

FMCHS ATHLETIC HANDBOOK



A GUIDE TO ATHLETICS AT FATHER McGIVNEY CATHOLIC HIGH SCHOOL

WELCOME

Welcome to Father McGivney Catholic High School (FMCHS) and high school athletics. This handbook is not intended to answer every question or situation concerning athletics here at Father McGivney Catholic High School, but merely serves as a quick reference to help guide you to your answer. Some areas are covered in more depth while others are only mentioned. If you have a specific question or problem, please contact the Athletic Director immediately. You can visit the Father McGivney athletics website at <https://schools.snap.app/McGivneyGriffins>

FMCHS MISSION STATEMENT

The mission of Father McGivney Catholic High School is to form a strong academic community of disciples responding to the call of Jesus Christ...Unity. Prepare students to serve the Culture of Life through a total gift of self...Charity. Engage students in the mission, sacramental life, and magisterial teachings of the Catholic Church...Fraternity. Develop faithful citizens to lead an America that values the dignity and worth of every human person....Patriotism.

The FMCHS Athletic Department strives to support this mission statement by developing a well-rounded athletic program designed to enhance each students' athletic opportunities.

FMCHS ATHLETIC PROGRAMS

FALL SPORTS

Boys/Girls Cross-Country
Boys Soccer
Girls Volleyball
Boys/Girls Golf
Girls Tennis

WINTER SPORTS

Boys/Girls Basketball
Cheerleading
Competitive Dance

SPRING SPORTS

Girls Soccer
Boys/Girls Track
Baseball
Boys Volleyball
Softball

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FATHER McGIVNEY HIGH SCHOOL HEAD COACHES

ATHLETIC DIRECTOR..... JEFF OLLER
ASSISTANT ATHLETIC DIRECTOR..... CORY CLOUSER
BOYS SOCCER..... BRETT SCHUBERT
CROSS-COUNTRY..... JOE SHANNON
GIRLS GOLF..... STEVE FINN
BOYS GOLF..... DAVE HYLLE
GIRLS VOLLEYBALL..... JAKE WILLIAMS
GIRLS TENNIS..... BRIAN TAYLOR
BOYS BASKETBALL..... CORY CLOUSER
GIRLS BASKETBALL..... JEFF OLLER
CHEERLEADING..... CYNTHIA MORGAN
DANCE..... ALI HAY
BASEBALL CHRIS ERWIN
SOFTBALL MEL THOMAS
TRACK & FIELD..... JOE SHANNON
BOYS VOLLEYBALL..... WOODY HALBROOK

ILLINOIS HIGH SCHOOL ASSOCIATION (IHSA)

The Illinois High School Association (IHSA) is the governing body of all Illinois High Schools. The IHSA also conducts all state championship tournaments. Most sports go through a regional, sectional, and super-sectional series to be able to play in the state finals.

The IHSA is divided into classes, depending on the sport. School enrollment determines the class you are in for each sport. The IHSA establishes, on a yearly basis, what schools will be in which class. Father McGivney would be class 1A in most sports that have two, three or four classes. We would be subject to a 1.65 multiplier since we are a non-boundary school.

PHYSICALS

The IHSA and FMCHS require a yearly physical for all athletes. For incoming freshmen, their school physical covers all athletics. All physicals (including freshmen) must be on file before an individual will be allowed to go out for a sport. All fall sports start the 2nd Monday in August. Plan on having your physical completed prior to this date. Athletes playing in winter and spring sports must have a physical on file before trying out for their sport. The physical is valid for 395 days.

FMCHS does not offer physicals for the athletes through the school.

ATHLETIC COMPETITION LEVELS

FMCHS will have a full athletic schedule at every available level in the athletic programs. If possible we prefer to field freshmen, junior varsity, and varsity teams in most sports. This is based on the number of students that are participating in a sport. Many of our sports now field a JV and varsity team. Other sports may only have a varsity team depending on their overall grade/skill level. We also participate in a number of underclass and varsity tournaments. The level at which an athlete plays is contingent upon his/her athletic ability in that sport, seniors are generally not allowed to participate below the varsity level.

ELIGIBILITY/GRADE CHECKS

FMCHS conducts weekly grade checks as required by the IHSA. To remain eligible, an athlete must be passing five classes or 25 credit hours of work per week. The grade check is done on Monday of each week.

- When a student receives a failing grade at the weekly eligibility check, the student is rendered ineligible to play for one (1) week. The ineligibility runs from Monday to the next Monday.
- Students are encouraged to be responsible for taking the initiative to connect with teachers and/or guidance counselors to make a plan to improve his/her academic standing. The

student is also expected to attend tutoring options available at FMCHS. It is not appropriate for the student to approach a teacher to ask for a grade change for that week or for a higher grade without doing the work.

- Students who are ineligible must show academic improvement after the first week (i.e. turned in missing assignments, a meeting with a teacher, attended tutoring). Students are required to complete the Academic Success Plan form in a meeting with the School Counselor and/or the Assistant Principal if no academic improvement occurs after the first week of ineligibility. This plan will include the student, athlete, School Counselor, Assistant Principal, Athletic Director, coach, and student. This form can be found on the school website under Athletics - Important Athletic Forms. It may require not attending practices to attend required tutoring sessions and may affect their playing time.
- If an athlete is not passing 25 credit hours of work at the end of the 2nd semester, they are able to make up one class to be eligible for the next sports season. In order to do this, they must have principal approval.

Extracurricular activities are an extension of and adjunct to formal classroom education. Participation in extracurricular activities is a privilege and not a right.

IHSA STEROID TESTING POLICY

The Illinois High School Association has begun random testing for steroids and performance-enhancing dietary supplements. This takes place for any individuals who participate in IHSA athletic events. No student-athlete may participate in the IHSA state series competition unless the athlete and the athlete's parent/guardian have signed a consent form for random steroid testing. This form will be completed online through the Father McGivney athletics website during registration.

CONCUSSION POLICY

Anytime the athlete is diagnosed with a concussion, either in practice or a game he/she will not be allowed to return to practice or competition until he/she gets medical clearance. In accordance with state law, all IHSA member schools are required to follow this policy. No student-athlete may participate in the IHSA athletic competition unless the athlete and the athlete's parent/guardian have signed the form acknowledging the concussion policy.

INSURANCE WAIVER

FMCHS requires all athletes to show proof of insurance. This insurance form must be completed each year and must be on file prior to the athlete participating in sports. Family insurance that covers athletic injuries is acceptable, as is purchasing insurance through the Diocese.

Along with the insurance information, you will be asked to fill the Emergency Information and Parent Consent form. In the event that your son/daughter is injured, this will help us and may allow treatment

to begin. These are only for emergency situations when you are not readily available. These forms will be completed online through the Father McGivney athletics website during registration.

SUMMER SPORT CAMPS

FMCHS offers a number of sports camps for their athletes. The camps are held during the summer and usually will take place at the high school. Athletes are encouraged to attend these camps to improve their skill level; attendance at camps will not affect team selection if you are not able to attend.

Father McGivney teams may also play in leagues and tournaments during the summer. These league and tournament games help to keep the athletic programs at a competitive level.

INJURIES

All injuries regardless of type are to be reported to the coaching staff. Coaches need to be made aware of injuries so proper care can be recommended and given. If the injury needs medical care and a medical excuse is given to prevent practice or game participation, a written release from the doctor will be needed before the athlete can resume participation.

TRANSPORTATION POLICY

In order to promote TEAM SPIRIT, all student athletes are encouraged to ride the school provided transportation to and from all away games. Any student not traveling with the team will need to have a parent complete a travel release. Coaches may have team policies regarding required team transportation. If an athlete must ride home with their parents or legal guardian they must sign the athlete out. The form needs to be signed with a coach present. The athlete may then leave with his/her parents or legal guardian and NO ONE ELSE.

HAZING OR INITIATION

Father McGivney High School recognizes the dignity and worth of all individuals and in keeping with that belief, prohibits any and all forms of hazing and initiation rites for any school-sponsored athletic team. This includes behavior, which is demeaning, degrading, or contrary to accepted standards of common decency and is based upon affiliation with any group, sex, race, religion or economic status.

Any student athlete involved in hazing or initiation rites will be subject to disciplinary action. This action may include but is not limited to dismissal from the team; suspension or a recommendation to the school board for expulsion from school; and/or exclusion from participation in subsequent school events or activities.

The NCAA encourages early registration. If you believe you will be participating in athletics in college, you may open a NCAA account as early as freshman year.

Notify both the Athletic Director and the Student Services Director once you have opened an account with the NCAA for scouting opportunities and course/grade monitoring.

For more information, download the free PDF version of the NCAA Guide for Student Athletes at <http://www.ncaapublications.com/>

There is a fee associated with the application. Athletes are encouraged to complete this application because sometimes scholarships are not offered until late in your senior year. The Guidance Office and the Athletic Director can help with any questions you may have.

When you register to take your ACT or the SAT, you mark code 9999 on your application, so that the clearinghouse will be one of the institutions receiving your scores. If you have any questions about the NCAA Clearinghouse, see the AD or the Guidance Office.

SPORTSMANSHIP

We are McGivney. We hold our students to high standards in the hallways and classrooms. We integrate faith into our students' school day. We expect those same high standards and demonstrations of faith during competitions. We compete using our God given talents. We seek to win with integrity. Let's remember that each of us at McGivney represent more than ourselves. McGivney, along with the IHSA expects all participants (guests, parents, athletes etc.) who attend any athletic event to show great sportsmanship. We cheer on our teams to victory the "McGivney way"!

What is the McGivney Way?

1. Never boo a player, coach or official
2. Appreciate a good play, regardless of who makes it
3. Know the school gets blame or praise for our conduct at competitions
4. Recognizes the need for more good sports and fewer bad sports
5. We celebrate successes of our athletes not failure of our opponents
6. Profanity is never acceptable regardless of the emotions of the game

Individuals who do not uphold our expectations for Sportsmanship will be addressed. Depending on the severity and frequency of the situation the individual may be asked to leave the event or be banned from events in the future. Father McGivney Catholic High School Supervisors may ask an individual to leave based on poor sportsmanship. The Principal or his/her designee will contact the individual and discuss further consequences. If the individual is a visitor from another school, the Principal or his/her designee will contact an Administrator from that school to inform them of the situation.

EQUIPMENT

Participants are responsible for all school equipment checked out to them. The participants must return all equipment no later than one week after the conclusion of the activity. If this is not done, the individual is prohibited from participating in all other activities until the equipment is paid for, or is returned to the school.

WEIGHT ROOM SUPERVISION

We are excited to see our students taking initiative and showing a strong interest in strength training and personal fitness. We value the role that the weight room plays in the development of our athletes and students.

However, we want to remind everyone that it is a **school policy that no student is permitted to use the weight room without adult supervision**. A staff member must be present during all lifting sessions. This adult supervisor may be:

- A FMCHS coach
- A FMCHS faculty or staff member

This policy is in place for the safety of our students and to ensure proper use of equipment and facility guidelines.

We encourage all teams and individuals to coordinate their training sessions through their coach to ensure proper supervision can be arranged.

ATHLETIC LOCKER ROOMS

In season athletes may request an athletic locker from the athletic department. Lockers are assigned to students that request one and locks are already in place. Once your season is over you will remove your items from the locker. If you have back to back seasons you can keep your locker.

The locker room is locked at 8:30am each day and will not be accessible until the end of the school day or early dismissal for teams leaving prior to that.

Opposing schools also use our locker rooms and it is important that students lock their lockers.

ATTENDANCE AT SCHOOL

- 1) On a regular school day an athlete must be in school by the beginning of third period in order to be eligible to participate in a practice or a contest. A student is required to attend a minimum of his/her last five classes of the school day to be eligible to participate in a practice or a contest.
- 2) If an athlete is absent from school because of illness, the athlete may not participate in a practice or a contest. On a daily basis each coach is to check the absentee lists with the high school office.
- 3) If an athlete leaves school because of illness during the day, the athlete will not be eligible to participate in a practice or a contest.
- 4) If an athlete is absent from school for reasons other than illness, the decision of eligibility will be left to the discretion of the Principal and Athletic Director.
- 5) During a school suspension the athlete will not be allowed to participate in contests, practice sessions or any other school event.

If this policy is not abided by, the coach and athletic director will meet to determine the appropriate consequence that may include suspension from play time.

*Students who are participating or attending school sponsored activities may be required to turn in assignments before they attend the activity. This determination will be made by each individual teacher.

*It is the student's responsibility to make arrangements with his/her teachers to make up any missing work. Students who receive an unexcused absence will only be allowed to make up their work at 50% maximum credit.

ATTENDANCE OF ATHLETES AT PRACTICE SESSIONS

An athlete must attend each scheduled practice session. The only exceptions are the following:

- 1) Serving a school or teacher detention. Detentions must be served at the assigned time. Having a detention is not considered an excused absence at practice. Similarly, having a practice or a game is not an excuse to miss a detention. Coaches have the option of penalizing an athlete for missing a practice or a game due to the fact the athlete was serving a detention.
- 2) Excused all day absences (If the athlete is in school and goes home prior to practice the athlete should contact his/her coach or the Athletic Director prior to leaving).
- 3) Pre-arranged events approved by the coach. Whenever possible, athletes are asked to seek approval from their coach 24 hours in advance.

ATTENDANCE AT SCHEDULED ATHLETIC CONTESTS

- 1) Athletes are to attend all scheduled athletic contests for their team.
- 2) If an athlete must miss a contest due to an emergency, the athlete shall contact his/her coach prior to the event for approval.
- 3) Players who are in a program are expected to stay for one game above their level in the program when games are being played at home the same day or night. Varsity is expected to be at one game below their level at home events they are playing the same day or night.

UNEXCUSED ABSENCES FROM TEAM EVENTS

Participation on a school athletic team is both a privilege and a commitment. All student-athletes are expected to prioritize their school team and demonstrate consistent dedication to team activities, including practices, games, team meetings, and other scheduled events.

Unexcused absences from any team event undermine the goals of the team and the integrity of the program. As such, the following policy will apply:

- Any unexcused absence may result in consequences ranging from reduced playing time in the next contest, removal from the starting lineup, or no playing time at all.
- Additional individual skill development or conditioning drills may be assigned at the next practice following an unexcused absence.
- Repeated unexcused absences may result in further disciplinary action, including possible dismissal from the team.

Excused absences include, but are not limited to:

- Personal illness or injury (communicated to the coach in a timely manner)
- Family emergencies
- Other reasons approved in advance by the head coach and/or athletic director

Communication is key. If a student-athlete is unable to attend a team event, it is their responsibility to notify the coach as early as possible. Final decisions regarding the status of an absence (excused or unexcused) rest with the coaching staff and athletic department.

By choosing to participate, student-athletes commit to upholding the values of teamwork, accountability, and responsibility. Regular attendance and full participation are essential to the success of both the individual and the team.

GAME AND PRACTICE ATTIRE

The expectation is for our men and women to maintain a level of decency in their attire for practices and games. This should include gym shorts of appropriate length and a tshirt or an athletic tank top. Inappropriate logos and/or writing are also prohibited. All uniforms and warm-ups must be approved by the Principal or his/her designee before purchase.

On the day of a competition, an athlete may wear their team approved uniform jersey or warm up top. The jersey must not reveal more skin than a normal school approved uniform shirt would. An undergarment (i.e. t-shirt, long-sleeve shirt) must be worn underneath the jersey if needed to maintain McGivney uniform expectations.

REQUIRED FORMS FOR PARTICIPATION

For athletic activities the following forms must be on file: a current physical exam less than 13 months old, a school insurance form or a waiver in lieu of the insurance form, IHSA steroid and concussion form and the Extra-curricular Code of Conduct. A person becomes ineligible on the day the physical date exceeds 395 days. If an athlete decides to participate in more than one Father McGivney sport during the same season they must adhere to the dual-sport policy. Non-athletic activities such as Scholar Bowl, Speech, Band and Chorus are required only to sign the Code of Conduct. All of these forms are completed during registration on the Father McGivney athletics website. They can also be located on the Father McGivney website under Athletics>Important Athletic Forms.

COACH OR SPONSOR RULES

Each coach or sponsor has the prerogative to establish additional rules pertaining to the activity supervised. These rules may include attendance at practice, curfew, dress and general conduct of participants at practice, games or trips. Rules set by the individual coach or sponsor must be in writing and approved by the Administration and communicated in writing to student participants and their parents before activity begins.

PLAYER/PARENT/COACH RELATIONSHIP

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other party and provide the greatest benefit to

the athlete. As parents, you have the right to understand what is to be expected of your son/daughter and this begins with clear communication between all involved parties.

This is what you should expect from every coach:

- · Philosophy of the coach
- · Expectations the coach has of all athletes
- · Locations and times of practices/contest
- · Team Requirements, (i.e., fees, equipment cost, off-season work)
- · Procedures should your child be injured
- · Discipline procedures
- · Fairness and communication

The following is what coaches should expect from parents:

- · Concerns expressed directly to the coach
- · Notification of any schedule conflicts in advance
- · Support of son/daughter in all related activities
- · Sportsmanship at all contests
- · Understanding that there are always two sides to every story
- · Sign athlete out if riding home with parent after a contest

Athletics at FMCHS will bring many rewarding experiences but there will be times when things do not go the way you or your son/daughter wishes. At these times, discussion with the coach is encouraged.

The following are appropriate concerns to discuss with the coaches:

- · The treatment of your son/daughter, mentally and physically
- · Ways to help your son/daughter improve
- · Concerns about your son'/daughters' behavior or academics
- · Guidance in relationship to possible college scholarships
- · Guidance in off-season activities.

It is sometimes very difficult to accept the playing time or role your son/daughter has on the team. Please remember that coaches are professionals and make judgments based on what they believe is best for all team members. Certain issues should not be discussed and must be left to the discretion of the coach.

Issues not appropriate to discuss with the coaches:

- · Playing time of all team members
- · Team Strategy or play calling
- · Other student-athletes on the team

There are situations that may require a conference between the coach, parent, and student-athlete. It is important that both parties have a clear understanding of each other's position.

When a conference is necessary, the following procedures will be followed:

- UNDERSTAND THAT YOU DO NOT CONFRONT A COACH AFTER A CONTEST OR PRACTICE
- Call to set up an appointment to see the coach, either directly or through the high school office
- If the coach cannot be reached, contact the AD's office, who will in turn set up a meeting
- The meeting will only take place if athlete is in attendance
- Profanity has no place in the discussion. If this meeting does not provide a satisfactory resolution, then the following procedures will be followed:
- Call and set up an appointment with the Athletic Director, understand that the AD will insist that you speak with the coach before a meeting will be set with the AD
- At this meeting the discussion will only concern your son/daughter
- An appropriate next step will be determined

Research has indicated that students involved in high school sports have a greater chance for success during adulthood; consequently these programs have been established. It is our hope that both you and your son/daughter have many wonderful memories to share after high school.

EXTRA-CURRICULAR CODE OF CONDUCT

The following is the Extra-Curricular Code of Conduct that athletes must abide by. These rules and regulations are intended to protect the health, safety, and welfare of all students participating in athletics at Father McGivney Catholic High School. It should be known that athletes who fail to abide with these rules and regulations would be held accountable for the penalties set forth.



GRIFFIN ATHLETICS

"Servire Culturae Vitae"

Extracurricular Activities make a strong contribution to a good school. Athletic activities stimulate fair play, friendly rivalry, and good sportsmanship. Student government and other organizations help to develop interpersonal skills and interests beyond the classroom. Interscholastic events of all kinds afford opportunities to interact with the public and with students from schools and communities throughout the state. Students who participate in these activities assume the obligation of being representatives of the school. People will judge our school and our commitment to Christian ideals by the manner in which our students behave both on and off our campus.

Participation in extracurricular activities is a privilege and not a right. Furthermore, participation is optional and voluntary and requires the acceptance of additional conditions, which do not necessarily apply to all students.

The following rules apply to all students who participate in extracurricular activities:

Each participant and parent is asked to study these procedures closely and to agree to conform. Participating students and parents must accept the fact that extra-curricular activities are controlled by the school. Since participation is voluntary, any student who cannot meet the procedures as set forth below shall refrain from participation. The extra-curricular code is cumulative beginning with the student and parents signing of this code and continuing throughout the student's entire high school career. These procedures are in effect on or off campus throughout the entire calendar year, including weekends and summer, and do not supersede, but are in addition to, Father McGivney school disciplinary procedures.

The student shall not:

1. Violate the school rules and policies on student discipline including policies and procedures on student behavior;
2. Ingest or otherwise use, possess, buy, sell, offer to sell, barter, or distribute a beverage containing alcohol (except for religious purposes);
3. Ingest or otherwise use possess, buy, sell, offer to sell, barter, or distribute tobacco or nicotine in any form;
4. Ingest or otherwise use, possess, buy, sell, offer to sell, barter, or distribute any product composed purely of caffeine in a loose powdered form or any illegal substance (including mood-altering and performance enhancing drugs or chemicals) or paraphernalia;
5. Use, possess, buy, sell, offer to sell, barter, or distribute any object that is or could be considered a weapon or any item that is a look-alike weapon. This prohibition does not prohibit legal use of weapons in cooking and in athletics, such as archery, martial arts practice, target shooting, hunting, and skeet;
6. Attend a party or other gathering and/or ride in a vehicle where alcoholic beverages and/or controlled substances are being consumed by minors;
7. Act in an unsportsmanlike manner;
8. Violate any criminal law, including but not limited to, assault, battery, arson, theft, gambling, eavesdropping, vandalism and reckless driving;
9. Haze or bully other students;
10. Violate the written rules for the extracurricular or athletic activity;
11. Behave in a manner that disrupts or adversely affects the group or school;
12. Be insubordinate or disrespectful toward the activity's sponsors or team's coaching staff; or
13. Falsify any information contained on any permit or permission form required by the extracurricular or athletic activity.

A. Prohibited Substances

The consumption or possession of alcohol, tobacco, vaping devices, or drugs by any student representing Father McGivney Catholic High School is prohibited. Because smoking reduces the oxygen capacity of the lungs and is considered generally injurious to a person's health, and because the use of alcohol and drugs is illegal, the rule prohibiting the possession or consumption of alcohol, tobacco, and drugs is in effect twelve months a year, on and off campus. In the event that a student finds prohibited substances

at school or a school-related function, the student shall immediately notify a teacher, coach, or administrator. Penalties for violation of this rule are:

First Offense: The student will be suspended from participating in any public activity for a period of four (4) school weeks, but may attend practices and meetings.

Second Offense: The student will be suspended from all extracurricular activities/social activities for three (3) school months. The student may not attend practices or meetings associated with any extracurricular activity. The student will be required to have a substance assessment (at their own expense) and follow the prescribed recommendation. The student will be required to provide proof of the assessment and completion of the treatment recommendation.

Third Offense: The student is ineligible for further participation in extracurricular activities/social functions at Father McGivney Catholic High School and may be recommended for expulsion.

Penalties will be applied in every area of activity in which a student participates. Any offense constitutes a violation in all activities covered under the guidelines.

Additional penalties may apply according to the school Discipline Code.

B. Citizenship

Students representing Father McGivney Catholic High School must exemplify the highest standards of moral integrity and good citizenship within school and within the community. Behavior that violates this principle is unacceptable and may result in a temporary suspension from an organization or team, complete loss of eligibility, or suspension or expulsion from the school.

C. Clothing and Grooming

Students not attired in a team uniform shall dress according to the school Dress and Appearance Code while at or en-route to or from a scheduled event. The sponsor or coach may select specific clothing, such as shirt and tie or blazer and skirt, as the attire for the day, or may relax this requirement for specific circumstances.

Modification of Athletic or Team Uniform

Students may modify their athletic or team uniform for the purpose of modesty in clothing or attire that is in accordance with the requirements of the student's religion or the student's cultural values or modesty preferences.

D. Academic Eligibility

A student must be enrolled in and pass twenty (25) hours of classroom work each week in order to remain eligible. A student must have also passed twenty (25) hours of classroom work the previous semester to be eligible for the following semester. However, this previous semester rule does not apply to first semester entering freshmen. Each teacher updates RenWeb grades on Fridays. Students who are marked as failing two classes will be ineligible for the entire following week (Monday through Monday).

The coach and athlete will be notified by the athletic director. Ineligible students may not participate in any extracurricular event or other performances, nor may they or their individual work represent the school or any school organization in a public place.

Students who are ineligible must show academic improvement after the first week (i.e. turned in missing assignments, held meeting(s) with teacher(s), attended tutoring). If no academic improvement occurs after the first week students would be required to have a formal agreement with the teacher, coach and Student Services Director that may involve not attending practices to attend required tutoring sessions and may affect their playing time.

Students participating in any extracurricular activity may not represent Father McGivney Catholic High School in any public activity while they are ineligible or while they are on suspension or disciplinary probation.

E. Attendance

Students must be in attendance five consecutive class periods (3rd hour thru 8th hour-entire periods) to participate in any school extra-curricular activity, contest, or practice. A student who is absent on Friday or before a holiday may participate on Saturday or Sunday with administrative approval.

F. Independent Teams

A student athlete may not participate on an independent team while participating in the same sport at Father McGivney Catholic High School.

G. Health Physicals

Student athletes must have an annual physical examination and parent/guardian permission form on file prior to participation (including practice sessions) in any sport. An athlete who incurs an injury must have a written medical release from a qualified physician in order to return to participation.

<https://schools.snap.app/McGivneyGriffins>

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