

ACADEMY OF THE HOLY CROSS  
4920 Strathmore Avenue  
Kensington, MD 20895  
301-942-2100  
Fax 301-929-6440

### **HISTORY OF THE ATHLETIC PROGRAM**

The athletic program began as a basketball program. That program produced three All Americans and was recognized nationally in 1982 for winning over 100 games without a loss. Swimming also produced several All Americans. Over the years cheerleading, volleyball, softball, and track were added. In 1978, the soccer program was started. Field hockey began in 1985 and lacrosse in 1990. Eight\* sports offer teams at the varsity and junior varsity level and basketball, soccer, and field hockey\* have a team for freshman.

The Academy of the Holy Cross is a member of the Washington Catholic Athletic Conference.

## **ATHLETIC DEPARTMENT PHILOSOPHY**

The Athletic Department supports the school philosophy and accepts its role as one of the structures available for accomplishing the school objectives which were developed by the administration and faculty of Holy Cross. Coaches who participate in this program share this grave responsibility, serving as role models for these young women, and exemplifying Christian ideals in their daily lives. The department believes in commitment and pursuit of excellence in and out of the athletic arena.

## **CHAIN OF COMMAND**

If you have a concern as a parent there are three lines of secession in the chain of command. First address your concern to the coach, secondly if it cannot be worked out there then see the athletic director. Thirdly, if it needs more attention, the athletic director will sent up a meeting between you as a parent with the principal of the school.

## **COMMUNICATING WITH THE COACH**

\*Communication is the key. We welcome it, but I must insist that you limit it to positive encouragement on game day.

### **Communication You Should Expect From Your Child's Coach**

- Philosophy of the coach
- Expectations the coach has for your child
- Locations and times of all practices and contests
- Procedure should your child be injured
- Discipline that result in denial of you child's participation

### **Communication Coaches Expect From Parents**

- Concerns expressed directly to the coach
- Notification of any schedule conflicts in advance
- Specific concerns in regard to a coach's philosophy and expectations
- The treatment of your child
- Ways to help your child improve
- Concerns about you child's behavior
- Playing time

### **REMEMBER:**

**GAMEDAY IS A HIGH ENERGY DAY FOR ALL, SO PLEASE HOLD ALL OF YOUR CONCERNS FOR ANOTHER DAY**

## **FAN CODE OF ETHICS**

I will remember that student athletes play sports for their enjoyment

I will not have unrealistic expectations and will understand that doing your best is as important as winning.

I understand that ridiculing an athlete is not acceptable behavior.

I will respect the official's decisions and will encourage all participants the same.

I will respect and show appreciation for the coaches and understand that they have given their time to provide sport activities for our young people.

I will show respect for my team's opponents.

I will not use bad language and will not harass athletes, coaches, officials, and spectators.

I will always show good sportsmanship

## **PARENT'S ROLE IN INTERSCHOLASTIC ATHLETICS**

- Make sure your child knows that win or lose, scared or heroic; you support her, appreciate her efforts and are not disappointed in her. This will allow her to do the best she can without fear of failure. Be the person in her life that she can look to for constant positive reinforcement.
- Try your best to be completely honest about your child's athletic ability, competitive attitude, sportsmanship and actual skill level.
- Be helpful but do not coach your athlete. It is tough not to, but it is a lot tougher for the child to be flooded with advice and critical instruction.
- Teach her to enjoy the thrill of competition, to be "out there trying" working to improve her skills and attitudes. Help her to develop the focus for competing, for trying hard, for having fun.
- Try not to relive your athletic life through your child in a way that creates pressure.
- Do not compete with the coach; if your child is receiving mixed messages from two different authority figures, she will likely become disenchanted.
- Do not compare the skill, courage or attitude of your child with other athletes on the team.
- Get to know the coach. Then you can be assured that his or her philosophy, attitudes, ethics and knowledge are such that you are comfortable having your child under his or her leadership.
- Always remember that children tend to exaggerate, either when praised or criticized. Temper your reaction and investigate before overreacting.

## **ACADEMIC ELIGIBILITY**

“At the end of each quarter a student whose grade point average is below 2.0 will be required to meet with her counselor, teachers, and parents to discuss ways in which she can improve her academic performance during the new quarter. In cases where there is no apparent improvement, the administration reserves the right to curtail the student’s participation in co-curricular activities.” (Student handbook). Coaches must allow students the opportunity to meet with their teachers and counselors prior to coming to practice. Practices may not start until 3:15pm on school days to allow for time with teachers.

## **INCLEMENT WEATHER**

When Montgomery County closes school because of weather, Holy Cross closes. All games and practices are automatically cancelled. Please consult with the athletic director regarding field closings. Any changes and cancellations will be updated no later than one o’clock pm on the Holy Cross Hotline: 301-942-2100 ext. 582.

## **PHYSICAL EXAMS**

No students may tryout out for any sport unless she has a physical form on file with the athletic trainer. Physical forms should always be handed in directly to the athletic trainer or the athletic director. Remember a physical is valid for one calendar year (not school year). If at all possible, if your daughter could receive her physical sometime prior to August then she will be covered for all our sports sessions.

## **PARENT MEETING**

There will be a mandatory parent/student athlete meeting at the beginning of each season. Each student athlete must have one parent present. The Athletic Director will address the parents to discuss the philosophy and requirements of the Athletic Department. The coaches will then meet with parents to explain their programs.

## **STUDENT PARTICIPATION**

As stated in the student handbook "Participation in athletics requires dedication and commitment to both team spirit and personal excellence. Guidelines for participation include the following: all student athletes must be available for practices and games on school days and weekends; if a student should miss a practice or game she may jeopardize her playing times as well as her membership on the team; students are responsible for all uniforms and equipment issued to them, and must turn in uniforms on specified days.

## **TEAM ACTIVITIES**

Team activities such as pizza parties, pasta dinners and end of season parties are encouraged. However, coaches cannot host these parties at their homes. Parents of players may host parties and invite parents and coaches. Also, teams may have a party or dinner at school. Requests should be made through the athletic office. Please plan such activities a few weeks in advance.

## **ATHLETE ADENDENCE POLICY**

As stated on page 25 in the Academy of the Holy Cross handbook: “Participation in any school related, co-curricular activity “which sports are a part of” requires attendance in school on the day of the activity. A student who misses more than 25% of a school day may not participate in any co-curricular or sports activity scheduled for that day.”

### Example:

On a normal school day, Monday, Wednesday, Thursday, Friday with school starting at 7:50, a student must arrive at school by 9:30 or they must be in school a minimum of five hours. On Tuesdays, with school starting at 8:50, an athlete must arrive at school by 10:30 or be in school a minimum of four hours. When the school has late openings due to weather, the students are also required to be in attendance at school on the day of the activity. For a one hour delay the terms of attendance are exactly as they are on a Tuesday. For a two hour delay, the student must arrive at school by 11:30 or be in school for a minimum of three hours.

## **SEASONS**

The WCAC sports seasons begin:

Fall: August 15

Winter: November 8

Spring: March 1

These are the dates that try-outs start, try-outs last from three to five days. These dates are set by the league please schedule your vacations accordingly. In fairness to all, any student who wishes to participate in sports they must participate during try-outs.

## **PARKING**

Please remember parking is off limits in and around the convent and also do not park on the front circle. Please limit your parking to the lower student parking lot. Do to sprinkler systems do not pull up over curb for you might damage system.

## **ATHLETIC PROGRAM**

The Interscholastic Athletic Program gives the student the opportunity to participate in competitive athletics with metropolitan area schools. The sports offered at AHC are:

### **FALL**

Freshman Soccer  
JV Soccer  
Varsity Soccer  
JV Field Hockey  
Varsity Field Hockey  
JV Volleyball  
Varsity Volleyball  
Varsity Tennis  
Cross Country

### **WINTER**

Freshman Basketball  
JV Basketball  
Varsity Basketball  
Swimming/Diving  
Cheerleading

### **SPRING**

Freshman Lacrosse  
JV Lacrosse  
Varsity Lacrosse  
Crew  
Freshman Softball  
JV Softball  
Varsity Softball  
Track & Field  
Golf

### **YEAR ROUND**

Equestrian Team  
Archery (coming soon)