

**ST. MONICA ACADEMY ATHLETICS
PARENT INFORMATIONAL PACKET**

Dear Parents,

At St. Monica Academy, athletics serve a vital purpose within our goal of developing the whole person: mind, body, and soul. Membership on a team builds a special camaraderie between fellow athletes and demands that each member work towards the team's shared goals. Athletic training requires physical discipline and mental toughness. Striving for honorable victory on the field, court, or track leads to a desire for excellence, while accepting defeat with grace demonstrates a spirit of humility. It is our hope that St. Monica Academy students develop these virtues when they join an athletic team.

In addition to these lofty goals which we expect our students pursue with dedication, this athletic packet letter includes information on our athletic offerings, parent responsibilities, and necessary release forms which will enable your student to be a member of a sports team during the year.

Seasonal Sports:

7th-8th Grade Fall Sports: Girls A Volleyball and Boys A Flag Football

5th-6th Grade Fall Sports: Girls B Volleyball and Boys B Flag Football.

7th-8th Grade Winter Sports: Girls A Basketball and Boys A Basketball

5th-6th Grade Winter Sports: Girls B Basketball and Boys B Basketball

5th-8th grade approach:

A heavy emphasis within our 5th-8th grade level sports is placed upon learning how to play the various sports. Players will only have to "make the cut" if the number of students exceeds the maximum that a coach can effectively work with. Coaches at the 5th-8th level should strive to get each team member some meaningful playing time throughout the season. That being said, part of the joy of sports is to compete for victory. Coaches are not expected to make no attempt to win, or to make substitutions with no regard for the state of the particular contest, but the competitive drive must be balanced with the need to teach every member of the team to play the respective sport as well as he or she can. Missed practices and/or poor behavior will diminish a student's playing time.

General Athletic Requirements:

- ⌚ Students must maintain at least 2.0 GPA.

- ⌚ Students must attend practices. Practice schedules are set by the coaches, and students will not play if they miss regularly or without informing the coach.

- ⌚ There is a fee for every sport. The fee amount *partially* offsets the cost of referees, gym and field rentals, equipment, and uniforms. The fee is \$50 per student for each individual sport.

- ⌚ Athletic Director for 5th-8th Grade: Mr. David Curtin curtind@stmonicaacademy.com

(Fill out back side as well)

ST. MONICA ACADEMY MEDICAL RELEASE

Our permission is hereby given to the representative of the school to authorize, by his/her signature whatever medical or surgical treatment may be considered necessary or advisable by the physician or nurse in attendance in the event of an accident or medication emergency involving:

Please print

Student's name _____

Birth date _____ Place of birth (city/state) _____

Address _____ City _____ Zip _____

Parent/Guardian name _____

Home phone _____ Cell phone _____

Dad's work phone _____ Mom's work phone _____

Emergency contact (if parents cannot be reached) _____

Phone _____ relationship to student _____

Insurance company _____ Plan # _____

Family physician _____ Phone _____

Allergies, reactions, medical conditions _____
