



ST. ANN'S
CATHOLIC
SCHOOL



ST. ANN'S 2025-2026 ATHLETICS GUIDELINES

1. Eligibility

1. All athletes must have completed a physical exam before they can participate in school practices or matches. Athletes that have already completed a physical exam for participating in another athletic program for the 2025-2026 school year do not need to complete another one.
 - a. Physicals and an updated medical history form will be required on an annual (yearly) basis. These forms must be completed and submitted to the Sport's Coordinator prior to any participation.
2. All athletes are STUDENTS FIRST, and must meet the eligibility requirements for our school. These requirements are as follows:
 - a. Athletes must be passing all classes with a grade of a 70 or higher each week to participate in competitive play. The sports coordinator will check eligibility by noon on Friday, prior to athletes competing in scheduled games. Eligibility checks are conducted weekly.
 - b. Athletes must receive no more than four conduct marks per week to remain eligible to participate in athletics.
 - c. The athlete must attend the whole duration of school in order to participate in the scheduled games. If the athlete has a scheduled doctors visit on scheduled game day, a doctors note must be sent to the Sports Coordinator.

3. Attendance

- a. Attendance is MANDATORY. If you are going to miss practices or games for any reason, please notify your coach as soon as possible. Notifications to coaches can be sent through our SportsYou app, which we use to communicate all athletic news to parents. If you know of any games/practices that your athlete can NOT attend, please let your coach know in a timely manner so the absence can be recorded.
 - i. 3 unexcused absences could result in removing the athlete from the school team.
 - ii. Consequences for missing practice unexcused will be applied:



ST. ANN'S
CATHOLIC
SCHOOL



- 1.1 missed practice- 300 jump ropes
- 2.2 missed practices- running towels on the gym floor
- 3.3 missed practices- 2 sweet sixteens

1. Sports Ethics

- a. Remember that you represent St. Ann's Catholic School. You are considered a Catholic/Christian athlete and your behavior should exemplify the title. BE A GOOD SPORT. Unsportsmanlike behavior and/or equipment abuse will not be tolerated and ultimately can get you removed from your team or competition.
- b. Athletes should not under any circumstances be allowed to wear jewelry while participating in any sport. It is a tremendous safety hazard for athletes to be wearing necklaces, bracelets, watches, hoop earrings, etc. on the field and/or on the court. SAFETY IS ABOVE FASHION

2. Practice

- a. The student must be on time for practice
 - i. Excessive tardies and/or absences will be subject to disciplinary action by the Coach/administrators.
- b. The students are encouraged to attend tutorials in a timely manner. The student must secure permission from the advisor/administrator in advance.
- c. School activities and social activities will NOT constitute a reason for missing scheduled school athletics practice or unless prior approval is given by a Coach/administrator.
- d. St. Ann's is aware that athletes are involved in club sports. If you make a commitment to a St. Ann's team/sport, you keep it.
 - i. Club activities or older sibling sport events do NOT take precedence over St. Ann's Athletics. Attendance is Mandatory.
- e. Workout Attire
 - i. Volleyball, Cross-Country, Basketball, Track, Tennis, Cheerleading, Soccer, Golf
 - 1. Please keep in mind we are a Catholic School and keep the shorts to a minimum of 5 inch shorts and T-shirts with appropriate visuals.
 - ii. Football
 - 1. St. Ann's School provides all athletic attire. If the athlete decides to supply their own equipment, then



ST. ANN'S
CATHOLIC
SCHOOL



1.the athlete will be given an Equipment Waiver to be signed.

1.Parents

- a.Your support and volunteering are greatly appreciated and do not go unnoticed. This season we are seeking TWO team parents to help our coaches with administrative and organization tasks.
 - i.Volunteer Opportunities
 - 1.In the athletics handbook it states: athlete's parent(s) serve at least 4 (four) hours of volunteer time.
 - a.Help with T-shirt Fundraiser
 - b.Help with Concession stands/ game fees for home games
 - c.Help with pep- rally set-up, decorating and clean-up
 - b.We will use the SportsYou app as our messaging platform to send cheer information to our athletes and families from our coaches, sports coordinator, and school administrators. Please download the app and enter the access code that will be given to you.
 - c.The fee for each sport chosen will be charged to your FACTS account.
 - i.These fees will cover the cost of equipment, fields/courts, referees, uniforms, etc.
 - 1.Football's Fee- \$200.00
 - 2.Volleyball's Fee- \$100.00
 - 3.Cross- Country's- \$50.00
 - 4.Cheerleading Fee- \$50.00
 - 5.Spirit Squad's Fee- \$50.00
 - 6.Basketball's Fee- \$100.00
 - 7.5/6th Grade Basketball's- \$75.00
 - 8.Tennis's Fee- \$130.00
 - 9.Golf Fee - \$100.00
 - d.If you have any questions or concerns regarding any sports at St. Ann's, please contact Coach Martinez at jmartinez@stanns.us or through SportsYou.