Athletic Handbook

I. Introduction

The Academy of the Holy Names Student-Athlete and Parent Handbook establishes policies and procedures for student-athletes and their parents at the Academy of the Holy Names. It is divided into four sections:

I. Introduction
II. General Athletics Information
III. Middle School Athletics
IV. High School Athletics

Each AHN student-athlete and their parents should familiarize themselves with the contents of this handbook. The athletic program is an integral part of the Academy of the Holy Names, and this handbook is an essential supplement to AHN athletics. All AHN coaches, student-athletes and parents are required to abide by the policies, procedures and regulations in this handbook.

ACADEMY OF THE HOLY NAMES MISSION STATEMENT:
The Academy of the Holy Names is a Catholic, independent school founded and guided by the Sisters of the Holy Names of Jesus and Mary. In a faith community of exceptional love, the Academy empowers students to be authentic individuals who, in pursuing their highest academic potential, engage in critical thinking, are inspired by creativity, and lead culturally aware, spiritually rich lives.

OUR ACADEMY OF THE HOLY NAMES ATHLETIC MISSION STATEMENT:

The Academy of the Holy Names
strives to provide an athletic program that challenges each student-athlete to be the best that they can be; both on and off of their respective playing fields.

DISCLAIMER

The information in AHN's Student-Athlete & Parent Handbook serves as an extension of the school's middle school and high school student handbooks.

Since situations can arise that were not foreseen at the time of writing this handbook, the administration and athletic department reserve the right to amend it as necessary. On such occasions, addendums will be published on AHN's Veracross Portals.

General Athletics Information

Philosophy

The Academy of the Holy Names is committed to providing a competitive interscholastic athletic program with the belief that participation in athletics can build individual character, appreciation for the value of teamwork and school spirit. AHN's Athletic Department carries out the mission of the school by developing the physical and personal growth of each student-athlete. The Athletic Department is committed to providing a safe environment that promotes the physical and emotional health of all participants.

The Athletic Department is dedicated to providing athletic options for as many students as possible while maintaining competitive, high-quality programs. AHN's athletic program strives to enhance individual growth and skill while also emphasizing the numerous benefits of participating in team sports, such as camaraderie, character-building, responsibility, sportsmanship, self-discipline, and teamwork.

The Athletic Department seeks highly qualified coaches who teach life skills and values to their student-athletes. AHN coaches nurture the commitment and self-discipline in each student-athlete to help them reach individual and team goals. While striving for victory is an important component of athletic competition, winning is only one element of success.

The Athletic Department strives to provide each student-athlete with a memorable and rewarding experience through athletics. It is a privilege to represent an AHN athletic team and student-athletes must be prepared for athletic achievement without sacrificing academic standards or Christian values.

Athletic Personnel

Athletic Director	Kevin Vargas	kvargas@holynamestpa.org
Assistant Athletic Director	Christopher Severini	cseverini@holynamestpa.org
Athletic Trainer	Ben Miller	bmiller@holynamestpa.org
Nickname	Jaguars	
Colors	Navy Blue & Vegas Gold	

Athletic Affiliations

- **FHSAA**
  - AHN is a member of the Florida High School Athletic Association, which is the state governing body for interscholastic athletics. www.fhsaa.org
- **FWCL**
  - The AHN middle school athletic program has been a member of the Florida West Coast League since 2009-2010.

Athletic Information Resources

The AHN athletic website and Veracross Portals are the primary sources of information for the AHN Athletic Department. Please check these two areas regularly for all your AHN athletic needs. This includes schedules, updates, changes, news, contact information, tryout dates, etc.

Mandatory Participation Forms

Before a student-athlete can participate in AHN athletics, he/she must complete and submit the following forms to the Magnus Health Online Portal:

- EL2 (Physical)
- EL3 (Consent and Liability)
- AHN's Athletic Travel Waiver and Liability Release
- Student-Athlete & Parent Handbook Affirmation

These forms can be accessed on Magnus Health or via AHN's Veracross Portals. These forms must be updated annually.

Concussion Procedures

The Academy of the Holy Names prioritizes the health and safety of our students. The following is from the FHSAA's Policy 40 on concussions:

"A concussion is a serious brain injury caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Concussions can also result from a fall or from collisions between one or more individuals or with obstacles. The signs, symptoms, and behaviors of a concussion are not always apparent immediately after a bump, blow, or jolt to the head or body and may develop over a few hours.

Any student athlete who exhibits the signs, symptoms, or behaviors consistent with a concussion including, but not limited to, loss of consciousness, headache, dizziness, confusion, or balance problems, shall be immediately removed from play and may not return to play until cleared by an appropriate health-care professional.

When a student athlete is diagnosed with a concussion, the coach or athletic trainer will follow a return to play protocol."

With the prevalence of concussions and the importance of proper diagnosis and recovery, in addition to the FHSAA's Return to Play Protocol, AHN has developed a policy to assist with the academic support of a student who is experiencing symptoms as a result of a concussion.

A concussion is a type of traumatic brain injury that can have a serious effect on a young, developing brain. While most teens diagnosed with a concussion recovery quickly and fully, some will have concussion symptoms that last for days, weeks, or even months. Not giving the brain time to heal after a concussion can be dangerous. A repeat concussion that occurs before the brain heals from the first, usually within a short amount of time, can slow recovery or increase the chance for long-term health problems.

- If a student is suspected in any way of being concussed, they must see a physician the following day, and cannot come to school unless they have been seen by a health care provider.
    - The physician would be required to complete AHN's Concussion Plan document.

- The Athletic Trainer/School Nurse will inform the Concussion Support Team that the student may have possibly been concussed and is being referred to a physician/health care provider.
- When the student returns to school, the family must provide documentation from a physician that they are cleared or require accommodations to the school nurse.

- If accommodations are necessary during the school day, the family will need to have the physician complete AHN's Concussion Plan document, and the document will be shared with the Concussion Support Team and accommodations will be granted.

- Students who have sustained a concussion cannot participate in certain activities such as dances, pep rallies, etc.

Code of Conduct

AHN student-athletes are under the direct jurisdiction and supervision of a coach, and they will conduct themselves in the manner set forth by the coach of their sport. The Athletic Director has final authority in matters relating to student-athletes; any appeals can made to the Principal. Furthermore, student-athletes shall be under the complete jurisdiction of the policies of the Academy of the Holy Names and the FHSAA. Failure to abide by the following guidelines can result in suspension or dismissal from the team.

AHN Student-Athletes Will:

- **Conduct themselves with the class, integrity and high principles established for AHN students. It is a privilege to represent AHN in an athletic contest, not a right. If a student-athlete misrepresents the school, they can be suspended or removed from the team.**
- Behave in sportsmanlike fashion and respect teammates, coaches, officials, opponents and fans. Refrain from using inappropriate language or gestures.
- Attend all practices and contests and inform the coach as soon as possible if they cannot attend for any reason. Student-athletes also will inform the coach as soon as possible if injured, whether during practice, competition or otherwise.
- Fulfill all academic and eligibility requirements.
- Abide by any additional behavior codes or rules established by the coach of their sport.
- Serve any detentions at the designated date/time regardless of any practices or games that day, even if the missed time with the team will result in less playing time or any sort of team discipline. If the detention results in missing the team bus, the student-athlete is responsible for transportation to the contest.
- Try to schedule appointments, college visits, etc., on dates that do not interfere with practices or competitions.
- Will not consume alcohol, use drugs or tobacco. Not only is the use of alcohol, drugs and tobacco by student-athletes a particularly serious violation of Athletic Department and AHN school rules, it is illegal. Student-athletes determined to have used alcohol, drugs or tobacco, may be subject to AHN Administration suspensions as well as Athletic Department suspensions.

The administration reserves the right to prohibit a student from participating in an activity because of an ongoing conduct or effort problem or in the case of a serious disciplinary matter.

Parents of AHN Student-Athletes Will:

- Attend the preseason parent meeting arranged by the athletic director. The meeting will be held after tryouts but before the first contest. It will explain numerous important details about the upcoming season and the expectations for team members and parents.

- Pick up their child on time or arrange for their child to be picked up on time, at the end of practices and competitions. Though the coach is required to remain until every team member is accounted for, if your child is not picked up in a timely manner they could be suspended or dismissed from the team.
- Treat officials and coaches with respect and in a manner that sets a positive example.
- Allow your child to work through problems or conflicts; however, if an issue remains unresolved or becomes more urgent, arrange to talk to the coach at an appropriate time and place. Do not accost the coach after a game unless there is an emergency. If you have a question or concern, follow this protocol sequence:
    - Ask your child about it. Have your child discuss the matter with the coach.
    - If the issue is unresolved, discuss the matter with the coach.
    - If it remains unresolved, then arrange to discuss it with the Athletic Director.
    - The final step is to schedule an appointment with the Principal.
- Maintain a balanced view of your role. Enjoy it. Don't get too caught up in wins, losses, playing time, etc.
- Abide by the coach's rules.
- Help your child meet his or her commitment to the team by trying not to schedule vacations, doctor's appointments and other non-mandatory activities during the season.
- Do not criticize your child's teammates.
- Attend as many games as possible. Support your child's efforts and support their team.
- Encourage and praise your child and remember that growth often occurs through mistakes and adversity.
- Help your child organize/balance time between academics, sports and social events.
- Adhere to the Rights and Responsibilities listed in the "Sportsmanship Guidelines and Policy" section of this handbook.

Sportsmanship Guidelines and Policies for Parents and Athletes

The Academy of the Holy Names is committed to providing a competitive interscholastic sports program in the belief that participation in athletics can build individual character, appreciation for the value of teamwork and school spirit. The conduct of players, parents, coaches and spectators contributes significantly to the success of the program.

As representatives of the school, all are expected to hold themselves to the highest standards of sportsmanship by treating other coaches, athletes, officials and spectators in a respectful, courteous and Christian manner. We encourage the enthusiastic support of family and friends, and we expect that the conduct of all spectators will reflect the standard of respectful behavior expected of our students. As guests in our school, opposing teams and fans will be treated with customary hospitality.

Everyone involved in AHN athletic events has certain rights and responsibilities.

Rights:

- To participate in, coach, officiate or watch an athletic contest in a comfortable and safe environment without interference from others.
- To be treated in a courteous and respectful manner.

Responsibilities:

- To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional development of the student-athletes, and that the behavior of parents and spectators can adversely affect the performance of athletes and the attitudes of officials.
- To remember that these are middle school and high school athletic contests and should be treated as such. Student-athletes are not professionals. Always refrain from booing, jeering, ridiculing or antagonizing.
- To understand that young athletes can be embarrassed by inappropriate actions or remarks of spectators.
- To show respect for the integrity and judgment of officials by refraining from threatening statements or actions. Do not "ride" or berate officials, and do not use profanity.
    - **Any parent who chooses to confront an official will lose his or her right to attend any home or away contests for the remainder of the respective season.**
- To treat all student-athletes and coaches with respect and courtesy, for example by applauding good performance by either team or congratulating those who have made a good effort.
- To respect the integrity of the game by staying off the field of play and in a proper location for spectators.
- To leave the coaching to the coaches.

Let the players play, let the coaches coach, let the officials officiate, and let the parents and spectators be positive and supportive.

The Academy of the Holy Names reserves the right to request that anyone at an AHN athletic event - including the student-athletes, parents, coaches, officials and spectators - comply with AHN's and the FHSAA's guidelines or leave the premises.

AHN has the right to ban any of the aforementioned parties from home or away athletic events.

FHSAA Sportsmanship Policy

The FHSAA is composed of high school principals united for the purpose of promoting and directing interscholastic contests. The association assures that policies, standards and regulations democratically developed by school leaders will provide maximum benefits consistent with sound educational practices for every student in every school which is a member. The FHSAA has set up the necessary machinery to establish uniform playing rules, maintain eligibility standards for students and conduct in-service training programs for coaches and contest officials. The FHSAA stands firm in its resolve to safeguard the physical, mental and moral welfare of Florida high school students and protect them from exploitation. Good sportsmanship is a demonstration of generosity and genuine concern for others. It is a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity. The development of good citizenship demands a sound academic and activities program. The concept of "sportspersonship" must be taught, modeled, expected and reinforced in the classroom and on the playing field by all participants, including fans. Sportsmanship is good citizenship in action.

For complete information on the FHSAA and its rules and guidelines, go to www.fhsaa.org.

As a member of the FHSAA, the Academy of the Holy Names will abide by all FHSAA regulations regarding sportsmanship/unsportsmanlike conduct, ethics, crowd control and disqualification of athletes as outlined in the FHSAA Handbook, some of which are excerpted below.

FHSAA Policy on Unsportsmanlike Conduct
Student-athletes who commit unsportsmanlike acts before, during or after a contest will be subject to the following suspension levels:

Level 1 Suspension. A student-athlete who commits an unsportsmanlike act or a flagrant foul for which he/she is ejected from the contest will be ineligible to compete for the remainder of that contest and for a minimum of the next two contests, at the same level of participation in the sport of the suspension and in any interscholastic athletic contest in any sport, at any level, during the period of suspension, in all sports except football. If the unsportsmanlike act or flagrant foul occurs in the last contest of a season, the student will be ineligible for the same period of time as stated above in the next sport in which the student participates; or

Level 2 Suspension. A student-athlete who receives a second Level 1 Suspension or commits an unsportsmanlike act will be ineligible to compete in any interscholastic athletic contest in any sport, at any level, for a period of up to 12 contests; or

Level 3 Suspension. A student-athlete who receives a second Level 2 Suspension or commits an egregious unsportsmanlike act, as determined in the sole discretion of the Executive Director, will be ineligible to compete in the next interscholastic athletic contest in any sport for a period of up to one (1) year; or

Level 4 Suspension. A student-athlete who receives three (3) or more Level 2 Suspensions or commits an egregious unsportsmanlike act, as determined in the sole discretion of the Board of Directors, will be ineligible to compete in any interscholastic athletic contest in any sport for the duration of the student-athlete's high school career.

FHSAA Policy on Unsportsmanlike Conduct
A student who commits an act of malicious and hateful nature toward a contest official, an opponent or any other person attending an athletic contest shall be guilty of unsportsmanlike conduct. Such acts may include, but are not limited to, profanity, striking or threatening a contest official; physical contact with an opponent which is beyond the normal scope of competition; spitting on a contest official or opponent; directing gender, racial or ethnic slurs toward a contest official, an opponent or any other person attending an athletic contest; or other such acts deemed to be unacceptable conduct according to the principal of the member school the student attends or this Association.

Athletic Recruiting

The Academy of the Holy Names strictly adheres to the FHSAA's policies regarding athletic recruiting. The information included in this portion of the handbook has been taken from the FHSAA's GA4 form, regarding compliance with their policy on athletic recruiting.

Definition of Athletic Recruiting
Athletic recruiting is any attempt by any employee or athletic department staff member of an FHSAA member school, a representative of the school's athletic interests or a third party to pressure, urge or entice a student who does not attend that school to change his/her attendance

there for the purpose of athletic participation. This occurs when the school employee, athletic department staff member or representative of the school's athletic interests makes improper contact with the student or a member of his/her family in an effort to pressure or urge the student to go to that school OR promises, offers or gives the student an impermissible benefit in an effort to entice the student to go to that school.

"A Representative of the School's Athletic Interests:"
The FHSAA classifies this as any person, business or organization that participates in, assists with, and/or promotes a school's athletic program is considered to be a representative of the school's athletic interests. This includes, but is not limited to:

- A student-athlete or other student participant in the athletic program, such as a team manager, student trainer, etc., at that school;
- The parents, guardians or other family members of a student-athlete or other student participant in the athletic program at that school;
- Relatives of a coach or other members of the athletic department staff at that school;
- A volunteer worker in that school or that school's athletic program;
- An athletic booster organization of that school;
- A member of an athletic booster organization of that school;
- A person, business or organization that makes financial or in-kind contributions to the athletic department or to an athletic booster organization of that school; and
- Any other person, business or organization that is otherwise involved in promoting the school's interscholastic athletic program.

Improper Contact
Any contact or communication of any kind with a student who does not attend a particular school, or a member of the student's family, in attempt to pressure, urge or entice the student to change attendance to a different school for athletic reasons is improper. The improper contact can either be in person, through written or electronic means such as letters, flyers, e-mails or text messages, or through a third party.

Impermissible Benefits
An impermissible benefit is any benefit that is promised, offered or given to a student or a member of his/her family but is not offered or generally made available to all students who apply to or attend the school.

Penalties for Violations of Athletic Recruiting for FHSAA Member Schools
A member school that violates athletic recruiting rules will be assessed one or more of the following penalties:

- A public reprimand;
- A financial penalty;
- Forfeiture of all contests and awards won in which the student who was athletically recruited or received an impermissible benefit participated or contributed;
- One or more forms of probation (administrative, restrictive or suspension) for one or more years;
- Prohibition against participating or coaching in certain competitions, including state playoffs, for one or more years in the sport(s) in which the violation(s) occurred;

- Prohibition against participating in any competitions for one or more years in the sport(s) in which the violation(s) occurred;
- Restricted membership for one or more years during which some or all of the school's membership privileges are restricted or denied;
- Expulsion from membership in the FHSAA.

Penalties for Athletically Recruited Students
A student who is athletically recruited or receives an impermissible benefit will be ineligible for athletic competition for one or more years at the school where the violation occurred, and may be declared ineligible for athletic competition at all FHSAA member schools for one or more years.

Out-of-School Competition and Club Sports

Many AHN student-athletes compete on sports teams outside of AHN, such as AAU basketball or club soccer, swimming, volleyball, etc. Club sports, like school sports, can provide a great opportunity to participate in athletics and improve your skills.

Typically, the club season and school season within the same sport complement each other, so there is no direct conflict. For example, the club volleyball season and school volleyball season are at different times of the year. However, sometimes an AHN student-athlete will play one sport for AHN while playing the same sport, or a different sport, for a club team during the same season. When such conflicts arise, **the AHN team will take precedence with regard to both practices and games. In other words, during an AHN sports season the commitment to the AHN team is the student-athlete's top athletic priority, and the commitment to a club team is secondary. It is not excusable for an AHN student-athlete to miss practices or competitions due to club sport obligations, or any other extra-curricular activities.**

If a student-athlete cannot make a full commitment to an AHN team during the season because of a conflicting commitment to a non-AHN team, or to another extra-curricular activity, the student-athlete will have to make a choice between teams/activities. Should a student-athlete not be able to live up to the AHN policy and required commitment, AHN has the right to dismiss the student-athlete from the respective AHN team.

Uniforms

AHN provides uniforms for its athletes. It is the responsibility of the student-athlete to exercise proper care for their uniform and, if required, return the entire uniform intact to the head coach or Athletic Director at the end of the season. The following sports do not require uniform returns: golf, swimming & diving, tennis, middle school cross country, and middle school track & field.

UNIFORMS CAN BE VERY EXPENSIVE AND VERY DIFFICULT TO REPLACE

The AHN Athletic Department takes very seriously the matter of uniform return. Uniform return has been a recurring problem at AHN. Therefore, student-athletes who do not return their uniform intact along with any equipment belonging to AHN at the time and place designated by the coach or Athletic Director, can be assessed a fee well in excess of $100, depending on the sport and uniform. For instance, a lacrosse athlete who does not return his uniform and equipment could be assessed a fine upwards of $1,000 since the uniform is custom ordered and the minimum order is 12. If the fine is not paid, the report card of the student-athlete will be held. There could be additional punitive

measures if the uniform still isn't returned, and no arrangements are made with the Athletic Department to pay for the uniform.

Transportation

AHN student-athletes and their parents are required to review the Athletic Transportation Policy for Off-Campus Events and Practices. Participants in AHN athletics should be familiar with and abide by this transportation policy. The policy is accessible via a link on the athletics home page of the school website. Questions about the Athletic Transportation Policy for Off-Campus Events and Practices can be directed to the Athletic Director. Failure to familiarize yourself with and abide by the transportation policy can result in restriction from traveling with the team to a contest or practice, or ineligibility to participate in AHN athletics.

Athletics Apparel

All athletic apparel must be approved by the Athletic Director. AHN's athletic apparel, including but not limited to sweats, warm-ups and t-shirts that identify or represent the school, whether by saying AHN, Academy, Holy Names, Jaguars or a Jaguar logo, must consist of only these three colors: navy blue, Vegas gold, and white. It can contain one, two or all three of these colors. Any such AHN athletics apparel that is not navy blue, Vegas gold, white or some combination thereof, cannot be worn to school on club days or to any AHN team practices or contests.

Workout Facilities

Use of the weight training and cardiovascular equipment room in the Hyer Family Center is permitted for AHN student-athletes upon the completion of the designated consent and release form (the forms are in the Athletic Director's office), which must be signed by a parent. Anyone using the facility must have approval and abide by facility rules.

Lightning Policy

Lightning is the most consistent and significant weather hazard that may affect interscholastic athletes. Within the U.S., the National Severe Storms Laboratory (NSSL) estimates more than 100 fatalities and 400-500 injuries requiring medical treatment occur from lightning strikes every year. While the probability of being struck by lightning is extremely low, the odds are significantly greater when a storm is in the area and the proper safety precautions are not followed. As a result, the Academy has installed an advanced lightning detection system on the roof of the gymnasium. **The system will emit a 15-second horn blast when it detects atmospheric conditions conducive to lightning. Anyone participating in outdoor activity on-campus when the horn sounds must seek appropriate shelter. Participation can resume when the system emits three consecutive shorter, 5-second horn blasts.**

Middle School Athletics

AHN fields a competitive middle school athletic program for students in grades 6-8 only. A junior varsity team will practice and play separately from the varsity (7th & 8th grade) team. A junior varsity team will consist of 6th grade students only, except under the following circumstance. Under the governance of the Florida West Coast League, if a 6th grade team does not have enough student-athletes interested in forming a team, we are afforded the opportunity to provide select 7th graders with a chance to compete at the junior varsity level. This criteria varies from sport-season-to-sport-season. **Please be advised that this opportunity will not happen every year for every sport. These circumstances will be evaluated on a year-to-year and sport-to-sport basis.** The final decisions in these matters will be made at the discretion of the Athletic Department and the Middle School Administration.

AHN Middle School Athletics Offerings

Fall
Girls JV Volleyball
Girls Varsity Volleyball
Boys Soccer
Boys Cross Country
Girls Cross Country

Winter/Spring
Boys Track & Field (JV and Varsity)
Girls Track & Field (JV and Varsity)

Winter
Girls Soccer
Boys JV Basketball
Boys Varsity Basketball
Girls Varsity Basketball

Spring
Boys Baseball
Girls Softball
Boys Lacrosse
Girls Tennis
Boys Tennis

Team Selection and Participation

Selection:
AHN fields a competitive middle school athletic program. It is important to note that AHN's athletic program is not of an intramural or recreational nature and every student may not be able to play at the level of competition offered. Seven of the nine middle school sport offerings will have cuts. AHN establishes reasonable limits for the maximum number of players on a team. Such limits vary from sport to sport, and they help coaches maintain effective practices and supervision.

CUTS: volleyball, boys basketball, girls basketball, boys soccer, girls soccer, boys lacrosse, baseball, softball, boys tennis, and girls tennis

NO CUTS: boys cross country, girls cross country, boys track & field, girls track & field

Decisions regarding which student-athletes are selected for a team are made by the head coach with the final approval coming from the Athletic Department. Such decisions will be made in a timely manner at the completion of tryouts and will be based primarily upon individual performance at tryouts. Past performance, and past selection to a given team, does not determine current team selection. Past performance and past selection can be used by the coach to help determine current team selection when individual performances at tryouts are equal. A student's ability to meet academic eligibility requirements throughout the season can be a factor in the selection of the team.

Student-athletes who are selected for a junior varsity team can be moved up to varsity during the season at the discretion of the head coach and with the final approval of the Athletic Department.

Practice and Participation:
Student-athletes are expected to attend all practices and competitions. A student-athlete must inform the coach in advance if they cannot attend a practice and/or contest. As previously mentioned on Page 9, commitment to AHN athletics is mandatory over any club or other extracurricular activity. Three unexcused absences will result in being removed from a team. All student-athletes will be subject to a three-strike policy regarding attendance:

- First Strike - Warning; Second Strike - One Game Suspension; Third Strike - Removal from Team

There is no guarantee that each student-athlete will play or participate in each contest. This is increasingly true as an AHN student-athlete moves up the ladder of competition, from middle school to high school, and from junior varsity to varsity. As a general rule, the coach will field the most competitive team in each contest while also pursuing opportunities to allow others to participate.

Season Overlap:
Student-athletes cannot participate in multiple sports in the same season. Middle school athletic seasons occasionally overlap. In such situations student-athletes should tryout for a team in the upcoming season, while finishing up the current season. The rule of thumb: one sport per season, complete the current season before starting the next.

Academic Eligibility

To be eligible for athletics, a student-athlete must:

- Maintain a C (70%) or above average in all subjects.
- Not receive an I or U in general conduct or an I in effort in any subject area.
- Once a team is formed, academic eligibility will be checked every Friday. Students not meeting the requirements will be suspended from practices and contests until the in-question grade is raised above the threshold. Once the grade is at or above the appropriate mark, the student will regain eligibility. All ineligibility notifications will come from middle school administration. Students, parents, athletic directors, and coaches will be notified when students become ineligible and when they regain their eligibility.
- The administration reserves the right to prohibit a student from participating in an activity because of an ongoing conduct or effort problem or in the case of a disciplinary matter.

Attendance

Participation in practices and contests is dependent on school attendance. Below are the criterions that must be met in order to participate:

- Student-athletes must be in school or at a school-sponsored event (such as field trips, retreats, Focus 11, etc.) **by 10:00 AM** on the day of the contest and/or practice.
- Students absent from school may not attend a co-curricular activity or school function on the day of the absence.
- Students who become ill at school and go home sick may not attend or participate in any co-curricular activity or school function later that day.
- Students who have attended school but who leave school for a medical or dental appointment may participate in a co-curricular activity later that day ONLY if a doctor/dentist note, stating the day and time of the appointment, is provided to the middle school office. Students who are unable to provide a note prior to the appointment and who will be missing the remainder of the academic day MAY participate that day but are suspended from any additional co-curricular activity until such a doctor/dentist note is provided to the middle school office.
- Students who violate these policies will be subject to discipline with their respective athletic team and/or the school administration.

Middle School Athletes on High School Teams:

Girls in grades 6-8 are eligible to tryout for high school athletic teams under the following circumstances:

- The sport is not available in the middle school but is available in the high school. At AHN those sports are golf and swimming & diving. (EXCEPTIONS: Crew and Jaguarette Dance – offered to high school students only).
- A high school head coach can invite a middle school student-athlete to try out for, or join, a high school team. In such scenarios an AHN high school coach and/or the AHN Athletic Director has observed the middle school student-athlete and determined she has the ability to make a contribution to the high school team in that sport. This would happen in rare situations and must be approved by the Athletic Director. The sports in which this could happen are basketball, cross country, lacrosse, soccer, softball, tennis, track & field and volleyball. The primary consideration in such a decision would be the best interests of the student-athlete, the team and school.
- NOTE: As per Florida West Coast League rules, any middle schoolers who participate in high school athletics cannot then participate in middle school athletics in that same sport. They can, however, participate on an AHN middle school team in another sport.

Athletic Team Days

On the days where an athletic team has a home game, middle school student-athletes may wear the following to school:

- Either the team t-shirt or team jersey (If team jersey is sleeveless, a shirt with sleeves is required underneath.)
- Must wear school uniform bottoms (no athletic shorts)

High School Athletics

The AHN high school athletic program is conducted in accordance with the letter and spirit of the rules and regulations of the FHSAA. Each student-athlete and her parents should be familiar with the procedures and policies of the FHSAA, which can be found at www.fhsaa.org.

Athletic Offerings

Fall
Volleyball
Cross Country
Swimming & Diving
Golf
Crew
Flag Football
Jaguarettes

Winter
Soccer
Basketball
Jaguarettes

Spring
Softball
Track & Field
Tennis
Lacrosse
Crew

NOTES:

- AHN's Rowing Club, club flag football team, and the Jaguarette dance squad are the three athletic offerings not governed by the FHSAA. These are the only sports that require additional fees to participate.

Team Selection and Participation

AHN fields a competitive athletic program. It is important to note that AHN's athletic program is not of an intramural or recreational nature and every student may not be able to play at the level of competition offered. High demands are placed on each participant, especially at the high school level.

Team Selection/Cuts:
Eleven of AHN's twelve high school sports have cuts. The determining factor for the ten sports that have cuts is the number of girls who come out for the team – if it is too high, the team will have cuts. The number of players selected for each team is at the discretion of the coach and Athletic Director. The amount will vary from sport-to-sport, and it can vary from year-to-year in the same sport.

CUTS: basketball, crew, dance, flag football, golf, lacrosse, soccer, softball, swimming & diving, tennis, track & field, and volleyball

NO CUTS: cross country

All decisions regarding which student-athletes are selected for a team are made by the head coach with input from assistant coaches and with the final approval of the Athletic Director. Such decisions will be made in a timely manner at the completion of tryouts and will be based primarily upon individual performance at tryouts. Past performance, and past selection to a given team, does not determine current team selection. However, past performance/selection can be used to help determine current team selection when individual performances at tryouts are equal.

Those sports that have not had cuts in the past reserve the right to make cuts if an inordinately high number of girls come out for the team. This will be done for practical purposes when the number of would-be participants is larger than the team could carry and still conduct effective practices, etc. **Also, although a team may not have cuts, each team has its own rules for attendance, participation, effort and conduct that must be followed to be a member of the team.**

Tryouts:
All dates for tryouts are announced well in advance and are on the school calendar and the school website. Stay alert for any changes.

In order to be a member of a team that might have cuts, the student-athlete must attend at least one day of tryouts, even if the student-athlete is a member of a team whose season is in progress. In exceptional circumstances, appeals to this rule can be made to the Athletic Director.

When a student-athlete is a member of a team whose season is in progress, and she also wants to join a team for the next season in a sport that does not have cuts, the student-athlete must notify the head coach of the second sport of their intent to join the team. She can join the second sport once the first sport season has ended.

Those selected for a junior varsity team can be moved up to varsity, or vice versa, during the season at the discretion of the head coach with input from assistant coaches and with the final approval of the Athletic Director.

Participation:
There is no guarantee that each student-athlete will play or participate in each contest**.** This is increasingly true as AHN student-athletes move up the ladder of competition, from middle school to high school and from junior varsity to varsity. As a general rule, the coach will field the most competitive team in each contest while also pursuing opportunities to allow others to participate.

Student-athletes cannot participate in multiple sports in the same season (Fall, Winter, Spring). The rule of thumb: one sport per season, complete the current season before starting the next.

If a student-athlete quits a team after 50 percent of the regular season is completed (as measured by the mid-point on the calendar between the date of the first regular season contest and the district championship), she cannot join another AHN team until her previous team's district playoffs are completed. If she quits within two weeks/14 days of the district championship, she cannot join another AHN team for two weeks/14 days.

Student-athletes must complete their current season before participating on a team in the next season. Participation in preseason conditioning for one team while a member of another team whose season is in progress is prohibited.

Since athletic seasons frequently overlap, student-athletes can try out for a team in the upcoming season while finishing up the current season. But they cannot join the second team until the first team's season is completed.

Participation Exception:
Because the end of one high school sports season often overlaps with the beginning of the next, AHN has implemented a plan that allows for varsity athletes to have limited participation in the second sport season before the first season is complete. The student-athlete must have earned an AHN varsity letter in the second sport in order to qualify for this exception.

In such instances, the student-athlete must notify the Athletic Director at least four weeks prior to the tryout date of the second sport. The Athletic Director, along with the respective head coaches, will develop the best plan for that student-athlete for participating in both sports during the seasonal overlap. The plan will keep in mind that:

A. The first season, which is entering its final phases, is the more important season, especially the state series playoffs.

B. The student-athlete will participate in the second sport no more than twice in a week (contests or practices) until the first season sport is completed and cannot participate in more than one contest in a week. Therefore, in the second sport, over the course of a given week, she would participate in one of the following: one practice; one contest; two practices; or one contest and one practice.

C. The plan will not include missing any contests or practices of the first season sport in order to participate in the second season sport.

D. The AHN Athletic Trainer can restrict participation. If the trainer determines that participation in both sports simultaneously is not in the best interests of the overall health of the student-athlete, specifically concerning overuse injuries, the trainer can limit or restrict the student-athlete's participation in the second sport.

A student-athlete who wishes to implement such a plan acknowledges that by participating in the second sport before the first sport season is complete, she could compromise her ability to do her best in the first sport, and vice versa. And as such, she might not perform her best in each sport and could alter her status/position on a team.

The Athletic Department advises student-athletes to finish the first season sport before starting the second, even those who have previously earned a varsity letter in both sports and are eligible for this exception. However, the Athletic Department will make every effort to implement a dual-participation plan, within the guidelines listed above, for those qualifying student-athletes who request it.
If a student-athlete has not declared her intent to the Athletic Director more than four weeks prior to the first day of practice or tryouts for the second sport, she will adhere to the standard rule, which

requires she try out for the second sport but then return to the first sport exclusively until that season is complete.

Semester Exams
Student-athletes who miss exams due to athletic contests must make-up their exams after the originally scheduled exam date. Exceptions to this policy are rare and may only be granted by the High School Administration.

Off-Season and Preseason Conditioning
Athletes are encouraged to participate in off-season conditioning, and high school teams are allowed to conduct organized preseason conditioning sessions in accordance with FHSAA rules before the start of tryouts or practice in each sport. While such sessions can improve performance and are encouraged, they are optional and participation in preseason conditioning is not a factor in team selection at tryouts.

Holiday Conflicts

When practices and/or contests take place during vacations and holidays, attendance is still mandatory. **Teams will try to avoid such situations in general**, but in some cases, it is considered an essential part of the season (such as with the basketball team's Jaguar Holiday Tournament during the break between Christmas and New Year's Day) or is otherwise unavoidable. Sometimes AHN's spring break occurs during a critical part of the spring sports season, and important contests may be scheduled during this time. District and Region events, which are scheduled by the FHSAA and cannot be changed, sometimes take place during spring break or on Holy Thursday, Good Friday or Easter Monday. Please look ahead at the schedule before the start of the season and plan accordingly. There are never any practices or contests on Sunday.

Eligibility

Academic:
To be eligible to participate in AHN co-curricular activities, which includes all clubs and athletic teams, students must follow a full subject schedule, maintain satisfactory conduct, and have an acceptable attendance record.
An acceptable attendance record constitutes of less than 8 unexcused tardies and less than 16 tardies total, less than 8 absences TOTAL (without medical or club sport documentation), and less than 8 early dismissals and late arrivals.

Also, AHN has an incremental, progressive policy for maintaining academic eligibility designed to monitor academic progress and assist academic standing.

- Upon completion of the first four weeks of each semester, grades will be viewed bi-weekly by the high school administration on Mondays. At that time, any student with a grade of 2 or more C's or lower cannot miss the class(es) in which she received that (those) grade(s) to participate in a co-curricular event. Students will regain their eligibility once their grade(s) has (have) risen to or above 72%.
- Any student who receives a grade in two or more classes of C or lower is ineligible to participate in co-curricular activities for a three-week period. The three-week ineligibility period would be in effect over the first three weeks of the following semester.
- Any student who earns a weighted GPA below 2.00 in a semester is ineligible to participate in co-curricular activities the next semester. If a student is placed on academic probation, she is not eligible for participation in sports or activities during the following semester.

Academic eligibility for participation in AHN high school athletics must be cleared with the High School Administration, which informs the Athletic Department of any ineligible student-athletes. If a student-athlete is ineligible, she can try out for a team. However, she may be cut due in part to her eligibility status, at the discretion of the head coach.

If a student-athlete becomes ineligible during a season, she cannot participate in or attend any practices, and she cannot be affiliated with the team during contests – i.e. she cannot ride the team bus, wear the team uniform, be in the team locker room, be on the team bench, etc. If an ineligible student-athlete becomes eligible during a sports season, she cannot join a team whose season is in progress unless:

1. she was already selected to the team during tryouts or that team did not have any cuts,
2. the team has at least four regular-season contests remaining, and
3. the head coach and Athletic Director have given their approval.

Conduct:
The AHN High School Administration can prohibit a student-athlete from participating in athletics because of an ongoing conduct or effort matter, or because of a serious disciplinary matter, which is determined at the discretion of the administration on a case-by-case basis. Should a student be suspended for any reason, participation in any school-sponsored social or athletic event may be prohibited.

Attendance

Participation in practices and contests is dependent on school attendance. Below are the criterions that must be met to participate:

- A co-curricular activity is any school-sponsored activity (game, practice, club meeting, social event, etc.) that occurs outside of the traditional academic day, usually before 8:00 a.m. or after 3:25 p.m.
- Students absent from school may not attend a co-curricular activity or school function on the day of the absence.
- Students who become ill at school and go home sick may not attend or participate in any co-curricular activity or school function later that day.
- Students who have attended school but who leave school for a medical or dental appointment may participate in a co-curricular activity later that day ONLY if a doctor/dentist note, stating the day and time of the appointment, is provided to the HS receptionist. Students who are unable to provide a note prior to the appointment and who will be missing the remainder of the academic day MAY participate that day but are suspended from any additional co-curricular activity until such a doctor/dentist note is provided to the HS receptionist.
- Students arriving late to school who are not in attendance by 9:00 a.m. (M, T, R, F) and 9:45 a.m. (Wednesday), may not attend or participate in any co-curricular activity or school function later that day.
- Students who habitually violate these policies may be suspended or placed on probation with their co-curricular activity and may face other disciplinary actions.

An AHN student demonstrates respect for her teachers and classmates by being present and on time for each class period, every day. Success begins with consistent attendance, which AHN defines as the following:

In order to remain eligible for course credit, participation in extracurricular events, and academic recognition (e.g., Honor Roll), students must attend at least 90% of each course's instructional time per semester.

This translates to no more than 5 absences, per class, per semester. This includes both excused and unexcused absences unless otherwise approved through administrative review.

In addition, there are occasionally special all-school gatherings for assemblies, mini-course events, Masses, retreats, and service days. These events are an integral part of what it means to be a member of the Academy. A general pattern of absences, and specifically absences at these special events, may be used as a criterion by moderators and coaches when considering students for membership in co-curricular activities or leadership positions in those activities.

Attendance eligibility exceptions include the rare occasions when an athletic contest takes place during the school day (which can occur in District, Region or State competition at the end of the season). In such situations, attendance regulations will be determined on a case-by-case basis by the athletic department, in conjunction with the AHN administration, and fulfillment of such regulations is mandatory for participation in that competition.

Signing Ceremonies

Each year the AHN athletic department will coordinate and host a signing ceremony for senior athletes who are current members of their respective sport(s) at the Academy of the Holy Names and are signing to attend college to continue their athletic career in their respective AHN sport(s). The athletic department will look to schedule group ceremonies in the fall and the spring and will work with the athletes and families in finding a time that works for the respective families and the AHN school calendar.

Any non-AHN affiliated athlete who is signing collegiately will be acknowledged and celebrated by the high school administration at a to be determined high school convocation.

Varsity Letters

The head coach in each high school sport decides which student-athletes earn varsity letters. Appeals can be made through the Athletic Director.

The following guidelines are used to determine if a student-athlete has earned a varsity letter. These guidelines are not ironclad determinants of whether or not a student-athlete receives a varsity letter. For example, insufficient practice attendance in the judgment of the head coach, or quitting the team before the end of the season, can result in someone who has otherwise met the criteria for earning a letter to not receive one. Such decisions are at the discretion of the head coach with approval of the Athletic Director.

Guidelines for Earning a Varsity Letter:

- **Basketball-** Participation in 50 percent or more of the regular season games, or participation in state series competition.
- **Crew-** A member of the team in good standing for the fall and spring seasons, or a member of the team in good standing during the spring season, while participating in multiple regattas and meeting practice attendance requirements established by the head coach.
- **Cross Country-** Participation in 50 percent or more of the regular season meets, or participation in state series competition.
- **Flag Football-** Participation in 50 percent or more of the regular season games, or a member in good standing of the team for the entire season.
- **Golf-** Participation in three or more matches, or a member in good standing of the team for the entire season.
- **Jaguarettes-** A member of the team in good standing while being an active participant throughout the season's required events and meeting practice attendance requirements established by the head coach.
- **Lacrosse-** Participation in 50 percent or more of the regular season games, or participation in state series competition.
- **Soccer-** Participation in 50 percent or more of the regular season games, or participation in state series competition.
- **Softball-** Participation in 50 percent or more of the regular season games, or participation in state series competition.
- **Swimming & Diving-** Participation in 50 percent or more of the regular season meets, or participation in state series competition.
- **Tennis-** Participation in three or more matches, or a member in good standing of the team for the entire season.
- **Track & Field-** Participation in four or more regular season meets, or a member in good standing of the team for the entire season.
- **Volleyball-** Participation in 50 percent or more of the regular season meets, or participation in state series competition.

A "member in good standing" is a student-athlete who abides by team rules and meets attendance standards established by the coach while maintaining a good attitude.
Student-athletes who fall short of meeting the criteria listed above can earn a letter at the discretion of the head coach with approval of the Athletic Director, or through an appeal to the Athletic Director, who makes final decisions on varsity letters.

A team manager also can earn a varsity letter if the head coach determines her contribution to the team warrants it.