



HOLY FAMILY HIGH SCHOOL

Fall 2010

Athletic Registration Packet

Reminder: All Holy Family and CHSAA Athletic Guidelines are in effect for all three (3) seasons; Fall, Winter and Spring

Fall Sports Registration will be August 10 from 7:30a-12pm and August 11 from 7:30p-12pm

For registration to be complete, the packet must include the following:

- _____ \$120.00 Per Sport Registration Fee
- _____ Athletic Registration/Emergency Information Form
- _____ Athletic Insurance Waiver/Consent for Treatment Form
- _____ Parent/Coach/Athlete Communication Expectations Guidelines
- _____ Participation Fee Form
- _____ Physical/Activities Release Form (to be filled out by your Dr.)
**Can also use form provided by your own doctor
- _____ Athletic Code
- _____ Athletic Eligibility Process
- _____ Transportation Permission Slip
- _____ Athletic Contract
- _____ Parent Volunteer Athletic Contract
- _____ **Optional- Athletic Passes Order Form

Fall Sports: Boys Soccer, Cheer, Cross Country, Football, Golf, Softball, Volleyball

HOLY FAMILY HIGH SCHOOL ATHLETIC INSURANCE WAIVER
AND CONSENT FOR TREATMENT

Every student athlete must present a completed Insurance Waiver or Verification of Accident Insurance Coverage in order to participate in interscholastic athletics.

Athlete Name (*please print*)

Check One:

____ I have purchased an accident insurance plan from or am covered under a family medical plan by:

_____ Insurance Company

_____ Policy Number

____ I do not have insurance, and I will assume responsibility for payment of expenses incurred in the event of injury to my son/daughter. Holy Family High School will not be held responsible for any medical bills or debts resulting from any injury to the above named athlete while participating in any scrimmage or contest.

I UNDERSTAND THAT MY SON/DAUGHTER MAY BE INJURED WHILE PARTICIPATING IN SCHOOL SPONSORED ATHLETICS. I HEREBY GRANT PERMISSION TO THE TEAM PHYSICIAN AND CERTIFIED ATHLETIC TRAINER TO ADMINISTER ANY PREVENTATIVE, FIRST AID OR EMERGENCY TREATMENTS THAT THEY DEEM REASONABLY NECESSARY TO THE HEALTH AND WELL-BEING OF MY STUDENT ATHLETE. I UNDERSTAND THE CERTIFIED ATHLETIC TRAINER MAY OFFER MY STUDENT ADVICE CONCERNING NUTRITION, HYDRATION, ULTRASOUND, ELECTRICAL STIMULATION, AND WHIRLPOOL TREATMENT.

Name of Parents/Guardian _____

Parent/Guardian Signature _____ Date _____

I UNDERSTAND THAT I MAY BE INJURED WHILE PARTICIPATING IN SCHOOL SPONSORED ATHLETICS. I HEREBY GRANT PERMISSION TO THE TEAM PHYSICIAN AND CERTIFIED ATHLETIC TRAINER TO ADMINISTER ANY PREVENTATIVE, FIRST AID OR EMERGENCY TREATMENTS THAT THEY DEEM REASONABLY NECESSARY TO MY HEALTH AND WELL-BEING.

Student Signature _____ Date _____

**HOLY FAMILY HIGH SCHOOL
PARENT-COACH-ATHLETE COMMUNICATION/EXPECTATION
GUIDELINES**

Both parenting and coaching are very challenging vocations. Through effective communication, each group is better equipped to accept the actions of the other and thereby provide greater benefit to our student/athletes. Parents have a right to understand the expectations that are placed upon their child upon entering the Holy Family High School Athletic Program. Both parents and coaches have a right to clear and open communication concerning the athlete. In an attempt to clearly communicate with each other, we have set specific guidelines in order to benefit all involved.

I. Communication Expected From the Coach

1. Expectations the coach has for your student/athlete and all athletes on the team
2. Coach's philosophy
3. Discipline that results in the denial of your student/athlete's participation (Team rules in addition to the general school Athletic Code)
4. Locations and times of all practices and contests
5. Team requirements (fees, fundraising, special equipment, off-season conditioning, lettering procedures, etc.)
6. Injury procedures should your student/athlete be hurt during a practice or contest

II. Expectations of Players

1. Understand the coach's expectations of you on and off the playing field
2. Be prepared to give the coach your full attention and consistent effort in practice and in competition
3. Figure out when and where it is best to discuss problems with the coach
4. Learn to take criticism. Always ask, "What can I do to improve?"
5. Talk to the coach directly rather than behind his or her back. Schedule an appointment to discuss any problem after giving full consideration to the coach's point of view.
6. Evaluate your problem carefully and practice stating it without becoming emotional.
7. Notify the coach of any schedule conflicts well in advance.
8. Communicate about any injury or illness. Bring a doctor's note if applicable.

As the athlete becomes involved in our athletic program, he/she will experience some very rewarding moments. As with any life situation, there may also be times when things do not go well. Discussion with the coach is encouraged at these times.

III. Expectations of Parents

1. Be a strong supporter of your student-athlete, win or lose.
2. Encourage your athlete to communicate directly with the coach.
3. Be a positive role model at home and at games.
4. Refrain from criticizing coaches in a public setting.
5. Remember that your speech, attitude, and actions toward a coach will influence your student-athlete's opinion of that coach.

IV. Appropriate Concerns to Discuss With Coaches

1. The treatment of your student/athlete, mentally and physically
2. Strategies to help the athlete improve

3. Concerns or changes in your student/athlete's behavior

It is very difficult to be objective about our children. It is also difficult to accept your student/athlete's not playing as much as you may hope. Coaches are professionals. They make judgment decisions constantly, based on what they believe to be best for all athletes involved. As you can see from the list above, certain items can be and should be discussed with the coach. Other items, such as the following, must be left to the discretion of the coach.

V. Issues Not Appropriate To Discuss With Coaches

1. Other student-athletes
2. Playing time
3. Play calling
4. Team strategy
5. The level at which your athlete plays (e.g. JV instead of varsity)

Certain situations may require a conference between the coach and the parent. These conferences are encouraged. However, it is important that both parties involved have a clear understanding of the other's position. When a conference is necessary, the following procedures should be followed to help promote a resolution to the issue of concern.

VI. If You Have A Concern To Discuss With The Coach, Follow These Procedures:

1. Call the coach to set up an appointment. Holy Family High School number is 303-410-1411.
2. If the coach cannot be contacted in a reasonable amount of time, call the Athletic Office at 303-410.1411, and we will try to set up the meeting between you and the coach.

Please do NOT attempt to confront a coach before, after, or during a practice or contest. These can be emotional times for both parents and coaches. Meetings of this nature do not promote resolution and may even increase the problem.

VII. The Next Step – (What A Parent Can Do If The Meeting With The Coach Did Not Provide A Satisfactory Resolution)

1. Call and set up an appointment with the Athletic Director, Ben Peterson, to discuss the situation.
2. The next step can then be determined.

Research indicates that a student involved in athletics and activities has a greater sense of self esteem, a greater chance of graduation, a higher grade point average, fewer absences from class, and in general, a greater chance for success in adulthood. Remember that this is a training period for both you and your athlete. The more you both become involved in communicating with the coach now, the better your athlete will be prepared to do it in college and in later life. We hope that the guidelines provided will make your experience with the Holy Family High School Athletic Program less stressful and more enjoyable.

ATHLETE: _____ **DATE** _____

PARENT: _____ **DATE** _____

PARTICIPATION FEE FORM

TO: Parents and Athletes

From: Ben Peterson, Athletic Director

Rationale

The payment of a participation fee is necessary for the Athletic Department to continue to offer this activity as part of the athletic program. This fee must be paid for or an arrangement for payment by the first day of participation by the athlete so the budgetary obligations associated with this activity can be met.

Guarantee

The payment of this fee **Does Not** guarantee the athlete will make the team or participate in every scheduled competition. Athletes who are cut from the squad before the scheduled first game **will** have their Participation Fee refunded after all uniforms and school equipment have been returned. Athletes who quit, are dismissed for disciplinary reasons or become academically ineligible after **August 20, 2010** will **NOT** have the Participation Fee refunded. Any athlete who quits before August 20, 2010 or during the regular season must contact both Athletic Director Ben Peterson and the Head Coach in advance.

Fee

The fee for this activity is \$120.00. Please make all checks payable to “**Holy Family High School**” or **HFHS**”. The fee for Girls and Boys Golf and Tennis is **\$220.00** to cover the cost of practice facilities and course rental.

Pledge

We fully understand that the Participation Fee allows my son/daughter to participate as a member of the _____ team for the _____ season.

We pledge to fulfill our obligation and responsibilities associated with the Participation Fee as state in the rationale above and understand that any non-paid fees will be directed to the administration regarding Holy Family’s policy on payment of fees.

ATHLETE SIGNATURE _____ DATE _____

PARENT/GUARDIAN SIGNATURE _____ DATE _____

ACTIVITIES/PHYSICAL RELEASE
for
COLORADO HIGH SCHOOL ACTIVITIES ASSOCIATION (CHSAA)

**You may also use a physical release form provided by your family doctor

Student's Name: _____ Birth Date _____

High School: _____

CLEARANCE

- Cleared
- Cleared after completing evaluations/rehabilitation for:
- Not cleared for:
- Collision
- Contact
- Non-contact
- Strenuous Moderately Strenuous Non-strenuous

Recommendation:

Name of Physician/PA/Nurse Practitioner/Certified-Registered Chiropractor

Address

***Date of Exam:** _____

*Authorization expires 365 days after this date.

Signature: _____

ATHLETIC CODE

Possession and/or use of tobacco, alcohol, or drugs are prohibited. Violation of this policy will result in the following consequences.

First Offense: Suspension from 20% of the regularly scheduled games/contests
e.g. Softball= 19 games; $20\% \times 19 = 3.8$ or games missed

Second Offense: Suspension from 50% of regularly scheduled games/contest
e.g. Football= 9 games; $50\% \times 9 = 4.5$ or 5 games missed

Third Offense: **Elimination from participation in Holy Family athletics for the duration of one's career**

***The above policy is not an annual one but is in effect for an athlete's entire high school career. For example, a first offense during Freshman year results in 20% and a second offense senior year results in 50%. If an offense occurs near the end of a season, penalty carries into the season of the next sport played.

*** Regardless of time of season when the infraction occurs, the student-athlete will miss the appropriate percentage (20%, 50%) of the entire season's scheduled games. Based on the above examples, the softball player on a first offense would miss 4 games even if only 5 games remain at the time of the infraction on a first offense. The football player on a second offense would miss 5 games even if only 6 games remain. The suspensions would automatically carry over into the playoffs or the next season of competition for the student athlete if an insufficient number of contests remain to finish the suspension.

ATHLETE SIGNATURE _____ DATE _____

PARENT/GUARDIAN SIGNATURE _____ DATE _____

ATHLETIC ELIGIBILITY PROCESS

Students will receive one warning week if they have received the following:

- 4 bad grades in one week (D's or F's)
- 2 F's in one week
- Same F/Same class 3 weeks in a row

Students become ineligible for athletic competition by the following:

- 4 bad grades for a second week in the same classes (D's or F's)
- 2 F's for a 2nd week in the same classes
- Same F/Same class 4 weeks in a row

The following is the process used at Holy Family to monitor athletic eligibility:

1. Teachers report grades by Thursday PM
2. A complete list of D and F grades are given to the athletic department by Friday AM
3. AD informs the head coach by Friday afternoon of any student athlete from his/her team in academic warning or ineligible status
4. Coach communicates with parent/guardian by Friday PM on the status of the athlete
5. The first time the student-athlete appears within the guidelines above the student is given a **warning week**. The student is notified by the coach of possible ineligibility and is given until the following eligibility check on the next Friday to raise the grade(s) in question
6. It is the responsibility of the student-athlete to work with his/her teacher to get all grades in question back to satisfactory status. Neither the Athletic Director or the Coach will intervene on the student's behalf
7. Ineligible status is from the following Monday thru the following Saturday. It continues on a week to week basis until the student raises the grade(s) that have caused ineligibility.
8. Holy Family has the right to impose stricter academic standards, as do individual sports, than those imposed by CHSAA.
9. 2 F's at the end of Semester One finals will result in the student being ineligible for the next six weeks until the next official CHSAA eligibility check

I have read and understand the above eligibility process in place at Holy Family High School.

ATHLETE SIGNATURE _____ DATE _____

PARENT/GUARDIAN SIGNATURE _____ DATE _____

Holy Family High School Athletic Contract

New Policy for 2010-2011 in **BOLD**.

Athletes and parents are to read and sign this contract before beginning athletic competition. Your signature guarantees you have read and understand the policies of the Tiger athletic program. This contract is in full force and effect for one academic school year.

1. All athletes must complete the registration process for each sport prior to participation in formal practices and/or contests. Coaches will collect the athlete's purple pass before the athlete may participate.
2. Student athletes must have a current physical examination on file in the athletic office. Physicals are good for 365 days from the date of issue. If a physical expires during the athletic season, the athlete is not eligible until a new physical is submitted to the athletic department.
3. During the period of participation, student athletes must be enrolled in courses which offer a minimum of 3.0 units of credit per semester and passing at least 2.5 at all times.
4. The athletic participation fee for Holy Family athletic competition is \$120.00 per athlete/per sport.
5. Refunds for participation fees will be allowed prior to the first competition for the level and sport of the individual athlete. No refunds will be given for any reason past this date. All school uniforms/supplies must be returned before a refund will be issued. It is the responsibility of the athlete or parent to request a refund.
6. The possession or use of tobacco, alcohol or drugs is prohibited at any time for the athlete's of Holy Family High School. Violation of this rule will result in the following: First offense: Loss of participation in 20% of all contests; Second offense: Loss of participation in 50% of all contests; Third offense: Elimination from participation in athletics for Holy Family High School. This policy is an accumulative one over the athlete's high school career and does not begin new each year.
7. The athletic department reserves the right to suspend a student's participation in athletics for any conduct that brings embarrassment or negative publicity to any athletic team or the school in general. Our student athletes are expected to conduct them selves with integrity, dignity and class at all times as they represent our school and community through athletic competition.
- 8. Athletes are expected to attend a full day of school (4 blocks) in order to participate in that day's athletic event (practice or game). In the case of a Saturday game the student must be in attendance a full school day (4 blocks) on Friday.**
9. Athletes are expected to attend all scheduled practices and games. It is imperative the athlete communicates with the coach if something is to be missed. It is up to the discretion of the coach to withhold playing time from athletes missing practices or games.
10. Holy Family has the right to impose stricter academic standards for eligibility than those imposed by CHSAA.
11. Student athletes are expected to maintain quality effort in the classroom at all times. The athletic department uses weekly checks for the ongoing semester grade to determine athletic eligibility. Students can lose eligibility weekly by 1) having two or more failing grades, 2) failing the same class for three consecutive weeks, 3) having four or more borderline grades at any one time.
12. Student athletes have six weeks to regain eligibility if they failed two or more classes the previous semester. If they are not eligible at the six week deadline, they are ineligible for the entire semester.

SIGNATURE OF ACKNOWLEDGEMENT & RECIEPT

Your signature on this page acknowledges your receipt of the athletic contract and your having read and understood the information within the contract. We encourage the athlete and parents to read and discuss this information together. Your signatures confirm your commitment to the standards and policies of the Holy Family Athletic Program.

DATE: _____

PARENT: _____

PARENT: _____

ATHLETE: _____

**HOLY FAMILY ATHLETIC DEPARTMENT
TRANSPORTATION PERMISSION SLIP**

All student-athletes are to ride the team bus to and from games. The only exception to this rule is through prior written approval involving the coach and parent of the athlete. If a parent requests that the athlete be allowed to travel either to or from the contest with the parent, this request must be in writing and be given to the coach in advance of the contest. This policy involves only the athlete of the parent transporting him and is not to allow any other athlete to ride with another parent. The coach is under no obligation to allow this request.

Permission to ride home with athlete's parents from away game

I give permission for my athlete _____ to ride home from any away event deemed necessary with his/her parent only. I will let the coach know in advance anytime my student will not ride the bus home.

Parent Signature _____ Date _____

Permission to ride home with other parents or family members

Please do NOT fill this part out unless you know positively the name of the parent or family member and the date of the contest.

My athlete _____ has my permission to ride home from the following contests with _____ (other parents or family members).

Dates: _____

Parent Signature _____ Date _____

PARENT VOLUNTEER ATHLETIC AGREEMENT

Welcome to the Holy Family High School Athletic program! As a parent of a Holy Family High School athlete, you are expected to help in the sport that your child is going to be playing. Each sport has a Team Parent Ambassador(s). These Ambassadors are the link between the parents, and coaches. They facilitate communication and coordinate activities that affect players and their families.

Depending on the sport, you will sign up to volunteer one night for one of the following:

- Scorekeeping and Statistics
- Gate Keeping
- Working in the concession stand
- Providing team dinners, sack lunches, etc.
- Line Judges, chain gang, etc.
- Tiger Fun Run

You are expected to support your student athlete by volunteering. It is expected that every parent volunteers and shows their support to the Holy Family High School sports program. If you have any questions concerning your role as a parent volunteer, please don't hesitate to call or email the coach or your ambassador.

Thank you in advance for your support.

THIS SIGNED AGREEMENT MUST BE RETURNED WITH YOUR CHILD'S SPORTS REGISTRATION PACKET

PARENT: _____ **PHONE NUMBER** _____
Please Print

PARENT SIGNATURE: _____ **DATE:** _____

2010-2011 ATHLETIC PASSES

For the 2010-2011 school years, you may purchase one of three athletic passes. These passes are valid for all **home regular season** athletic events. They are not valid for away games, district, regional, or state games even if these contests are hosted by Holy Family High School

1. The \$110.00 pass entitles you and a guest (2 people) admission to all regular season home contests.
2. The \$175.00 pass entitles you and three guests/family members (4 total) admission to all regular season home contests.

(Note: passes 1 and 2 are not individual passes. They are issued as ONE pass)

3. The \$40.00 student pass entitles one Holy Family student with their student ID admission to any regular season home contest. This pass will be printed on the student ID.

(Note: The student pass is a separate pass and cannot be combined with other passes)

Holy Family charges for ALL levels of play for football, softball, volleyball, boys/girls soccer, boys/girls basketball, wrestling, track & field and baseball. These passes are a GREAT value for Tigers Fans.

If paying by mail, please detach and mail to:

Athletic Director
Holy Family HS
5195 W. 144th Ave.
Broomfield, CO 80023

Make checks payable to Holy Family High School or HFHS.

Check all that apply:

- I would like to purchase the \$110.00 pass valid for you and a guest (2) people
Last Name to be entered on the athletic pass: _____
- I would like to purchase the \$175.00 pass valid for you and three guests/family members (4) people
Last Name to be entered on the athletic pass: _____
- I would like to purchase the \$40.00 **student pass(es) for the following Holy Family
Student name(s) _____ and _____
Please enter student(s) first and last names. The student's ID will be flagged with this pass.

I will obtain my pass in the following way (check one):

- Please mail the pass to me. My address is:

- I will come to the Athletic Office and pick up the pass.
Please call me at this phone number: _____