

# **MOST BLESSED SACRAMENT ATHLETIC HANDBOOK**

## **Most Blessed Sacrament Athletics**

### **Philosophy and Purpose**

*Most Blessed Sacrament is a community of faith, which shares in the teaching of Christ as proclaimed by the Catholic Church. The mission of Most Blessed Sacrament School is to minister to the educational needs of our parish family by providing a teaching atmosphere, which promotes gospel values and academic excellence for our students. The prominence of a religious atmosphere provides for the development of faith that is living, conscious and active.*

Athletics can be an important part of a young person's life. It teaches discipline and self-pride while helping one realize the importance of cooperation. Athletics are a component of, and interact with, the spiritual, social and academic components of the overall school program. MBS recognizes that support from the administration, faculty, staff, coaches, parents and fans are necessary in providing a positive Catholic athletic experience for the student-athlete. Athletes, parents, and fans are a direct reflection of MBS and should adhere to the philosophy of the school by acting in a dignified manner at all times.

Team members are expected to conduct themselves in a sportsmanlike manner. The coach, and/or the Athletic Director and/or the school administration may discipline any team member, who fails to do so. Discipline will be administered in accordance with the action committed, which includes but is not limited to a one game suspension or the removal of the student from the program.

Parents are expected to conduct themselves in a manner which best exemplifies a Christian attitude. Parents are leaders by their actions. Any parent who physically or verbally abuses an official, coach, or player will be asked to leave the facility. A parent's action could result in that parent being removed permanently from attendance at events. Remember, your actions are a direct reflection of the Most Blessed Sacrament School and Church Community.

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## **CSAA- Catholic School Athletic League**

Purpose of CSAA - The Catholic School Athletic League (CSAA) is an extracurricular sports program. The CSAA is organized to provide an opportunity for students enrolled in Catholic schools of the Diocese of Baton Rouge to participate in an organized interscholastic athletic program, which is consistent with the philosophy and values of the diocesan school.

The CSAA sports program includes basketball (4th through 8th grade boys and girls), tackle football (3rd through 8th grade boys), cross country and track and field (5th through 8th grade boys and girls) and volleyball (5th through 8th grade girls). Each school is allowed only one team per league. Most Blessed Sacrament participates in CSAA of the Diocese of Baton Rouge.

## **DIOCESAN PHILOSOPHY OF SCHOOL-SPONSORED ATHLETICS**

The greatest strength of the elementary and middle Catholic schools of the Diocese of Baton Rouge is the opportunity and responsibility of the administration of each school to consider and use the uniqueness of its circumstances to provide the best Catholic education possible for its students. Within this basic tenet, the first priority of such schools is the overall development and growth of each of its students - spiritually, socially, mentally, emotionally, and physically. School-sponsored intramural and interscholastic athletic programs shall provide a medium by which students can:

1. Develop an awareness of their abilities.
2. Learn and improve athletic skills.
3. Acquire the true meaning of and practice sportsmanship.
4. Be a part of a team effort.
5. Enhance their self-esteem and feelings of belonging.
6. Form foundations for a healthy adult life style.

Such programs should emphasize the positive accomplishments of the individual through recognition, praise, and positive constructive criticism. Athletics should be a component of and interact with the spiritual, social and academic components of the overall school program. Administration, faculty, staff, coaches, parents, and fans are necessary components in nurturing a positive Catholic athletic experience. Schools with interscholastic programs should participate in leagues or programs in agreement with their philosophy and that of the individual school.

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## **A WINNING PHILOSOPHY**

We WIN when our student-athletes, by their participation in our athletic programs:

1. Develop pride in them and in their teammates, team, school, and church parish.
2. Develop respect for the rights and privileges of their teammates, coaches, opponents, and officials.
3. Succeed academically.
4. Develop a sense of responsibility to the team and their teammates.
5. Communicate with their teammates and coaches candidly.
6. Develop a desire to excel and be the best they can be.
7. Mature mentally, emotionally, physically, and socially.
8. Become willing to make personal sacrifices, putting team achievement ahead of personal achievement.
9. Become leaders on and off the field.
10. Enjoy the spirit of competition.
11. Accept wins and defeats with dignity.

## **PROGRAM GUIDELINES**

1. Every effort will be made to allow all students who desire to join a school-sponsored sport this opportunity. However, due to league guidelines and practical restrictions, this may not always be possible.
2. Once a student commits to participate in a particular sport, he/she must continue to play that sport for the **entire** season.
3. A student who participates in tryouts for the CSAA team has made the commitment to play that sport on either a Varsity or JV team. If that student fails to honor his/her obligation, eligibility for future sports will be in jeopardy and all fees paid are non-refundable.
4. No student shall be publicly embarrassed or loudly criticized by coaches or by teammates. Coaches shall correct student in a dignified manner in a spirit of encouragement.
5. No student or coach shall publicly criticize or openly show displeasure toward game officials.
6. Students will not be allowed to harass or antagonize opposing players.
7. No coach or parent can solicit funds for their teams. All donations must be sent through the school athletic department.
8. The guidelines for CSAA grade 8 volleyball, grade 8 basketball, and grades 3-8 football do not have mandatory playing time. In those sports every effort will be made to provide an adequate amount of playing time to make the players feel a part of the team effort.

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## **PLAYER PARTICIPATION**

1. In any sport, participation in games may be based on attendance and participation at practice, attendance at games, conduct, and attitude.
2. A player will receive a one game suspension for each unexcused absence. An unexcused absence includes missing a game or practice. Leaving early or arriving late to a game or practice also constitutes an unexcused absence.
3. If parents anticipate their child's additional outside activities will conflict with the school sport's season, it is expected that MBS sports will be given first priority.
4. A student who is absent from school because of illness will not be allowed to attend after school activities that day. Example: practice, games, etc.
5. If a student doesn't participate in P.E., he/she will not be allowed to participate in sport related activities that day. Example: practice, games, etc.
6. A student may be checked out of school after 11:15am for a scheduled appointment and still participate in extracurricular activities that day.
7. If a child is suspended from school, he/she may not participate in a game or practice from the time of the suspension is issued until he/she is admitted back into school. If the suspension is on a Friday, he/she may not participate in any activities during the weekend.

## **STUDENT ELIGIBILITY**

To be eligible for extra-curricular activities, students must maintain prescribed standards of academic achievement and conduct.

1. Participation in extra-curricular activities at Most Blessed Sacrament Catholic School are considered a privilege and participation is governed by rules of eligibility. The stated eligibility requirements are the minimum standards to participate in activities. For example, organizations such as Beta and Student Council may have more restrictive standards for eligibility. Students participating in these activities will be issued a separate set of guidelines.
2. Eligibility for extra-curricular activities and athletics grades will not be used from the previous academic school year to determine eligibility as each year is a new beginning for everyone. Students in grades 3 – 8 should have a minimum of a 2.0 cumulative average, no F's in any subject and a minimum of a C (75%) in conduct.
3. Grades will be checked at each progress report time and the end of each nine weeks. If a student's grades fall below a 2.0 cumulative average, drop to an F in any subject and/or their conduct falls below a C – 75%, athletic eligibility will be assessed and determined by the Most Blessed Sacrament Catholic School administration in consultation with their teacher.
4. Athletic eligibility may also be affected when incidents of severe misconduct occur. Should behavior warrant, the administration may place a student on probation or remove that student from any activity at any point during the school year.

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## **STUDENT BEHAVIOR**

Students are expected to maintain on-campus and off-campus behaviors that are consistent with the standards of the Most Blessed Sacrament School. The school administration reserves the right to remove any student from school-sponsored sports eligibility should a serious incident occur during the school day or at a sports or school related activity after school on or off campus.

Students who participate in sports must be cooperative with coaches and may be removed from the team by the administration should a serious incident occur during a sports related activity.

## **REGISTRATION**

Prior to participation in each school-sponsored athletic activity, a completed Most Blessed Sacrament School Athletic Consent Form, current and completed LHSAA physical form, and all required fees must be submitted to the MBS athletic director. These forms will be made available on the school website (mbsbr.org) or (lhsaa.org), under athletics and must be returned to the athletic director via the MBS school office, before a student may attend practices or tryouts.

A student must be examined by a physician prior to participation in any CSAA sport. There are NO exceptions to this rule.

## **TRYOUT PROCESS AND PARTICIPATION**

There are times, especially for volleyball and basketball, when more students want to participate on a CSAA Varsity team than can be accommodated. This is for middle school grades. When this happens, the athletic director will schedule tryouts for the sport prior to team selections. The students attending tryouts will practice together for a determined amount of time and must attend the entire tryout session or sessions to qualify for a varsity level team. Team selections using Plan A or Plan B will follow the clinic.

Plan A: An independent evaluator(s) knowledgeable in the sport will be invited to make team selections. If there are enough students, the evaluator(s) will divide the participants into two teams, Varsity team and JV team. If there are not enough players to fill two teams, only a CSAA Varsity team will be selected.

The evaluator(s) will observe the participants and make notes. At the end of the tryout session they will compare notes with one another and the students that the lists have in common will remain on the respective teams. The MBS Athletic Director will only assist in making a decision regarding a player in such case a decision cannot be reached by evaluator(s).

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All students will continue participating in the tryouts without knowledge of the lists. The “selecting coach(es)” will observe the students who were not common to the lists to determine the final team selections.

Plan B: If the athletic director is unable to schedule an evaluating coach, Plan B will take precedent. The Most Blessed Sacramento coaches will select the teams - other than their own. Example: sixth and seventh coaches select eighth teams; sixth and eighth coaches select seventh teams; etc.

Every effort will be made to ensure that every child who wants to play a sport will have a team on which to play. Both varsity and JV teams are equally fine programs, and both teams represent Most Blessed Sacramento School. We are pleased to have the opportunity to have as many teams as necessary, so everyone will be able to participate.

For Developmental play (grades 5<sup>th</sup> and below): In the event we have enough players to make two teams in one grade a separation practice will be held. The teams will be divided evenly based on the skill set of each player. One or more than one independent evaluator will help to divide the teams, along with the coach(es). There is no guarantee one player will be on the team with another player. This division is made on the division of equal skill sets of the players.

## **SELECTION OF COACHES AND SPONSORS**

Coaches and sponsors are selected by the athletic director, with the approval of the principal. The primary factors considered in the selection of coaches are:

1. Evidenced Christian values
2. Depth of character and personality
3. Ability to communicate with athletes
4. Technical knowledge of sport
5. Coaches serve at the discretion of the school athletic director and principal

Due to concerns expressed regarding parents coaching their own son or daughter; MBS has adopted the following principle:

**\*\*Where possible MBS will no longer allow parents to act as Head Coach of a team in which that parent may have a son or daughter participating. \*\***

At MBS we rely on volunteers to coach our teams. If we do not have a coach, we cannot have a team. Every effort will be made to prevent this from occurring at MBS. Therefore, a qualified parent may be allowed to coach his or her son or daughter’s team.

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## **RULES, SCHEDULES, AND AWARDS**

### **Playing Rules and CSAA Guidelines**

Copies of playing rules for the various sports and other CSAA guidelines may be viewed on the MBS website under athletics or through the athletic director.

All coaches will have an updated copy of the current playing rules and CSAA guidelines for the sport.

### **Game-Practice Scheduling**

Games scheduled by CSAA are based upon team and facility (gym or field) availability. The athletic director, based on the league schedule and gym availability, schedules all tournaments. The athletic director determines participation in tournaments at other schools. Practices are scheduled based on the league schedule and coach and facility (gym or field) availability. Practices and games are not scheduled during mid-term or final exams.

### **Fall and Spring Recognition**

Students who participate on CSAA 3rd - 8th official school teams are recognized and awarded letters and pins or bars for continued participation. All recognition awards occur at the Spring Recognition.

## **GRIEVANCE PROCEDURE**

The principal and athletic director are available to discuss program sport, coach, or player problems or concerns. However, players and parents are urged to first discuss the problem or concern with the coach, where applicable and practicable. If further discussion is warranted, then contact the athletic director. Finally, if the matter is still not resolved, the principal will be contacted by the athletic director to discuss a plan of action and/or resolution. The athletic director and principal will notify the parent or parents of the decision or actions taken.

**\*24 Hour Rule for Parents** – Any comments or concerns regarding a game or practice are not to be addressed for at least 24 hours after the game or practice. Parents who approach the coach, athletic director and/or principal after a game may result in a parent suspension for the next game.

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## SPECTATOR CONDUCT

Fan conduct in the stands and the pressure this places on our athletes are major concerns. Fans are expected to keep in mind they are guests at youth sporting events and should behave as such.

Fans should cheer a good play, avoid negative comments, be supportive, not shout instructions from the stands, and let the coach perform his or her duty. If you have a parent/coach problem, discuss it at the proper place and time. Participants do not like being highlighted by shouts from the stands.

Do not criticize opponents' players, coaches, or other fans. Our student-athletes must learn the respect due others. This is part of our character building process. It is not fair to ask children to show good sportsmanship if adults do not act in a sportsmanlike manner. Parents and coaches should be leaders by their actions.

Do not criticize game officials. They are dedicated individuals who love youth sports. They will make mistakes, but they should not be subjected to abuses from spectators. They are trying to do their best to make youth sports an enjoyable environment for the participants.

Under no circumstances are parents to accost coaches or referees verbally or physically. Anyone flagrantly violating this standard will be asked to leave the premises. If you are asked to leave the premises for any reason you **must** comply. If you fail to comply the home or visiting athletic director has the authority to call the police and have you forcibly removed from the site. If this should occur, you will be suspended from all games, home and away, for the remainder of the season.

No drinks are to be brought to ball games (football, basketball, volleyball, etc.). Concessions are available at all the games. No alcohol is to be brought to any of these functions. Those fans bringing drinks or ice chests to student activities will not be allowed to enter. Anyone using alcoholic beverages will be asked to leave the school premises. This is a CSAA (Catholic Schools Athletic Association) ruling and will be strictly enforced. Our school is judged by our behavior and can be penalized by inappropriate behavior of fans as well as athletes and coaches.

Depending on the severity of the spectator's actions, the athletic director may contact that person or persons to meet with the athletic director and principal to discuss the situation and possible consequences.

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## GENERAL RULES AND INFORMATION

Most Blessed Sacrament has had very successful sports seasons. This is due, in great part, to the cooperation of our players, parents, coaches, pastor and principal. As we all know, much can be accomplished with the full cooperation, dedication and understanding of everyone. Therefore, the following is a list of rules, regulations and general information that our pastor, our principal and our athletic director have compiled in order to have a fun and successful year of sports.

1. For those parents who are experiencing their first year of tackle football with their son, or basketball with their son or daughter, please remember that it is quite different from parish flag football or parish basketball. Tackle football is a full contact sport! There are always 22 boys on the field. Basketball is also a contact sport and can be rough with 10 kids on the court at one time. For players to hear certain plays, the coaches may raise their voices. The coaches may also raise their voices to motivate a player. This is part of sports. Better they learn now to listen to a yelling coach than be shocked when they get to high school! Please remember, the coaches have your child's best interest at heart when it comes to teaching him/her the skills and camaraderie of sports.
2. Parents are asked to pick up their children after practice **on time**. There may be times, however, when parents may have to wait a few extra minutes if a practice needs to be extended. Please be patient!
3. Parents of students participating in athletic activities are responsible for getting them to and from athletic practices and events.
4. M B S will provide a first aid kit to use for mishaps during practices and games. If your child needs to have his/her ankle, fingers, etc. taped, please do so before he/she comes to practice or to a game.
5. Mouthpieces must be worn at all practices and games for football; therefore, we suggest that when purchasing your child's equipment that you consider purchasing several. It is a CSAA rule that no child can play or practice without a mouthpiece.
6. Football players are expected to bring their own containers of water to practices. The coaches will provide water at games.
7. There will be no medical personnel present during practices. For any injuries requiring medical attention, 911 will be called. Coaches are provided emergency contact information, provided by the parent, on the player's athletic consent form.
8. If a student has an injury or is excused from physical education, that child cannot participate in a sporting event. A medical release return to play form, signed by a physician, must be on file in the school office and athletic office, for that student to return to the sports activity.
9. If parents anticipate that their child's additional outside activities will conflict with the sport season, it is expected that MBS sports will be given first priority.
10. An adult must supervise students attending after school activities. They may not be dropped off without adult supervision. Once students enter the facilities, they may not leave without an adult. This is for the protection of your child.

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**PARENTS, PLEASE REMEMBER THAT THESE RULES ARE DESIGNED WITH YOUR CHILD'S SAFETY AND THAT OF HIS/ HER FELLOW PLAYERS IN MIND.**

## **PARENT PARTICIPATION**

**Mandatory Parent Meeting** – A parent must attend the mandatory parent meeting prior to the sport in which your child is registered. All necessary materials will be distributed at that meeting. If you are unable to attend you must arrangements with the athletic director to meet, at her convenience, to review materials for your child to be eligible to participate.

Parent participation is a necessary part of a successful sports program. In each season, parents of students participating in the CSAA programs are scheduled to assist in the collection of admission charges, manning of the concession areas and official scoreboard at home games and tournaments. After rosters are determined and the league schedule received, a work schedule with specific assignments is prepared and distributed.

A team coordinator will be appointed to formulate a parent schedule for the operation of facilities including concessions, gym, and field maintenance.

## **Facility Responsibilities**

**Football** - Before the game the field lines must be painted, markers placed, and the scoreboard set up and turned on. Three people will be needed to assist referees with chains, markers, etc. After the game the area must be cleaned, and field equipment put away. Parents should plan to arrive 1 hour and 45 minutes prior to game time, for the first game.

**Basketball and Volleyball** - Before the game the gym floors must be swept and chairs and score table set up. After the game the gym must be cleaned. Trash must be picked up, floors swept, and game equipment and chairs put away. Parents should plan to arrive 45 minutes prior to game time.

**Concessions** - The concession stand will be stocked. Workers need to set up 45 minutes before the first game, sell concessions for the games, and clean up after the games. Start-up money will be provided, and collected money will be returned to the athletic director.

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## **Issuing and Returning Uniforms**

Prior to each sport season the Athletic Director will issue uniforms on uniform assignment day (TBA). Once issued, this is the uniform and the jersey number that will become part of the official team roster for the season. No player is to exchange uniforms, unless approved by the Athletic Director.

Players are responsible for the uniform during the season. When the season is over, the **clean** uniform is to be returned to school by a parent or another adult representative on “uniform return day.” Please check the athletic calendar for the return dates. A student’s uniform must be returned by the due date. If you are unable to return the uniform on the return day there will be a \$10 uniform late/restocking fee. **Non-compliance with this policy could result in parents being financially responsible for the full cost of a replacement uniform.**

## **Equipment to be Purchased by Parents**

### **Girls:**

1. Appropriate footwear
2. Sports bra (strongly recommended)
3. Volleyball knee pads (strongly recommended)
4. Basketball knee pads (strongly recommended)

### **Boys:**

1. Appropriate footwear
2. Football only:
  - a) A pair of practice football pants – make sure they fit correctly because no one's pants will be taped unless they are torn during a game
  - b) Shoulder pads with extra straps and buckles - make sure they fit correctly and meet safety standards
  - c) Helmet - make sure it fits correctly and meets safety standards
  - d) Set of pads to fit into pants
  - e) Two or more colored (not clear) mouthpieces that can be fastened onto cage of helmet - it is a CSAA rule that every player must wear a mouthpiece. Players will be responsible for always having mouthpieces for **practices and games**. Coaches do not provide mouthpieces.
  - f) Practice jersey - the mesh kind is cooler and less expensive.
  - g) Athletic supporter
  - h) Any other padding that a player wishes to purchase is fine

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## **Parent/Student Informed Consent for Football**

Student and parent acknowledge the following:

1. My participation in football at Most Blessed Sacrament requires an acknowledged acceptance of the risk of injury, however minor or catastrophic it may be.
2. The rules of conduct of football are designed to help protect me as an athlete from injury, but even the proper enforcement of such rules by game officials is not a guarantee against injury. Also, printed labels or warnings on equipment and instructions by my coaches in proper techniques may minimize but can never eliminate such risk.
3. Because of the tremendous forces encountered during conditioning, training, and competition, I understand that serious injuries, including, but not limited to the neck and head, may result in death, permanent brain damage, and/or paralysis with resultant paraplegia, quadriplegia and/or confinement to a wheelchair for life.
4. I understand that the rules of football against intentional butting, ramming or spearing the opponent with or without the helmeted head are designed to protect the attacking player much more than the other player. **CLEARLY, MY FAILURE TO COMPLY WITH THESE RULES MAKES ME A CANDIDATE FOR CATASTROPHIC INJURY, AND MAY RESULT IN REMOVAL FROM THE TEAM.**
5. I recognize that I have the responsibility to wear the required equipment, obey the rules of football, train and condition my body to the best of my ability, and to utilize the proper techniques when playing. I also know that I must avoid athletic activities for which I have not been trained or do not feel qualified to perform. I agree to uphold my responsibility to report any injuries to the coach in charge. A coach may at his/her discretion refuse to allow a student to play or practice until he/she seeks medical attention and a doctor provides a release allowing the student to participate.
6. I understand that there will be no medical personnel present during practice or games. For any injuries requiring medical attention, 911 will be called. Coaches are provided emergency contact information that is provided by the parent on the student's registration form.

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## **ATHLETICS AT MOST BLESSED SACRAMENT**

MBS offers a variety of opportunities for students in grades 3-8 to participate in competitive athletics. The school year begins fall sports that include football, girls' basketball and cross country, swim team, cheer and pep squad. At the conclusion of these seasons' boys' basketball, girls' soccer, girls' volleyball and track begin.

It is our goal at MBS to have an athletic program that will enhance the total education experience of participating students. In order to facilitate that environment, each person involved in the athletic program must understand what behavior is expected of him or her. Every parent should read the athletic handbook thoroughly.

### **The Parent**

I am the guiding force behind my child's attitude. What is said about coaches and teammates is reflective of my intent to model positive character in my child. I will support the efforts of my child more than the results. I will do my part to encourage a positive environment off the field as well as on the field.

### **The Player**

I am humble in victory and gracious in defeat. I respect my coach and the officials and accept their authority without question. I represent my school with class and dignity. I develop character by working toward a goal over time. I will not quit!

### **The Spectator**

I show respect toward the officials, coaches and players of both teams. I come to the game to support my team. I supervise children under my care at the athletic event. I will never drop off students unsupervised at an athletic event. I am aware that my behavior sets an example for ALL to see.

### **The Coach**

I teach my players much greater lessons than simply how to win. I create a positive environment that allows players to develop confidence as well as competitive spirit. I lead by example at practices and in games. I am fair in my evaluation of skills and my efforts to develop skills. I lead players and spectators to respect officials by setting a good example.

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## **MBS Athletic Handbook Contract**

We understand and acknowledge that participation in athletic programs at MBS is a privilege and is voluntary. We AGREE to the following conditions that will govern this participation:

- 1.) We will treat all participants, spectators, officials, and coaches with respect at all times.
- 2.) We will always exhibit good sportsmanship.
- 3.) We will accept all coaches' decisions and the decisions of the school and officials without argument.
- 4.) We will not criticize players, referees or coaches publicly or among groups of participants.
- 5.) I/we are responsible for the behavior of any guest I choose to bring to sporting events.
- 6.) We understand and agree that a violation of these conditions of participation may result in the removal of a player from the team or the ejection of a spectator from an event and prohibition from future attendance at athletic events.
- 7.) As a parent/guardian, I have read the Most Blessed Sacrament Athletic Handbook and understand that I must cooperate with the school and the athletic department and adhere to the policies, procedures and regulations contained in this handbook. I also understand that for the good of the entire school community, the Most Blessed Sacrament School Administration may, from time to time, deem it necessary to establish special requirements regarding my child's continued participation in the Most Blessed Sacrament Athletic Program. I agree to abide by these decisions.

This agreement must be signed by both parents/guardians of the athlete.

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Signature of Parent Date

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Signature of Parent Date

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Print Student's Name Homeroom

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Signature of Student Date