept the responsibility and privilege of representing Princeton Academy of the Sacred Heart.
4. Respect the judgment of officials and coaches.
5. Treat opponents with respect and shake hands with opponents after contests.
6. Attend practice 4 days a week, unless a note is brought to the Director of Athletics stating the reason for missing one day a week. The Director of Athletics or Head Coach must approve the absence.
7. Come prepared and on-time for practices and games. If a student needs to miss a practice or a game, the student needs to let the head coach know the morning of the day they are missing.
8. Ride team bus to and from away games and demonstrate appropriate and safe behavior on the bus. If a student wants to go home with his parent or another parent, a note needs to be brought to the coach or the parent must talk to the head coach after the game is over.
9. Be present by 12:00pm at school to be eligible to play/practice, unless they have an excuse approved by the Director of Athletics.
10. Not participate in practice or in games on the day of an absence from school, including suspension.
11. Not be eligible to practice or play if medically excused from Physical Education class.
12. Return all uniforms and equipment at the end of each season. If a uniform is not turned in, there will be a fee to pay. If the fee is not paid, report cards will be held until payment is received.
13. Only play one sport per season.
14. Avoid bringing in unnecessary items to school. The school will not be liable for lost or stolen personal property.

### **Proper Attire for Middle School PE Class/Athletic Events in the Gym**

1. T-shirt, sweatshirt, or long sleeve shirt.
2. Shorts, sweatpants, or athletic pants.
3. Socks
4. Athletic Sneakers

### **Guidelines for Parents**

1. Parents need to be on time to pick up their son(s) at the end of each practice or game. Pick up is in the back at the McPherson Athletic and Convocation Center entrance.
2. Parents are financially responsible for full replacement value of all uniforms and equipment assigned to the student-athletes.
3. Players need to avoid bringing in unnecessary items to school. The school will not be liable for lost or stolen personal property.
4. In order to participate in a team sport, your son must have a physical examination within the last 12 months and all other health forms filled out and turned in to the nurse. The student will be unable to join a sports team unless this is done. This is done to insure the health, safety, and welfare of the student athlete.
5. Parents should inform the nurse, Director of Athletics and Head Coach of any known medical conditions of their children.
6. Parents are expected to be respectful and polite to all coaches, officials, and participants, which includes appropriate conduct at all Princeton Academy of the Sacred Heart School events, practices and games.
7. Parents are expected to demonstrate positive support for the coaches and the school's athletic program including its policies, strategies, and team rules.
8. Parents should refrain from discussing playing time, team strategy, play calling, and other student athletes with coaches before, during, and immediately after a competition.

9. If you have a concern about a coach, please contact the Director of Athletics to set up a meeting with the coach. Never confront a coach before, after, or during a practice or game.

### **Gymnasium Policies**

1. No food, drink, gum, or glass containers are allowed in the gym, locker room, or mezzanine area.
2. No cleats are allowed in the MACC. Only non-marking shoes should be worn on the gym floor.
3. Use of the MACC by any individual must be approved by Director of Athletics.
4. No student should enter the mezzanine area or gym without a coach or teacher.
5. Students should enter the gym only through the lobby doors; they should not use the side entrance to the mezzanine.
6. No one should use the visitor's locker room without permission of the Director of Athletics.
7. The bleachers should only be pulled out by the Director of Athletics or Physical Education Teacher. If the bleachers are pulled out, there should be no running or climbing on them.
8. Before leaving the gym for the night, doors should be locked, lights turned off, and bathrooms checked.
9. When on the mezzanine area, teachers and coaches should make sure students do not climb the wall or the wire supporting the backboards. In addition, students should not be on the wrestling mats at any time, except during PE or wrestling.
10. All equipment should be returned to appropriate places.
11. No doors in the MACC should be propped open without permission from the Director of Athletics.
12. The curtain should always remain open. The only people authorized to close the curtain are the Director of Athletics or Physical Education Teacher.

## **Middle School Sports**

All Middle School Sports teams are offered to all students in grades 5-8.

### **Teams Offered:**

#### **Fall**

Soccer "A"

Soccer "B"

Cross Country

\*Golf

#### **Winter**

\*Basketball "A"

\*Basketball "B"

Wrestling

Squash

#### **Spring**

Baseball

Lacrosse

\*Tennis

\*These teams may have cuts. If a student is cut from a team, they may join another sport in that season.

The Middle School Sports teams practice four days a week; Monday, Tuesday, Thursday and Friday. Practices will run from 3:15-4:45pm, unless otherwise noted (i.e. squash/golf). Games will start at 3:30pm, unless otherwise noted. "B" team games will start 10 minutes after the completion of the "A" team games. This will generally be between 4:30-4:45pm with a few exceptions.

- Tennis Team practices and home matches are held at Stuart Country Day School.
- Squash Team practices are four days a week, Monday, Tuesday, Thursday and Friday from 6:30-7:30 p.m. All practices and home matches are held at The Lawrenceville School.
- Golf Team practices three days a week, Monday, Tuesday and Thursday from 3:15-5:00 p.m. All practices and home matches are held at the Bedens Brook Club.

## **Team Selection**

Selection of the team member shall be at the discretion of the Head Coach. The Head Coach will hold tryouts, and will speak to each student privately on the final day of tryouts to let them know if they made the team or not. At no time will a list be posted of those students who were not selected for the team. Students who do not make the sports team will be encouraged to participate on another athletic team at Princeton Academy of the Sacred Heart.

### **Travel & Non-Travel Team**

Princeton Academy strives for a no cut policy for most of its athletic teams. If a sport has a large amount of students trying out for it, the Athletic Department will try to create a travel team and a non-travel team. The travel team will play in all home and away games. The non-travel team will practice with the team, but will not travel/play in any away games. Coaches will do their best to rotate who is on the travel and non-travel team during the season.

### **Dismissal from a Team**

A requirement for being on any Princeton Academy of the Sacred Heart sports team is following school rules, and all athletic guidelines within this handbook. Dismissal from a team is a serious matter.

The decision to dismiss a player from any team will be decided upon by the Headmaster, Director of Athletics, and Coaches. Any behavior in violation of the community standards listed in the Middle School Handbook may result in suspension or dismissal from the team.

### **Athletic Hotline/Daily Practice and Game Schedules**

For daily information on practices and games you should call our Athletic Hotline. Updated information, including cancellations, estimated return times from games, and other daily information will be available on the Hotline after 12:15pm each day. The Athletic Hotline number is 609-759-3054.

A game schedule is posted on the bulletin board outside the gym doors, next to the Director of Athletics office. Game schedules can also be found on the school's website. If you need to speak to the Director of Athletics, please call 609-921-6499, Ext. 409.



Princeton Academy of the Sacred Heart, an independent Catholic lower and middle school for boys, is committed to academic excellence within the context of a faith-based community.

Our mission is to develop young men with active and creative minds, a sense of understanding and compassion for others, and the courage to act on their beliefs. We stress the total development of each child: spiritual, moral, intellectual, social, emotional, and physical.

Our philosophy is rooted in the 200-year tradition of the Society of the Sacred Heart, which educates children to become leaders of a just society by adhering to the following five goals:

**a personal and active faith in God**

**a deep respect for intellectual values**

**a social awareness which impels to action**

**the building of community as a Christian value**

**personal growth in an atmosphere of wise freedom.**