



SACRED HEARTS SCHOOL
From the Desk of the Athletic Director
2017-2018 School Year

Dear Parents,

I hope you had a very enjoyable summer with your family and friends! This year we are once again electronically sending you this Athletic packet. It is certainly full of a lot of information so please take your time to view. The first step for you to complete is to read the revised Athletic Handbook which is on the Sacred Hearts website. Once that is done if your child is a 4th grade Student Athlete or new to the sports program please complete the Student/Athlete Handbook Acknowledgement form. All Student Athletes grades 4th-8th must fill out the Permission slip to participate in sports and All Students grades K- 8th must send in the gym permission form (which allows your child to participate in gym). Please print out and complete these 3 forms and send them in on the first week of school. Please take note that if your child needs a cross country uniform shirt, that season begins so quickly so this one thing is time sensitive.

The Athletic packet enclosed includes the following REGISTRATIONS & DEADLINES:

- **Student/Athlete handbook acknowledgement form(for 4th graders and new to the sports program) (August 30th)**
- **Permission slip to participate in sports(for all Student Athletes 4th-8th) (August 30th)**
- **Gym permission form(for all Students K-8) (August 30th)**
- **Basketball/cheering practice schedule**
- **4th-8th grade Track/Cross-country uniform order form (August 31st for cross country and March 26th for track)**
- **4th-6th grade Basketball uniform form (October 5th)**
- **Cross-Country registration form (August 30th)**
- **Cheerleading registration form (October 5th)**
- **Basketball registration form (October 5th)**
- **Volleyball registration form (January 11th)**
- **Track registration form (April 5th)**
- **Golf registration form (April 5th)**
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I am looking forward to another exciting and successful Athletic year. If you have any questions please email me at jjenevitch@sacredheartsbradford.org

Thank you,

Mrs. Janice Zenevitch
Athletic Director, Physical Education Teacher



**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
SHS SPORTS PROGRAMS

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

I hereby give permission for my son/daughter to participate in the sports of _____ (Include all sports you anticipate participating in for the year). 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: _____ **Cell Phone:** _____

Father's Name: _____ **Cell 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:** _____

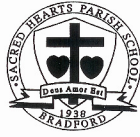
Other: _____

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



GYM PERMISSION FORM K-8

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, Physical Education Teacher & Athletic Director.

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 to the office; the explanation should be 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 for 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 (as white as possible)** 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 third week of school. If your child does not have a Gym Uniform for the third week of school, he/she must wear the warm weather uniform. Sneakers are required!

Gym Schedule: TBA the first day of school



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.

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

(please print)

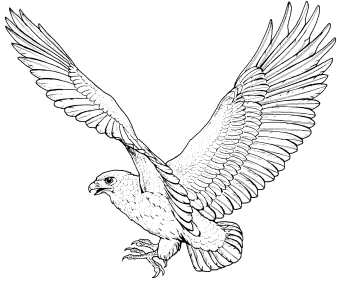
Student's

Name _____ Grade/Room _____

Student's Name _____ Grade/Room _____

Student's Name _____ Grade/Room _____

Parent's Signature _____



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 while also transitioning back to our hawk logo. If you already purchased one, you may still use that shirt or purchase a new one. Any 4th grade participant and anyone new to the sport at SHS will need to purchase one. The cost of the shirt is \$18. Please send cash or a check to Mrs. Zenevitch made out to SHS. Please contact Mrs. Zenevitch at jzenevitch@sacredheartsbradford.org with any questions.

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 XL Adult 2XL Youth Small Youth Medium

Youth Large Youth XL

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



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:

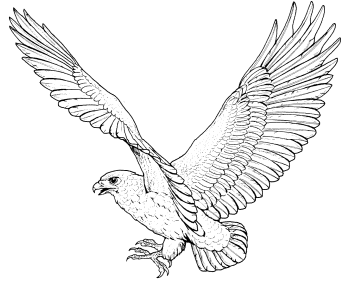
The fee for Cross Country is \$20.00 per athlete

NAME _____

GRADE _____ **HOMEROOM** _____

PHONE _____

CHECK# _____ **CASH** _____



NEW & EXPANDED!
SHS Cheerleading/ Dance Team

Dear Parents,

Our cheerleading/dance team is offered to grades 4 through grade 8. The team begins practicing in October and ends in February. 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.

Name_____

Grade_____

Homeroom_____

Phone_____

Email_____

Check_____ Cash_____

Thank you,
Janice Zenevitch
Athletic Director



Sacred Hearts School
“Home of the Hawks”
BASKETBALL

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 \$80.00 per player. We compete in the MVCBA League (Lawrence). Games are played in Lawrence, North Andover, Andover, Newburyport 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 (first time participants at SHS) and Medical form (All participants) that are in **THIS PACKET.**



To: All 4th, 5th & 6th grade SHS Basketball players
From: Mrs. Zenevitch, Athletic Director & Mrs. Danielle Green, Uniform Coordinator
Re: BASKETBALL UNIFORMS

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 \$18 and shorts are \$16. Please contact Danielle Green at dani277@comcast.net with any questions.

BASKETBALL UNIFORM ORDER FORM

Player

Name: _____ Grade/Homeroom: _____

Contact Phone: _____ E-mail: _____

Jersey Size: (Circle desired size)

Adult Small Adult Medium Adult Large Adult XL
Youth Small Youth Medium Youth Large

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

Shorts Size: (Circle desired size)

Adult Small Adult Medium Adult Large Adult XL
Youth Small Youth Medium Youth Large

Please make checks payable to **SACRED HEARTS SCHOOL** and send to Danielle Green via Shaelagh Green 6th grade.

MVCBA Important Information

MERRIMACK VALLEY CATHOLIC BASKETBALL ASSOCIATION

2017-2018

Dear Parents & Players,

Here is an update 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 11th and playoffs will begin on February 9th. The league finals will be on February 10th and 11th.

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 will continue to be the new fundraiser in replace of the raffle.

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 still be 2 divisions:

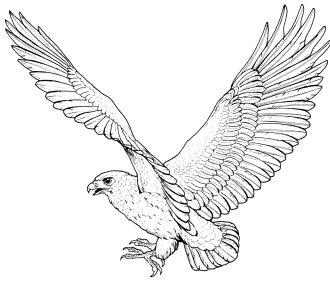
1. School Bracket (100% of players must be students of the school)
2. Merrimack Valley Bracket (Parish teams, teams with travel players, and the boys and girls club)

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,

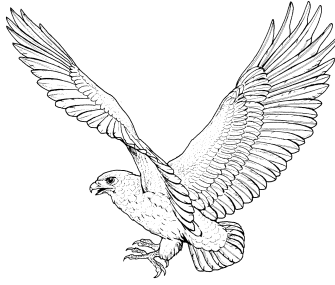
John Vitulli, MVCBA Director



Basketball Practice Schedule 2017-2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				2:45 – 4:45 Cheering/ Dance Team		
5:30-7:00 Middle Girls			4:30-5:45 7 th Boys	4:15-5:30 4 th Girls	4:00-5:30 5 th Girls	
7:00-8:30 Middle Boys		5:30-7:00 7 th Girls		5:30-7:00 5 th Boys	5:30-7:00 6 th Girls	
		7:00-8:30 8 th Girls	7:15-8:45 8 th Boys	7:00-8:30 6 th Boys	7:00-8:30 4 th Boys	

**Practices will begin November 5, 2017 and finish by February 11, 2018.
Schedules are subject to change.**



VOLLEYBALL REGISTRATION

Registration is now underway for the 7th & 8th grade Volleyball teams. The girls and boys each have their own team 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.

The fee for Volleyball is \$20.

Thank you,
Mrs. Janice Zenevitch, Athletic Director

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!

Track practice will begin the Monday after April vacation. 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

Looking forward to a great TRACK SEASON!

Thank You!

Mrs. Janice Zenevitch, SHS Athletic Director

TRACK REGISTRATION

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

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 7th & 8th Grade students only. If there are spaces available it will then be offered to the 6th 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.

**Thank you,
Mrs. Zenevitch, SHS Athletic Director**

GOLF REGISTRATION

NAME _____

GRADE _____

HOMEROOM _____

PARENT E-MAIL: _____

PARENT PHONE: _____

Enclosed: CASH _____ **or CHECK#** _____