



**SACRED HEARTS SCHOOL
BRADFORD MASSACHUSETTS**

**STUDENT/ATHLETE HANDBOOK
ACKNOWLEDGEMENT FORM**

STUDENT NAME: _____
GRADE: _____ **HOMEROOM TEACHER:** _____

I have read the Student/Athlete Handbook and understand the rules and policies, which regulate athletics at Sacred Hearts School. I agree to abide by these rules and policies and understand that if I violate them, that my coach could discipline me. I also understand that my coach may have additional rules and policies for which I am responsible.

I understand that the athletic activities offered by Sacred Hearts School require dedication, hard work and strenuous athletic exertion. I understand that those who participate in athletics are exposed to the risk of injury including serious permanent injury.

ATHLETE'S SIGNATURE

DATE

PARENT'S SIGNATURE

DATE



SACRED HEARTS SCHOOL
Bradford, Massachusetts
PERMISSION to participate in sports

STUDENT NAME: _____
GRADE: _____ **HOMEROOM TEACHER:** _____

I hereby give permission for my son/daughter to participate in the sports of _____ . I hereby relieve Sacred Hearts School of all responsibility for my child's participation in this sport. I, the undersigned being cognizant of the hazards of athletic competition, assume all risks and agree that no legal proceedings will be brought or instituted against Sacred Hearts School or its staff for any reason whatsoever.

Please complete the following emergency & medical information for our school records and eligibility.

Home Address: _____ **Home Phone:** _____

Mother's Name: _____ **Business Phone:** _____

Father's Name: _____ **Business Phone:** _____

Name of Emergency Contact: _____

Relationship: _____ **Phone:** _____

PERTINENT MEDICAL INFORMATION:

Physician: _____ **Phone** _____

Dentist: _____ **Phone:** _____

Asthma: _____ **Heart Condition:** _____ **Allergies:** _____ **Diabetes:** _____

Eye Glasses: _____ **Hearing Loss:** _____ **Daily Medication:** _____ **Contacts:** _____

Other: _____

Insurance Carrier: _____ **I/D Policy #** _____

I hereby authorize my child to be transported and treated at a designated medical facility in the event of a serious injury.

Parent's Signature

Date

Basketball Practice Schedule 2016-2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Cheering/ Dance Team 2:45-4:45		Games 8:00AM
5:30-7:00 Middle Girl's	4:30-5:45 4th Boy's	4:00-5:30 6th Girl's	4:30-5:45 6th Boy's		4:00-5:30 5th Girl's	To 3:00PM
7:00-8:30 Middle Boy's		5:30-7:00 7th Boy's	5:45-7:15 7th Girl's	5:30-7:00 8th Girl's	5:30-7:00 4th Girl's	
			7:15-8:45 8th Boy's	7:00-8:30 5th Boy's		

Practices will begin Nov. 1st and finish by February 9th.

To: All 4th-8th grade SHS Track/Cross-Country Athletes

From: Mrs. Zenevitch, Athletic Director

We will continue to use the 2015-2016 track uniform shirt as our new Cross Country uniform shirt. If you already purchased one, you are all set. Any 4th grade participant and anyone new to the sport at SHS will need to purchase one. The cost of the shirt is \$15. Please send a check to the office on Thursday September 1st made out to SHS. Please contact Mary May at makayblue@yahoo.com with any questions.

Deadline for ordering is September 1st !

Please use the order form below:

Track/Cross Country UNIFORM ORDER FORM

Name: _____ Grade: _____

Contact Phone: _____ E-mail: _____

Jersey Size: (Circle desired size) Adult Small Adult Medium

Adult Large Adult 2XL Youth Small Youth Medium

Youth Large Youth XL

Please make checks payable to **SACRED HEARTS SCHOOL**

To: All 4th, 5th & 6th grade SHS Basketball players
From: Mrs. Zenevitch, Athletic Director &
Mary May, Uniform Coordinator

Hi to all of you! Another great season of SHS basketball is quickly approaching and we would like to get uniforms all set before the season starts. We will be using the reversible jerseys and our school gym shorts for the uniform again this year. We have a record of everyone's jersey numbers from last year and you will be using that same jersey. If you need to order a new jersey or shorts (ex: size change/new to hoop) the cost for the jerseys are \$17 and shorts are \$15. Please contact Mary May at makayblue@yahoo.com with any questions.

Deadline for ordering is Friday Oct 21st !

Please use the order form below:

BASKETBALL UNIFORM ORDER FORM

Player Name: _____

Grade: _____

Contact Phone: _____ E-mail: _____

Jersey Size: (Circle desired size)

Adult Small Adult Medium Adult Large

Youth Medium Youth Large

Jersey Number request: 1st choice ___ 2nd choice ___ 3rd choice ___

Shorts Size: (Circle desired size) Adult Small
Adult Medium Adult Large Youth Medium Youth Large

Please make checks payable to **SACRED HEARTS SCHOOL** and send via backpack to Mary May c/o Olivia May – 6th grade by Friday, October 21st .!

CROSS-COUNTRY REGISTRATION

Cross Country practices will be determined by the weather (pray for no rain). Practices begin at SHS and as the season progresses we practice at Winnekenni. More info will come from Coach Carbone about practice dates but we usually begin the first week of school. Practices are right after the school day and they are on many different days of the week. It is not necessary to make every practice but we ask that you try your best to be at a good percentage. Sacred Hearts competes in the Haverhill cross-country meets and the dates will be announced in early September. In the past, we have received help from several moms and dads during practice times. This is a huge help and I hope we receive it again this year. With the addition of more student athletes and all of the construction around town we will definitely need more parents for supervision. Please call me if you intend to be a supervisor at 978-382-8936.

Thank You and Good Luck Runners!!
Athletic Director
Janice Zenevitch

Registration:

The fee for Cross Country is \$20.00 per athlete

DEADLINE:SEPTEMBER 6th

NAME _____

GRADE _____

HOMEROOM _____

PHONE _____

CHECK# _____ **CASH** _____

SHS Cheerleading/ Dance Team

Dear Parents,

Our cheerleading/dance team is offered to grades 5 through grade 8. The team begins practicing in late October. We cheer in the after school Haverhill Middle School Basketball league and we also perform in a cheerleading exhibition held at Haverhill High School in January. Cheerleading has evolved into a sport with dance moves and music included. The cost is a \$20 fee and also the cost of the uniform if needed. More information will be given out at a pre season cheerleading / dance team meeting.

IF YOUR CHILD WOULD LIKE TO BE ON THE CHEERLEADING / DANCE TEAM, PLEASE RETURN THIS FORM BY October 4th

Name _____

Grade _____

Homerom _____

Phone _____

Email _____

Check _____ Cash _____

Thank you,

Janice Zenevitch

Athletic Director

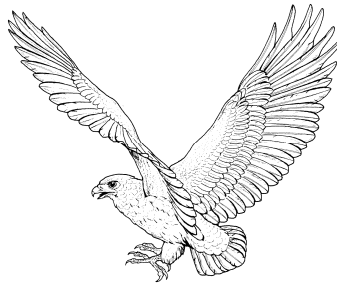
Sacred Hearts School
“Home of the Hawks”

To: Parents of Students in Grades 4-8
From: Janice Zenevitch, Athletic Director
Re: Basketball Grades 4-8 Basketball Registration

BASKETBALL REGISTRATION GRADES 4-8: We will begin our practices in November. Basketball Fees for grades 4 through 8 are \$75.00 per player. We compete in the MVCBA League (Lawrence). Games are played in Lawrence, North Andover and Haverhill.

BASKETBALL REGISTRATION GRADES 4-8		
STUDENT NAME: _____	GRADE _____	HOMEROOM _____
PHONE _____		
CHECK# _____	(Payable to SHS) CASH _____	
ARE YOU A FIRST TIME SPORT PARTICIPANT AT SHS? _____ YES _____ NO		

IMPORTANT: Please remember you may not attend any clinics or register to play basketball until you pass in the Acknowledgement form and Medical form that are in your Athletic Handbook. ALL FORMS MUST BE RETURNED BY October 6th.
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VOLLEYBALL REGISTRATION 2017

Registration is now underway for the 8th grade Volleyball teams. The girls and boys each have their own teams and play a short season in the Haverhill Middle School League. We play each of the city's other middle schools and we end the season with a tournament at Haverhill High School in April. Our season will begin in January with weekend practices.

The fee for Volleyball is \$20.

Thank you,
Mrs. Janice Zenevitch, Athletic Director

REGISTRATION DEADLINE January 12th
Complete and return this form to the Main Office.

Name _____
Grade _____
Phone _____
Check _____ Cash _____



**Grades 4-8 SIGN-UP
Sacred Hearts School TRACK**

It's time for TRACK!

This form is required for participation in the 2017 Track Season. Track practice will begin the Monday after April vacation, April 24, 2017. Practices will be at the Haverhill High School Track. In addition to our practices, there will be Mini Meets on some Fridays at 3:30pm. Both practices and Mini Meets are held at Haverhill High School. We also compete in the Haverhill Meets (Dates to be announced.) The Meets begin at 3:30pm on the given date. As soon as days and dates are confirmed we will get that information to you.

Last year we practiced Mondays and Wednesdays from 6:00-7:15.

TRACK FEE: \$20 per runner

Sign-up DEADLINE /Order DEADLINE: Wednesday, APRIL 6, 2016.

Looking forward to a great TRACK SEASON!

Thank You!

Mrs. Janice Zenevitch, SHS Athletic Director

**TRACK REGISTRATION
- DUE WEDNESDAY, APRIL 5, 2017**

Name _____

Grade: _____

Homeroom _____

Parent E-Mail: _____

Parent Phone _____

Track Fee: \$20

Payment Enclosed:

Check# _____ **(Payable to Sacred Hearts School) or**

Cash in the amount of \$ _____.



GOLF REGISTRATION 2017

Golf season is finally here! The Murphy's from Garrison Golf have once again offered their time, expertise, and golf course for our sports program. They will be allowing approximately 16 golfers to participate in the program.

The Murphy's collect a small fee each golf day that would include the use of their golf range, their instruction and also the course. It is a very small fee compared to their regular rates and what the usual cost of a golf afternoon would be.

For now, registration will be offered to the 8th Grade students only. If there are spaces available it will then be offered to the 7th grade. This will take place after school from 3:30 PM to approximately 5:00 on Thursday's. The season will begin late April as long as the weather is on our side. The season is six weeks long, until early June. The cost for this program is \$20. There is also a discounted individual fee to Garrison's on each golfing day.

Please return this form by Tuesday, April 11th

Thank you,
Mrs. Zenevitch, SHS Athletic Director

GOLF REGISTRATION

NAME _____

GRADE _____

HOMEROOM _____

PARENT E-MAIL: _____

PARENT PHONE: _____

Enclosed: CASH _____ or CHECK# _____



**SACRED HEARTS SCHOOL
GYM PERMISSION FORM**

To: School Parents Grades K-8
From: Mrs. Kathleen M. Blain, Principal
Re: **Gym Permission 2015-2016**

We are all aware of the importance of physical fitness for ourselves and our children. In order to further develop this within our children of grades K-8, we offer a Physical Education Program under the direction of Mrs. Janice Zenevitch. **All students are required to participate unless they have extenuating circumstances or health reasons that would preclude participation.**

Note: If for any reason your child cannot participate because of health reasons you must make it known in writing and signed by your pediatrician. Included in the 4th through 8th grade gym curriculum is the one mile walk/run. This takes place around the block of the school with extra adult supervision. By signing this Permission form you also acknowledge that you are aware of the mile walk/run off school property.

Reminder: The gym uniform, to be purchased through the school is, plain red sweatpants, plain red shorts, red SHS sweatshirt, white SHS t-shirt. Also required are **white sneakers and white socks.** **Gym Uniforms: If you have not already ordered your child’s Gym Uniform, please print the form from the website (found under “Parents”/ Policies & Forms.) Students will not be required to wear Gym uniforms until the week of September 15. If your child does not have a Gym Uniform for the week of September 14th, he/she must wear the warm weather uniform. Sneakers are required!**

Gym SCHEDULE:

- **Mondays: 6C, 5C, 4E, 8V, 2L, KJ**
- **Tuesdays: 4D, 8S, 2H, KS**
- **Wednesday: 3L, 7P, 1D, 5S**
- **Thursdays: 3A, 7D, 1J, 6T**
- **NO GYM ON FRIDAYS!**

Please return the bottom portion **BY WEDNESDAY SEPTEMBER 2ND**.



Sacred Hearts School Physical Education Program Permission Form

_____ My child/ren is/are in good health and will participate in physical education classes at Sacred Hearts School: (please print)

_____ My child/ren is/are not able to participate in physical education classes. I have attached a doctor’s note explaining the circumstances.

Student’s Name _____ Grade-Room _____

Student’s Name _____ Grade-Room _____

Student’s Name _____ Grade-Room _____

Student’s Name _____ Grade-Room _____

Parent’s Signature _____ Date: _____

Dear Parents & Players,

August 2016

Here is an update with some exciting changes for the Merrimack Valley Catholic Basketball League (MVCBA). The schedule for the entire regular season will be released at the beginning of each season. The only requests that will be accepted for regular season will be if a coach cannot play on Friday evenings. Requests will be accepted for the playoffs in February. The league season will begin and end earlier in the year so we will not run into as many conflicts in March such as travel playoffs and town, travel and AAU tournaments. This year our start date will be November 12th and playoffs will begin on February 5th. The league finals will be on February 11th and 12th.

The 2016-2017 league fee will be \$475.00 per team. We are hoping that each school or organization that participates in the league finds a sponsorship of \$1000.00. This sponsorship can be shared by several businesses or a single sponsor. These sponsors will get their name and logo on the league website and on the championship Tee Shirts. This will help in league costs and be the new fundraiser in replace of the raffle.

There are a few other changes that will improve our league. Players may only play for one team. If a team is short players, they are allowed to only pull up younger players to field a team. At no time can an older player play on a younger grade team. During the regular season all teams in the league will play each other but in regards to playoffs there will now be 2 divisions:

1. School Bracket (100% of players must be students of the school)
2. Merrimack Valley Bracket (Parish teams, teams with travel players, and the boys and girls club)

The mission of MVCBA:

To provide a safe environment where student athletes can learn and enjoy the game of basketball. While learning the game of basketball we want to instill in these children the importance of teamwork, good sportsmanship and healthy positive relationships with coaches, teammates and referees. Players will learn to be supportive to each other and be respectful to all. They will believe in themselves and this will lead them to have success on and off the basketball court.

Best regards,

John Vitulli
MVCBA Director