

Athletic Parent Handbook

2017-18

Alma Mater

Alma Mater, Hail! Alma Mater proud

Fighting Irish pride foretold

One voice raised aloud

Our hearts stand bold

Our loyalty to you

Hail Sacred Heart Cathedral Prep.

Green, White and Blue!

Unity proclaimed, fearless we pursue

Untold strength will be our guide

Irish brave and true

Our hearts stand bold

Our loyalty to you

Hail Sacred Heart Cathedral Prep.

Green, White and Blue!

Sacred Heart Cathedral Preparatory

Mission Statement

Inspired by the Daughters of Charity and the De La Salle Christian Brothers, in partnership with families, Sacred Heart Cathedral Preparatory's mission is to provide the finest education in an inclusive Catholic community of faith. We prepare our students to become service-oriented leaders with a commitment to living the Gospel.

SHC Athletic Department Outcomes

- To provide an athletic program in which the student-athletes involved develop physically, emotionally, intellectually, socially and spiritually to become better Christian men and women.
- To provide a quality athletic experience for all participants, e.g., the best possible coaching, practice facilities, equipment and transportation for the student-athletes.
- To help student-athletes understand the importance of discipline, determination and commitment to their chosen sport(s) and translate this experience into their everyday lives.
- To assist the student-athletes in developing the knowledge and skills necessary to excel in their chosen sport(s).
- To teach the student-athletes how to exhibit good sportsmanship whether their team wins or loses.
- To assist student-athletes in developing skills and strategies for managing their time between academics, athletics and their personal lives.
- To help the student-athletes understand the concept of teamwork and the need to sacrifice one's personal priorities for the betterment of the team.
- To provide service-learning projects sponsored by their team and the athletic department.
- To teach student-athletes how to represent their team and the school to the community by modeling Lasallian and Vincentian values.
- To assist interested and qualified student-athletes in continuing their athletic careers at the college and/or professional level.

Expectations of the SHC Student-Athlete

Athletics at Sacred Heart Cathedral Preparatory are considered one part of the total experience for our high school students. Participation in athletics gives the student-athlete an opportunity to grow physically, mentally, emotionally and spiritually.

It is a privilege to participate in athletics at SHC, and along with this privilege comes responsibility. This handbook contains information for the student-athlete to read and follow so that his/her experience as a member of the SHC Athletic Department is positive and rewarding. The SHC Athletic Department has the following expectations for all student-athletes:

1. Commitment: Student-athletes are expected to commit the time and effort necessary to fulfill their obligations to the team, their teammates and the school. Coaches will outline their expectations at the beginning of the season.
2. Good Behavior: Student-athletes are to comport themselves both on and off the playing field in a manner that brings credit to themselves and the school. Student-athletes must show respect for themselves and others at all times. Any behavioral violations will be handled in conjunction with school policy.
3. Athletic Development: Student-athletes are expected to work to their best ability both during the season and outside of the season to develop their athletic abilities to their fullest.
4. Academic Achievement: As a college-preparatory school, every student-athlete's primary obligation is to strive for his/her highest academic performance.
5. Service: "Enter to Learn, Leave to Serve" is our school motto. Every student-athlete is expected to offer service to both the school and the outside community.
6. Leadership: Student-athletes are expected to be leaders in the SHC community. They must be accountable for themselves and also hold others accountable. Leadership means doing what is right regardless of circumstances.

Athletic Affiliations

Sacred Heart Cathedral Preparatory, owned by the Roman Catholic Archdiocese and sponsored by the Christian Brothers and Daughters of Charity, is a member of the California Interscholastic Federation (CIF). The CIF has designated Sacred Heart Cathedral to be a member of the Central Coast Section (CCS) and the West Catholic Athletic League (WCAL). It is the responsibility of the SHC administration, Athletic Department, parents and students to adhere to and support the rules and regulations that are sanctioned by these organizations.

West Catholic Athletic League (WCAL)

All teams compete in the WCAL. The other schools in the league are:

Boys

Archbishop Mitty (San Jose)
Archbishop Riordan (San Francisco)
Bellarmine (San Jose)
Junipero Serra (San Mateo)
Saint Francis (Mountain View)
Saint Ignatius (San Francisco)
Valley Christian (San Jose)

Girls

Archbishop Mitty (San Jose)
Presentation (San Jose)
Saint Francis (Mountain View)
Saint Ignatius (San Francisco)
Valley Christian (San Jose)

The WCAL Sportsmanship Code

Definition of Sportsmanship:

The practice of playing fairly, of treating opponents with fairness, generosity and courtesy, and of taking defeat without complaint and victory without gloating. In accordance with the league philosophy and goals, the promotion of sportsmanship is integral to the functioning of this league. As a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity, sportsmanship demonstrated by all involved in athletics is perhaps the clearest sign that this league and its member schools are treating athletic participation as, as the WCAL Handbook puts it, "integral to the common Catholic mission of our schools."

Responsibility:

Everyone associated with an athletic event—coaches, athletes, officials, yell leaders, spectators and school administration—plays an important role in seeing that standards of sportsmanship are upheld before, during and after a contest is played. Each person in attendance should strive to meet the ideals of sportsmanship:

Show respect for the opponent at all times. The opponent should be treated as a guest, greeted cordially on arriving, given the best possible accommodations and treated respectfully at all times.

Show respect for the officials. The officials should be recognized as impartial arbitrators who are trained to do their jobs and who can be expected to do them to the best of their ability. Sportsmanship implies the willingness to accept and abide by the decisions of the officials.

Know, understand and appreciate the rules of the contest. A familiarity with the current rules of the game and the recognition of their necessity for a fair contest is essential. Good sportsmanship suggests the importance of conforming to the spirit as well as to the letter of the rules.

Maintain self-control at all times. A prerequisite of sportsmanship is that one understands his/her own bias or prejudice and has the ability to prevent the desire to win from overcoming rational behavior. A proper perspective must be maintained if the potential educational values of athletic competition are to be realized. Sportsmanship is concerned with the behavior of all involved in the game.

Recognize and appreciate skill in performance regardless of affiliation. Applause for a good performance of an opponent is a demonstration of generosity and goodwill. The ability to recognize quality in performance and the willingness to acknowledge it without regard to team membership is one of the most highly commendable gestures of sportsmanship.

Student Eligibility

Academic Eligibility

Good Standing: A student remains in good academic standing if the student passes all courses and maintains a semester and cumulative GPA of 2.0 or above.

Cocurricular Eligibility

1. Freshman Year: If a student falls below a 2.0 GPA for a single grading period, the student will be placed on cocurricular probation. This probationary period will last until the end of the next grading period. Should a first-year student fall below a 2.0 GPA for two grading periods, the student will become ineligible and will not be allowed to participate in any cocurricular activities until the student shows a 2.0 GPA or better at the end of the next grading period.
2. Sophomore, Junior and Senior Years: If a student falls below a 2.0 GPA for a single grading period, the student will become ineligible and will not be allowed to participate in any cocurricular activities until the student shows a 2.0 GPA or better at the end of the next grading period. A student may appeal for a probationary period through his/her counselor to the school administration. Generally, the possibility of receiving a probationary period through an appeal occurs only once during these three years for any individual student.
3. Physical Exams: Each school year, all student-athletes must obtain medical clearance from their physicians before their season begins. All medical forms are available on the SHC Athletics website.
4. Tryouts: All students, including freshmen, are permitted to try out for any sport, provided that they are academically eligible and have their physical exam on file. Tryout times and places will be announced through the daily bulletin. Some teams may have pre-season conditioning sessions prior to tryouts. These times and places will also be announced through the daily bulletin and all returning students are welcome to attend these sessions providing they are eligible.
5. If a student is currently playing on a team when tryouts for the next season's sports begin, that student will be allowed to try out after the current season is over.
6. If a student is cut from one sport's tryouts, that student may try out for another team during that same season.
7. If a student quits a team, that student will not be allowed to try out or work out with any other sport until that team's season is completed.
8. If a student is academically ineligible at the time of tryouts, that student may not try out at a later date that season even though he/she may subsequently become eligible.
9. All students should receive a minimum of three days to tryout. Exceptions can be made due to safety reasons.

Ineligibility

Co-curricular ineligibility means that the student will not be allowed to participate in any co-curricular school activities. This includes, though is not limited to, participation on athletic teams (tryouts, practices, off-season conditioning or competitions), clubs and attendance at dances and proms. Please see the SHC Student Handbook for more information.

Attendance Standards - Absences and Tardies

All students who make an SHC team are expected to attend all practices scheduled by the coach. Practices are usually two to three hours every weekday, and may be held on Saturdays and during school holidays.

Excused absences are those which are either (1) unforeseen emergencies or (2) are family/personal/school obligations that cannot be done at any other time and are cleared with the coach at least one month in advance.

Examples:

- Illness—absent from school and called in to coach.
- Unforeseen family emergency—funeral, illness.
- Doctor's appointments related to injuries incurred while playing.
- School activities (e.g., retreats, class projects, tutoring sessions, choir or other club events) or family obligations (e.g. weddings, confirmations) that are approved by the coach at least one month in advance and cannot be done at any other time.

Consequences for excused absences are at the coach's discretion. The coach needs to consider how much time a player has missed and what is in the best interests of the team.

Unexcused absences are those that are (1) emergencies where the coach is not given proper communication, (2) events that could have been avoided or planned for a different time, (3) family/personal/school obligations that were not cleared at least a month in advance.

Examples:

- At school but ill—needs to still attend practice even if not participating.
- Detention.
- Family vacations during the season.
- School activities which are not cleared one month in advance.
- Routine medical or dental appointments.
- Homework.

Consequences for unexcused absences:

1st absence = misses next contest.

2nd absence = misses next two contests.

3rd absence = suspended from team for one week.

4th absence = removal from team.

Tardies:

Excessive tardies, either excused or unexcused, can result in suspension or removal from team. Excused tardies are those that were out of the player's control. Unexcused tardies are those that resulted due to lack of planning or could have been avoided. Consequences for tardies (excused or unexcused) are at the coach's discretion.

Partial Day Absences:

Students must be present in at least two school periods in order to participate in after school games or practices. Exceptions to this policy can be requested through the Dean's Office.

Athletic Game Day Dress Code

The Athletic Department believes that our student-athletes should dress appropriately when representing the school in competition. On game days, all student-athletes are expected to wear the following attire for the entirety of the school day until they change into their uniforms for competition (including the time they are traveling to a competition):

Game Day Dress:

- Varsity Boys: white dress shirt, school tie, khaki pants, belt, black or brown dress shoes, varsity jacket.
- Varsity Girls: athletic polo shirt, khaki pants, black or brown flat dress shoes, varsity jacket.
- JV/Frosh Boys: white dress shirt, school tie, khaki pants, belt, black or brown dress shoes, SHC Mass Day pullover/sweater.
- JV/Frosh Girls: athletic polo shirt, khaki pants, black or brown flat dress shoes, SHC Mass Day pullover/sweater.

Violations for Game Day Dress:

The student will not be permitted to participate in that day's competition.

Practice Attire

All teams must wear the practice apparel that has been approved by the Athletic Department and Office of Communications. Players will be responsible for purchasing their team's practice attire and it will belong to them.

Transportation

All teams will be provided with transportation to and from SHC for all away games. Students are responsible to get to all off-campus practices on their own, although transportation to and from practice sites is occasionally provided to some locations. (See complete Transportation Policy in the SHC Student and Family Handbook online.)

Awards

All first-year varsity players will receive the SHC block and block certificate. Membership in the SHC Block Club is determined by an application process through the Block Club moderator. Student-athletes who receive their blocks are encouraged to apply.

Each sport's awards are determined by the head coach. He/she will decide if any awards will be given and what those awards will be. The process for voting on those awards will also be determined by the head coach.

WCAL All-League awards are determined by the coaches of the league; not all sports award All-WCAL honors.

Club Sports

CIF state policy prohibits any student from playing on an "outside" team in a sport during that high school season of sport. For example, a student cannot play for a club soccer team and their high school soccer team at the same time. A student may play club soccer before or after the high school season is over.

External Sports/Activities

SHC believes that a student-athlete's primary commitment during their season (after family obligations and academics) is to the SHC community and the team for which he/she plays. Therefore, the Athletic Department asks that students limit or eliminate participation on non-SHC sports as well as other strenuous physical activities (e.g., club sports, intramurals, skiing, skateboarding, rugby) during a student-athlete's season of sport, since such activities can risk injury and affect performance. Head coaches are permitted to restrict/prohibit such outside activities in determining who can participate on their varsity-level teams. If a head coach chooses to establish such a policy, that policy will be announced to the students and parents before varsity tryouts, and will be printed in that sport's team contract.

Medical Policies & Procedures

Pre-Participation Physical Examination (PPE) Form and Athletic Participation Forms

The state of California requires that each school year, all student-athletes must obtain medical clearance, a Pre-participation Physical Exam (PPE), from a physician – medical doctor (MD) or doctor of osteopathy (DO) only.

SHC utilizes [Appryse](#) (web-based program) for PPE and Athletic Participation Forms submission (instructions are listed on the [SHC Sports Medicine](#) web-page).

Parents/Student-Athletes are asked to enroll/register on Appryse to upload their PPE form and electronically complete/sign the Athletic Participation Forms which consist of: Emergency Information, Medical History, Sports Medicine Policies and Procedures, Informed Consent: Awareness of Sports injury Risk and Consent to Treat, Concussion Management/Head Injury Policy, Sudden Cardiac Arrest Information Sheet, Medical Information (HIPAA) Release Agreement Form, and Anti-Steroid Policy Form. Students must enroll/register on Appryse to complete the Athletic Participation Forms and upload their PPE form before they can participate in any capacity including try-outs, conditioning/weightlifting, practice, or competition. Only the SHC PPE form is accepted and is available online as part of the Appryse registration process. Athletic Trainers provide the coaches with team lists of medically cleared student-athletes.

Concussion Management Program

CA State Law AB 2127 states that a student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a physician (MD or DO) trained in the evaluation and management of concussion and receives written clearance to return to play from that physician.

CA State Law AB 2127 also states that student-athletes must follow a gradual *Return to Play* progression commencing with complete physical and cognitive rest and gradually progressing to return to full participation in a game/contest. Each step must take a minimum of one day with a minimum of six days between complete rest and the non-contact stage. The student-athlete must remain symptom-free at each stage of recovery. A student-athlete must be able to participate in a full contact practice prior to competing in a game/contest.

SHC also utilizes the ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) neurocognitive test to assist the athletic trainers and physicians determine when it's safe for a student-athlete to return to play. It's administered by the athletic trainers for the purpose of obtaining baseline cognitive information in the event of a future sports-related concussion. Further assessments may be administered as necessary in the event of a sports-related concussion. Student-athletes that participate in a contact/collision sport receive a baseline test and are re-tested as needed. ImPACT is not an intelligence test but rather a tool utilized as part of the overall concussion management protocol. The data may be shared with the student-athlete's primary care physician, neurologist or other treating physician. It may also be shared with the counselor and teachers for the purpose of providing temporary academic modifications as needed.

The Athletic Trainers also collaborate with school counselors so that *Return to Learn* academic accommodations can be addressed as needed. Please see the [CIF Concussion](#) webpage and the [SHC Sports Medicine](#) webpage for more information on *Return to Play* and *Return to Learn Protocols*.

Confidentiality Compliance Statement

In accordance with the Health Insurance Portability and Accountability Act (HIPAA), SHC maintains confidentiality of all individually identifiable health information. All records containing a student-athlete's protected health information are stored in locked files and remain confidential. Information is shared within SHC only for legitimate educational purposes to benefit the student-athlete.

Athletic Injury Procedures

Student-athletes must report all injuries to their coach and the athletic trainers as soon as possible. The athletic trainer will evaluate each injury and determine the best course of action (return to competition, rest, MD referral, etc.) for the health and well-being of the student-athlete. The athletic trainers will determine if and when the injured student-athlete may return to activity at any capacity (conditioning/practice/competition).

Student-athletes who seek the care of a licensed physician, (as recognized by the American Medical Association, an MD or DO) either by referral of the athletic trainers or at their parents' preference, must provide written documentation from the physician stating their injury or illness status. This documentation should state the nature of the injury, recommendations for rehabilitation, recommendations for return to play, and a return to participation date.

Student-athletes who do not submit documentation after receiving care from a physician (MD or DO) will not be allowed to participate in any capacity until such note is received. Further, the Athletic Department, in consultation with the team physician, reserves the right to make an independent determination of a student's fitness for participation and to prohibit a student from participating in sports if the student-athlete exhibits a dangerous or potentially dangerous medical, physical or psychological condition, irrespective of a physician's certificate of fitness.

Injured student-athletes are still part of the team and are expected to attend practices unless given clearance by a coach, athletic trainer or physician. Maintaining a positive attitude and taking an interest in their injury rehabilitation will lead to a faster and safe return to activity. Student-athletes are expected to be accountable and punctual for their injury evaluation/treatments/rehabilitation (lunch time) and taping/bracing (immediately after school). Appropriate practice attire (no street clothes) will be designated according to their injury and limitations.

Emergency Action Plan (EAP)

The Athletic Department has an Emergency Action Plan (EAP) that is venue specific. It's in place in order to appropriately care for injured student-athletes. The EAP has clearly defined

roles for members of the Athletic Department, also taking in consideration situations when the athletic trainers are not present.

Automated External Defibrillator (AED) Program

SHC has an Automated External Defibrillator (AED) Program consisting of eight AEDs located throughout the two campuses, Student Life Center, Fitness Center, Weight Room, practice field across the street from school, as well as both Athletic Trainers carrying them to offsite events. Please see the [SHC Sports Medicine](#) webpage for information on our AED Program as well as Sudden Cardiac Arrest.

Anabolic-Steroids & Performance Enhancing Supplements/Drugs

It is the policy of the Athletic Department to oppose the use of anabolic-steroids and performance enhancing drugs/supplements such as creatine, androstenedione, ephedra, etc. The use of such products may result in negative health consequences. In compliance with SHC and CIF policy, as well as state and Federal laws, student-athletes and their parents, legal guardian/caregiver agree that the student-athlete will not use anabolic-steroids without the written prescription of a licensed physician (as recognized by the AMA) to treat a medical condition. SHC expects our student-athletes to behave in an ethical manner and to make positive life choices, practice good sportsmanship, and represent the school's mission.

Athletic Training Room Policies/Rules

The Athletic Training Room is a medical facility and should be treated as such. All student-athletes are expected to behave accordingly and observe the policies and pulse that are posted on the Athletic Training Room door and inside the room. The Athletic Training Room hours of operation are from 11 am-7 pm Monday through Friday on regular school days. A monthly schedule will be posted outside the Athletic Training Room door listing game and other event coverage (schedule is subject to change).

Non-SHC Athletic Injury Procedures

Students participating in SHC-sponsored activities may utilize and are encouraged to seek the services of our Athletic Training/Sports Medicine Staff. These services include: injury evaluation, treatment and rehabilitation.

Non-SHC-sponsored sports (club activities) are not under the governance of SHC. They are governed, registered and insured by outside organizations. Students who sustain injuries as a result of participation in non-SHC-sponsored sports must seek outside medical treatment. SHC Athletic Training/Sports Medicine staff cannot legally treat such injuries. Non-SHC-sponsored sports (club activities) include but are not limited to:

- Baseball: SF Joe DiMaggio, American Legion
- Basketball: AAU, City College League
- Football: High School/College Summer Camps
- Golf: USGA
- Lacrosse: US Lacrosse
- Rugby: USA Rugby

- Soccer: CYSA, US Club Soccer
- Softball: ASA, Recreation Leagues
- Swimming: Pacific Swimming (part of US Swimming)
- Tennis: USTA
- Track and Field: USA Track & Field
- Volleyball: USVBA
- Wrestling: USA Wrestling

Students who participate in SHC-sponsored sports and sustain an injury as a result of non-SHC sports (club activities) must still comply with our return to play guidelines (i.e., written medical clearance). This includes participation in SHC-sponsored sports in any capacity (pre-season conditioning, tryouts and games/contests).

Parent Sportsmanship/Procedures for Communicating Concerns

In order to support our stated outcomes, the coaches and athletic staff need the support of the parents. We ask that the parents remember the following:

- **Participating in athletics at SHC is a privilege, not a right.** This privilege can be revoked if a student or his/her family violate the Christian Code of Conduct, the Athletic Department's expectations or the specific team's contract.
- **Good sportsmanship is expected from everyone at SHC.** The coaches and players are expected to represent SHC with dignity and class, and are held accountable for their behavior. We expect the same high standards of behavior from the parents.
- **Not all players get the same playing time.** The nature of high school athletics and competition means we try to put the best team into competition. It is the coach's job to decide which players give the team its best chance of success. Part of any player's maturation process includes putting one's personal desires aside for the betterment of the team.
- **Coaches are to be treated with the same respect accorded any other professional.** Coaches put in many hours for very little financial compensation because they enjoy the student-athletes and the sport. It is important that any conversations at home regarding the coaches or their decisions are put in a positive tone. We need parents to model the respect for coaches that is expected from the students.
- **If parents have a concern, they are to express it at the appropriate time and place.** Listed at the bottom of the page is the SHC procedure for addressing any concerns regarding a student-athlete's athletic experience. We ask that you refrain from confronting coaches immediately after games or at practices as this is not the best time for these types of conversations. Anonymous letters or phone calls will not be addressed.

Certain behaviors are considered inappropriate and unacceptable by Sacred Heart Cathedral. The school and athletic department reserve the right to remove or refuse admission to persons who exhibit such behaviors:

- Repeated berating, humiliating or taunting of our coaches or players.
- Repeated berating, humiliating or taunting of our opponent's coaches, players or spectators.
- Repeated berating and harassment of game officials.
- Racist, sexist or profane remarks directed at any coach, player, spectator or official.

Refer to the Code of Christian Conduct in the SHC Student Handbook for further clarification.

If you have any concerns about your child's coach or your child's athletic participation on a team, we ask that you use this procedure and follow the listed steps, in order, until you feel the issue is resolved.

- Have your child speak to the coach. Sometimes the coach is unaware of your child's concern or feelings. It is important that we work with our students in teaching them how to effectively communicate with adults.
- Arrange an appointment to speak with your child's coach. Our coaches will respond to you as quickly as possible.
- Arrange an appointment with, call, or write to either of the Athletic Directors. The athletic directors will investigate the situation promptly.
- If you followed the above 3 steps and still feel the issue has not been adequately addressed or explained, arrange an appointment to meet with the Assistant Principal for Student Life who oversees all cocurricular programs.

Parent feedback is important to us and we welcome your comments. We also encourage parents to support all of our student-athletes by attending games, cheering our teams, celebrating our successes, and providing assistance in facing challenges.

Appendix

I. 2017-18 SHC Athletic Department Personnel

II. 2017-18 SHC Coaching Staff

III. CIF's "Pursuing Victory with Honor"

IV. NCAA Eligibility

I. Athletic Department Personnel

Mr. Philip Freed '80, Director of Athletics

pfreed@shcp.edu

ext.737

Ms. Jo Ann Momono, Director of Athletics

jmomono@shcp.edu

ext. 738

Mr. Oscar C. Melero, Head Athletic Trainer

omelero@shcp.edu

ext. 788

Ms. Chelsie Baldwin, Assistant Athletic Trainer

cbaldwin@shcp.edu

ext. 648

Mr. Colin Peuse, Athletic Performance Coordinator

cpeuse@shcp.edu

ext. 684

Sr. Frances Meyer, DC, Athletic Department Assistant

fmeyer@shcp.edu

ext. 831

Ms. Karen Fry '95, Game Day Support Coordinator

kfry@shcp.edu

ext. 843

Mr. Gregg Franceschi, Athletic Website Coordinator

gfranceschi@shcp.edu

II. 2017-18 SHC Coaching Staff

(Listed by season with official starting dates and levels of teams offered)

Fall Season (starts August 4 for 10th-12th graders, August 14 for 9th graders)

Boys Cross Country

Levels: Varsity, JV, Soph, Frosh

Head Coach: Mr. Andy Chan* (ext. 877, achan@shcp.edu)

Girls Cross Country

Levels: Varsity, JV, Frosh

Head Coach: Mr. Andy Chan* (ext. 877, achan@shcp.edu)

Football (girls may try out)

Levels: Varsity, JV, Frosh

Head Coach: Mr. Barry McLaughlin* (ext. 659, bmclaughlin@shcp.edu)

Girls Golf

Levels: Varsity, JV

Head Coach: Mr. Gregg Franceschi (gfranceschi@shcp.edu)

Girls Tennis

Levels: Varsity, JV

Head Coach: Ms. Amy Kleckner (ext. 624, akleckner@shcp.edu)

Girls Volleyball

Levels: Varsity, JV, Frosh

Head Coach: Ms. Margi Beima* (ext. 677, mbeima@shcp.edu)

Winter Season (starts Oct. 30 for all levels)

Boys Basketball

Levels: Varsity, JV, Frosh A, Frosh B

Head Coach: Mr. Sean MacKay (smackay@shcp.edu)

Girls Basketball

Levels: Varsity, JV, Frosh

Head Coach: Mr. LyRyan Russell '97 (ext. 795, Lrussell@shcp.edu)

Boys Soccer

Levels: Varsity, JV, Frosh

Head Coach: Mr. Jeff Wilson* (ext. 712, jwilson@shcp.edu)

Girls Soccer

Levels: Varsity, JV, Frosh

Head Coach: Mr. Chris King (cking@shcp.edu)

Wrestling (boys and girls)

Levels: Varsity, JV, Frosh

Head Coach: Mr. Jack Schindler '09 (jschindler@shcp.edu)

Spring Season (starts Jan. 30 for all levels)

Baseball

Levels: Varsity, JV, Frosh

Head Coach: Mr. Brian Morgan* (ext. 875, bmorgan@shcp.edu)

Boys Golf

Levels: Varsity, JV

Head Coach: TBA

Boys Lacrosse

Levels: Varsity, JV

Head Coach: Mr. Brian Wilbur (bwilbur@shcp.edu)

Girls Lacrosse

Levels: Varsity, JV

Head Coach: Lauren Davenport (ext. 613, Ldavenport@shcp.edu)

Softball

Levels: Varsity, JV

Head Coach: TBA

Boys Swimming

Levels: Varsity, Frosh/Soph

Head Coach: Mr. Jonathan Riley (jriley@shcp.edu)

Girls Swimming

Levels: Varsity, JV

Head Coach: Mr. Jonathan Riley (jriley@shcp.edu)

Boys Tennis

Levels: Varsity, JV

Head Coach: Ms. Amy Kleckner (ext. 624, akleckner@shcp.edu)

Boys Track & Field

Levels: Varsity, Soph-Frosh

Head Coach: Mr. Andy Chan* (ext. 877, achan@shcp.edu)

Girls Track & Field

Levels: Varsity, JV

Head Coach: Mr. Andy Chan* (ext. 877, achan@shcp.edu)

Boys Volleyball

Levels: Varsity, JV

Head Coach: Ms. Nga Tran (ext. 760, ntran@shcp.edu)

*on-campus personnel

III. CIF's Pursuing Victory with Honor

The "Six Pillars of Character"

- Caring
- Citizenship
- Fairness
- Respect
- Responsibility
- Trustworthiness

Pursuing Victory with Honor

Athletic competition plays a significant part in a sound educational program. All involved in sports programs have a duty to assure that their programs impart important life skills and promote the development of good character. Essential elements of character-building are embodied in the concept of sportsmanship and six core ethical values: caring, citizenship, fairness, respect, responsibility and trustworthiness (the "Six Pillars of Character"). The highest potential of sports is achieved when all involved consciously Teach, Enforce, Advocate and Model (T.E.A.M.) these values and are committed to the ideal of Pursuing Victory with Honor.

The "Six Pillars of Character"

Caring

- Caring Environment: Consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team.
- Fan Participation: Cheer positively for all participants.

Citizenship

- Spirit of the Rules: Honor the spirit and the letter of rules. Avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.
- Appropriate Behavior: Take a loss or defeat without complaint, and take victory without gloating.

Fairness

- Fairness and Openness: Live up to high standards of fair play. Be open-minded, always willing to listen and learn.
- Cooperative: Consistently exhibit good character and conduct yourself as a positive role model.

Respect

- Class: Live and play with class and be a good sport. Be gracious in victory and accept defeat with dignity. Compliment extraordinary performance and show sincere respect in pre- and post-game rituals.
- Disrespectful Conduct: Don't engage in disrespectful conduct of any sort, including racist remarks, profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- Respect for Officials: Treat game officials with respect. Don't complain or argue about calls or decisions during or after an athletic event.

Responsibility

- Importance of Education: Support the concept of “being a student before an athlete.”
- Role Modeling: Participation in sports is a privilege, not a right. All involved should represent the school, coach and teammates with honor at all times.
- Self-Control: Have the strength to overcome the temptation to retaliate. Don’t fight or show excessive displays of anger or frustration.

Trustworthiness

- Trustworthiness: Worthy of confidence, dependable.
- Integrity: Live up to high ideals of ethics and sportsmanship and encourage players to pursue victory with honor. Do what’s right even when it’s unpopular or personally costly.
- Honesty: Live honorably. Don’t lie, cheat, steal or engage in any other dishonest conduct.
- Reliability: Fulfill commitments. Do what you say you will do.

IV. Interscholastic Athletics and NCAA Regulations

One of the goals of the SHC Athletic Department is to prepare those student-athletes who have the desire and the ability to play at the intercollegiate level. The National Collegiate Athletic Association (NCAA) sets academic and athletic guidelines for those students who plan to play while in college. Here are answers to some common questions about the NCAA and the NCAA Clearinghouse:

What are the academic eligibility standards for incoming freshmen at an NCAA institution?

Standards vary depending on an institution's division (I, II or III). Download a free copy of the "Guide for the College-Bound Student-Athlete" at www.ncaa.org for complete information on all academic requirements along with recruiting regulations. Click under "Academics and Athletes" then under "Eligibility and Recruiting".

What is the NCAA Clearinghouse?

The Clearinghouse is a central repository for information on high school curricula that the NCAA maintains to conduct evaluations on incoming freshmen. The Clearinghouse conducts evaluations of high school graduates' records in light of current NCAA initial-eligibility requirements.

Why should my child apply?

A prospective student-athlete needs to apply and receive a "final" certification from the Clearinghouse in order to participate in collegiate athletics at the Division I or II levels. A student-athlete does not need to apply if he or she will attend a junior college, NAIA or NCAA Division III school.

When should my child apply?

Student-athletes who will be attending Division I or II institutions may apply any time after they have made that decision. The Clearinghouse will normally make a "preliminary" decision only during the senior year. The Clearinghouse will issue a "final" certification only upon receipt of a transcript proving school graduation.

Where do we get the necessary forms?

Forms may be obtained online at the NCAA website: www.ncaa.org. Click under "Academics and Athletes" then "Eligibility and Recruiting" for Initial-Eligibility Clearinghouse information.

What are my child's chances of making a college team?

It depends on the institution. The national percentage of high school students that go on to play for an NCAA school is between 2%-8% (depending on the sport). The possibility of obtaining an athletic scholarship is less. Chances are greater for a student to receive an academic scholarship.

SHC College Athletics Night: Every year, the SHC Athletic Department sponsors a "College Athletics Night" where parents and students may come and ask questions about intercollegiate athletics. Please check the current school calendar for this year's date, time and place.

Sacred Heart Cathedral Preparatory-Quick Facts

Location: San Francisco, CA 94109

Founded: 1852

Enrollment: 1,285

Nickname: Fightin' Irish

Mascot: Seamus

Colors: Green, White and Blue

President: Brother Ronald Gallagher

Principal: Mr. Gary Cannon

Assistant Principal for Student Life: Christine Buell

Athletic Directors: Mr. Phil Freed '80 and Ms. Jo Ann Momono

Leagues: WCAL, WBAL (girls lacrosse)

Ticket Information

Adults: \$5

Students: \$3

Children Under 12: Free

Admission will be charged to all home varsity/JV football games, all home WCAL varsity/JV/freshman girls volleyball games, and all boys and girls varsity/JV/freshman basketball games.

Booster passes, CCS and WCAL passes will be honored at all home games except the Bruce-Mahoney games. Ticket prices are set by the WCAL.

Season Passes are available by contacting the Office of Advancement at 415.775.6626 ext. 564.