

*Princeton Academy
Of the Sacred Heart*



**2011-2012
ATHLETIC
DEPARTMENT
HANDBOOK**

**Paul Clewell
Athletic Director**

Athletic Department Mission Statement

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

A Note from the Athletic Director

Dear Parents, and Students:

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

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

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

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

Good Luck,

Paul Clewell

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Athletic Director

Expectations for Student Athletes

The student athlete will:

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

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

1. T-shirt, sweatshirt, or long sleeve shirt.
2. Shorts, sweatpants, or athletic pants.
3. Socks
4. Athletic Sneakers (Merrill's are not acceptable shoes to wear in the gym).

Guidelines for Parents

1. Parents need to be on time to pick up their son(s) at the end of each practice or game. Pick up is in the back at the gym entrance.
2. Parents are financially responsible for full replacement value of all uniforms and equipment assigned to the student-athletes.
3. Players need to avoid bringing in unnecessary items to school. The school will not be liable for lost or stolen personal property.
4. In order to participate in a team sport, your son must have a physical examination within the last 12 months. The student will be unable to join a sports team unless this is done. This is done to insure the health, safety, and welfare of the student athlete.
5. Parents should inform the nurse, Athletic Director and coach of any known physical problems of their children.
6. Parents are expected to be respectful and polite to all coaches, officials, and participants, which includes appropriate conduct at all Princeton Academy of the Sacred Heart School events, practices and games.
7. Parents are expected to demonstrate positive support for the coaches and the school's athletic program including its policies, strategies, and team rules.
8. Parents should refrain from discussing playing time, team strategy, play calling, and other student athletes with coaches before, during, and immediately after a competition.
9. If you have a concern about a coach, please contact the Athletic Director to set up a meeting with the coach. Never confront a coach before, after, or during a practice or game.

Gymnasium Policies

1. No food, drink, gum, or glass containers are allowed in the gym, locker room, or mezzanine area.
2. No cleats are allowed in the Athletic/Convocation Center. Only non-marking shoes should be worn on the gym floor.
3. Any faculty member who wants to use the gym should get permission from the Athletic Director and fill out the required form.
4. No student should enter the mezzanine area or gym without a coach or teacher.
5. Students should enter the gym only through the lobby doors; they should not use the side entrance to the mezzanine.
6. No one should use the visitor's locker room without permission of the Athletic Director.
7. The bleachers should only be pulled out by the Athletic Director or Physical Education Teacher. If the bleachers are pulled out, there should be no running or climbing on them.
8. No baseballs, hockey pucks, soccer balls, footballs or any other outdoor ball should be used inside the gym. Only soft indoor balls should be used inside the Athletic Center or athletic balls that are approved by the Athletic Director.
9. Hanging on the basketball nets or rims is not permitted.
10. Before leaving the gym for the night, doors should be locked, lights turned off, and bathrooms checked.
11. Non-players should only use the bathrooms in the lobby area.
12. When on the mezzanine area, teachers and coaches should make sure students do not climb the wall or the wire supporting the backboards. In addition students should not be on the wrestling mats at any time, except during PE or wrestling.
13. All equipment should be returned to appropriate places.
14. A tarp must be put down for any activity other than a PE class or athletic games or practices.
15. If students do not have the correct shoes for Physical Education class or a team practice, they will not be allowed to participate.
16. No one should open the storage room doors; except the Athletic Director or Physical Education teacher.
17. No doors in the Athletic Center should be propped open without permission from the Athletic Director.
18. The curtain should always remain open. The only people authorized to close the curtain are the Athletic Director or Physical Education Teacher.

Middle School Sports

All Middle School Sports teams are offered to all Middle School boys.

The Middle School Sports teams practice four days a week; Monday, Tuesday, Thursday and Friday. Practices will run from 3:15-4:45pm, unless otherwise noted. Games will start at 3:45pm, unless otherwise noted. "B" team games will start 10 minutes after the completion of the "A" team games. This will generally be 4:45pm most times.

Team Selection

Selection of the team member shall be at the discretion of the coach. The coach will hold tryouts, and then post a list of those players selected for the team. At no time will a list be posted of those students who were not selected for the team. Students who do not make the sports team will be encouraged to participate in an intramural program held at Princeton Academy of the Sacred Heart.

Travel & Non-Travel Team

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

Dismissal from a Team

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

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

Athletic Hotline/Daily Practice and Game Schedules

For daily information on practices and games you should call our Athletic Hotline. Updated information, including cancellations, estimated return times from games, and other daily information will be available on the Hotline after 12:15pm each day. The Athletic Hotline number is 609-759-3054 Ext. 400.

A game schedule is posted on the bulletin board outside the gym doors, next to the Athletic Directors office. Game schedules can also be found on the school's website. If you need to speak to the Athletic Director, please call 609-921-6499, Ext. 105.



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

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

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

a personal and active faith in God

a deep respect for intellectual values

a social awareness which impels to action

the building of community as a Christian value

personal growth in an atmosphere of wise freedom.