



2020-2021

ATHLETIC HANDBOOK

Holy Trinity Catholic High School
6608 W. Adams Avenue
Temple, Texas 76502
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<http://www.holytrinitychs.org>

Revised June 2020

Building the Christian Leaders of Tomorrow

Dear Parents and Student-Athletes:

Welcome to Holy Trinity Celtic Athletics!

The mission statement of the Holy Trinity Athletic Department is to ***provide a dynamic environment which promotes competitiveness, teamwork, and self-discipline in order to form the lifelong traits of good sportsmanship and a Christ-like character.*** Holy Trinity Athletics helps to fulfill the mission of the school by teaching the Christian way of competing and the Christian way of life as expressed through three core values:

- **Reverence for God**
- **Respect for oneself, others, and authority**
- **Responsibility for one's actions**

Holy Trinity Catholic HS Athletics is an important part of student life and the development of Christian virtue in our students because it is a key component in the formation of the whole person: body, mind, and spirit. The goal of the Holy Trinity Athletic Department is to provide an environment of competition, cooperation, and teamwork for our students that will glorify God and form the person. Winning the contest is important to any competitor; however, the lessons learned and virtue gained in the heat of competition are its most important attributes.

Our coaches are dedicated to assisting student-athletes in reaching their maximum potential as an athlete, but more importantly, as a Christian Leader. Holy Trinity offers a wide variety of teams to choose from and all students are encouraged to try out for any and all sports that are offered. Participation in multiple sports is encouraged to ensure a healthy balance. A strength and conditioning program is provided all year for in-season and off-season training.

This handbook contains the philosophies, policies, and guidelines which govern the HTCHS Athletic Program, as well as some of the more important rules required by the school and our governing leagues. Our high school students compete in the 3A Classification of TAPPS (the Texas Association of Private and Parochial Schools).

We ask that you read this handbook thoroughly with your student-athlete(s). All of the forms in this Handbook must be read and signatures provided on file before a student-athlete can participate.

We look forward to another great year in athletics!

Isabelle Brogan - Principal

James Shelton - Athletic Director

Even youths shall faint and be weary and young men shall fall exhausted; but they who wait for the LORD shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

Isaiah 40:30-31 RSV

Basic Information for Holy Trinity Athletics

Teams and Sports

Holy Trinity Catholic HS offers the following sports:

Fall:

- Football (Boys)
- Volleyball (Girls)
- Cheerleading (Boys & Girls) - YEAR ROUND
- Cross Country (Boys & Girls)

Winter:

- Basketball (Boys & Girls)
- Soccer (Boys & Girls)

Spring:

- Softball (Girls)
- Tennis (Boys & Girls)
- Track (Boys & Girls)
- Golf (Boys & Girls)
- Cheerleading (tryouts for the coming school year in March)
- Swimming (Boys and Girls)

Tryouts

HTCHS has a competitive sports program. Team rosters are compiled through the process of tryouts. The team will consist of players possessing ability, character, attitude, passion for the game, commitment, time availability, energy, and academic stability.

Junior Varsity Teams

There is a possibility that many of these sports could have Junior Varsity (JV) teams depending on the degree of participation from students. The game schedule of these JV teams will depend upon the ability and availability of other schools that also have JV teams.

*****Athletic Fees Policy*****

The Athletic Department will charge an Athletic Fee for High School sports. The Athletic Department operates solely on this Athletic Fee, gate fees, concessions sales, donations and specified fundraisers (see these schedules in June).

- **The Athletic Fee is a \$250 (one time) fee for as many sports as students would like to play throughout the course of the 2020-2021 School Year.** This means that ALL student athletes must pay the \$250 Athletic Fee in order to participate in ANY of the aforementioned sports, regardless of the NUMBER of sports they participate in.

Athletic Fees are **DUE AUGUST 31, 2020** for all students planning to participate in athletics in the 2020-2021 school year. **PLEASE NOTE PAYMENT MUST BE MADE AT THE FRONT DESK TO MRS. MUNGIA NO LATER THEN AUGUST 31. ATHLETES WHO DO NOT PAY THE FEE BY AUGUST 31 WILL NOT BE ABLE TO PARTICIPATE IN THEIR SPORT TILL FEE IS RECEIVED**

Athletic fees are **NON-REFUNDABLE**. This includes ALL instances of stopped or suspended participation including (but not limited to):

- Quitting the team
- Injury
- Loss of eligibility (i.e. failing grades, major violation of school policy, etc.)
- Expulsion or withdrawal from Holy Trinity

Note: It is a school policy that transcripts and final grades will NOT be issued to a student or sent to colleges, etc. until ALL payments and fees (including Athletic Fees) are PAID.

Required Documents and Documentation

The following forms MUST be completed, signed and turned in prior to tryouts or team practice (exception: TAPPS Physical Examination Form must be printed, completed by a doctor, and given to Athletic Department)

TAPPS Physical Exam Form

Student-athletes in 9th through 12th grade participating in the athletic program are required to have a current physical exam performed by a doctor which clears the student-athlete to participate in sports. Student-athletes will not be able to participate in tryouts, practices, or games (ANY sport activity) without a current physical.

A physical conducted and signed by a physician within the past 12 months **must be on the appropriate TAPPS forms** available at the following link (Page 1):

<https://holytrinitychs.org/documents/2018/6/Athletics%20Forms-06132018115859.pdf>

Additional TAPPS Forms:

These forms are combined in one document which can be found at the front office or using this link: <https://holytrinitychs.org/documents/2018/6/Athletics%20Forms-06132018115859.pdf>

- Medical History Form (Pages 2 and 3 of the document)
- Sudden Cardiac Arrest Forms (Page 4 of the document)
- Concussion and Traumatic Brain Injury Form (Page 5 of the document)
- Student Acknowledgement of Rules (Pages 6 and 7 of the document)
- Steroid Notification Form (Page 8 of the document)

All forms are available on the Rank1 Sport page that all parents are required to login and complete and or upload all required documents.

High School Transfer Students

ALL high school student-athletes transferring to Holy Trinity *from a high school* (public or private) or *homeschool* **must complete Part A** of the TAPPS Transfer Form with their parents. Transfer forms can be acquired at the front desk or at the following link:

<https://tapps.biz/wp-content/uploads/2017/09/TRANSFER-FORM-17-18.pdf>

IF the student-athlete participated in athletics at their previous high school, Part B must be completed as well.

Athletic Handbook (last 5 pages of this document):

Please sign and return the following pages to the Athletic Director:

- Holy Trinity Standards of Conduct for Student Athletes (Page 11 and 12)
- Holy Trinity Catholic HS Expectations Form (Page 13 and 14)
- Expectations Commitment & Acknowledgment of Rules and Regulations (Page 15)

Doctor's Notice of Physical Limitations

Parents and student-athletes are reminded that there are inherent dangers and risks of injury in all interscholastic athletic events. It will be essential that parents, student-athletes, trainers and coaches, along with physicians, work together to see that each student-athlete is in good health before participation in a particular sport.

If a student-athlete sustains a sport-related physical injury that limits him/her from any specific requirements of that sport, he/she will need to have a written report from a physician/athletic trainer sent to the Athletic Office before that student-athlete will be considered exempt from participation. A note from a doctor will be considered only as a caution for a limited time period. If the student-athlete is asking to be exempt from an activity, a physical examination with a written report from a specialist in that particular practice of medicine will need to be sent to the Athletic Office. This report will require a physician's signature. This policy is designed to protect student-athletes from serious injuries.

Schedules, Maps, Parking, and Transportation Information

Game Schedules and Maps

All Game/Meet Schedules, and team transportation information will be posted on holytrinitychs.org. Game dates, times and addresses to away games will also be posted in the school's [Google Calendar](#) prior to the beginning of the specific event.

Note: Please frequent these resources as game information can change throughout the season, including at the last minute.

Student Parking

All student-athletes must park in the student parking lot during the school day. Student-athletes may move their vehicles out of the student parking lot only after the school day has ended and they have been released from class.

Transportation and Travel Arrangements

Providing safe and reasonable transportation to and from athletic events is an important responsibility of the Athletic and Transportation Departments and our coaches. School buses/vans will be used whenever possible in transporting student-athletes to games and events.

Transporting Students To and From Games

In keeping with the Holy Trinity Student Handbook, it is only in certain rare and specific instances when a parent will be allowed to transport their student to or from a game rather than the student utilizing the transportation provided by the school. These instances are:

- If a contest is held in or near a city or town where the student athlete resides and time is of the essence for the student due to homework, other school-related commitments or in case of an emergency, the parent or guardian or other adult specifically identified by the parent or guardian may take the student home as long as a parent or guardian has submitted a request to do so to the Athletic Department **at least one (1) day prior to the contest** and the Coach has notified the student that the request is approved.
- If a student athlete becomes ill or is injured and needs immediate transportation, a parent or guardian may transport the student athlete ***with the permission of the coach.***

Please note that **UNDER NO CIRCUMSTANCES** are students allowed to transport **themselves or other students to or from an extra-curricular event** when school transportation is available.

Parent and Volunteer Drivers

In the event we do not have enough buses/vans available, parent volunteers will be needed to help transport the team. All volunteers transporting students must meet the Diocesan requirement for EIM Compliance. Please contact Alyssa Snyder (asnzyder@holylrinitychs.org) for more information on EIM Compliance.

All persons transporting Holy Trinity students must attend a brief Driver Orientation session, which is to be scheduled through the Administration Office. Each driver must sign a Policy Regarding Use of Private Vehicles form for field trips and athletic events.

Picking Up Student-Athletes After an Athletic Event

It is very important that the parent or guardian is **ON TIME to pick up his/her student-athlete** as soon as practice or games are over or as soon as he/she has arrived back to campus after an away game. We cannot ask the coaches to stay late to supervise your student-athlete.

In addition, please note that student-athletes may only be picked up by someone who is not a parent/guardian/sibling if the Athletic Director/Coach has received written permission from the parent/guardian **at least one (1) day prior to the event.**

Uniforms and/or Equipment

School-Issued Team Uniforms and Equipment

Uniforms and/or equipment will be issued by number to each student-athlete by the coach. All student-athletes are expected to be good stewards of all equipment, facilities, and uniforms entrusted to them. At the end of the season, the student-athlete will be expected to return the uniform in good condition or he/she will be charged the cost of a new uniform or equipment. Transcripts and final grades will not be issued to a student-athlete who has not returned all parts of his/her uniform or equipment.

Missing or Lost Uniforms

If a student-athlete is missing a uniform-piece the day of a game, another uniform will NOT be issued. There are no exceptions to this policy.

If a uniform is lost and cannot be found, another uniform will be issued to the student (if available) AFTER the lost uniform has been paid for in full. Damaged uniform pieces will need to be replaced at the expense of the student-athlete. The replacement cost of each uniform piece (top or bottom) is a minimum of \$75.00.

Storing Uniforms and Equipment

Locker rooms, weight room, and training room are expected to be clean and orderly at all times. Student-athletes should use their assigned lockers to store their uniforms,

equipment, and personal items. Personal items should be stored in a secure location at all times. Holy Trinity Catholic high school is not responsible for lost items.

Attire When Traveling To or From Athletic Events

Each team will travel to and from competitions and athletic events in their best dress. All gentlemen will be expected to travel in shirt and tie as well as ladies traveling in school approved uniform. The athletes at Holy Trinity will represent the school with the upmost professionalism and class. If for some reason this is not an option, students **MUST** be in attire consistent with the Student Handbook regarding Spirit Wear or School Uniforms.

Student-Athlete Participation and Eligibility

Absences and Tardies

A student-athlete absent from school on game day will NOT be able to participate in a game unless arrangements have been made with Athletic Director/Principal. The student-athlete must be in school **ALL DAY** to be considered eligible for practice, games or meets that day.

A doctor's appointment is an exception if a physician's note is brought to the school office when the student-athlete returns to school. Special consideration may be given in a particular situation when the Athletic Director and/or principle is notified. This is also applies to practices.

Academic Requirements:

Per the Student-Parent Handbook, in order for a student to maintain eligibility for extracurricular activities (as defined above), he or she will be required to maintain a 70 or above in ALL of his/her classes during a nine-week quarterly grading period in accordance with the **Eligibility Assessment Policy** laid out below. Class grades used to determine eligibility will be based on the average grade for each class entered at the end of each quarterly grading period.

Eligibility Assessment Policy

All grades will be checked at the end of each quarter, called the *quarterly grade check*.

Students who are passing all classes at the quarterly grade check are fully eligible to participate in all extracurricular activities and will not be subject to a grade check until the next quarterly grade check.

Students who at the quarterly grade check are failing no more than one (1) class will be put on a 3-week academic probation period but will continue to be eligible to participate in their extracurricular activities (clubs and/or athletics) during those 3 weeks. At the end of the 3 week period a second grade check will be conducted. At that second grade check, and in order to be removed from academic probation and have their full eligibility restored, the student must have a passing grade in the class he or she was failing at the time of the initial grade check. If the student is passing the class at the second grade check, then that student is fully eligible to participate in extracurricular activities for the remainder of the quarter. Grades will not be checked again until the next quarterly grade check. If the student is still failing the same class, then he or she loses eligibility for the remainder of the quarter.

Students failing two (2) or more classes at the initial quarterly grade check are ineligible to participate in extracurricular activities for a period of 3 weeks. At the end of that 3 weeks, grades are checked again. If the student is passing the failing classes, then their eligibility is restored. If they are now only failing one (1) of the classes, then they are on academic probation for the next two (2) weeks and will be eligible to participate in their extracurricular activities (clubs and/or athletics) during those 2 weeks. At that 3rd grade check full eligibility is restored if the student is passing the class. If the student is not passing the class, then eligibility is lost for the remainder of the quarter.

The following will also apply during the period of ineligibility:

- At the discretion of the Principal in consultation with the Athletic or Fine Arts Director, teachers, and/or the school Counselor, a particular student's eligibility may be reassessed at any time during a quarter, on a case by case basis.
- At the discretion of the Principal in consultation with the Athletic or Fine Arts Director, teachers, and/or the school Counselor, an ineligible student may continue to *practice or participate* with his or her team or group in order to maintain involvement.
- An ineligible student will NOT be allowed to participate, or travel with their team to any home or away extra-curricular competitions.

Academic Responsibilities

The primary vocation of every Holy Trinity student is to be a *student first*. This includes student-athletes. A student-athlete who misses school due to an athletic competition is responsible for keeping up with his or her schoolwork.

- Any work that is due during a period that the student-athlete will miss due to an athletic competition or event should be turned in **BEFORE** the missed class period, if the teacher allows.
- Students should communicate with teachers **BEFORE** missing class about when any tests, quizzes, presentations, or in-class assignments that they will miss should be taken or made-up. Unless another date is discussed and decided upon by the teacher before the absence, the student should plan to complete these assignments **the day that they return to class**.

These policies are in place to help student-athletes develop the skills necessary to manage the various demands and responsibilities of life. These are skills that will help students excel in post-high school education, as well as the working world where plans must be made in advance to account for work that will be missed due to a planned absence.

Competitor's Creed

I am a Christian first and last. I am created in the likeness of God Almighty
to bring Him glory.

I am a member of Team Jesus Christ.

I wear the colors of the cross.

I am a Competitor now and forever. I am made to strive, to strain, to stretch
and to succeed

in the arena of competition. I am a Christian Competitor and as such, I face
my challenger with the face of Christ.

I do not trust in myself. I do not boast in my abilities or believe in my own
strength.

I rely solely on the power of God. I compete for the pleasure of my
Heavenly Father, the honor of Christ and the reputation of the Holy Spirit.

My attitude on and off the field is above reproach -
my conduct beyond criticism. Whether I am preparing, practicing or playing;

I submit to God's authority and those He has put over me. I respect my
coaches, officials, teammates and competitors out of respect for the Lord.

My body is the temple of Jesus Christ.

I protect it from within and without. Nothing enters my body that does not
honor the Living God.

My sweat is an offering to my Master.

My soreness is a sacrifice to my Savior.

I give my all – all of the time.

I do not give up. I do not give in. I do not give out. I am the Lord's warrior a competitor by conviction and a disciple of determination. I am confident beyond reason because my confidence lies in Christ. The results of my efforts must result in His glory.

LET THE COMPETITION BEGIN. LET THE GLORY BE GOD'S.

Holy Trinity Standards of Conduct For STUDENT-ATHLETES

Being a student-athlete is a privilege, not a right. Student-athletes are students first and athletes second and are held to a high level of standards, expectations and behaviors.

The student who chooses to participate in the athletic program will be observed by many public and private schools, media, parents, guests, peers, teachers, and the public at large. Participating in athletics provides the opportunity to demonstrate one's desire to reflect Christ-like virtues in sportsmanship and in performance.

Each coach is responsible for the conduct of the student-athletes within that particular program. Therefore, the coach may provide a set of rules explaining conduct and penalties for both minor and major infractions of the code of conduct enumerated here:

- A student-athlete in any sport is required to be neat, clean shaven, well groomed, (per the Student Handbook) and in proper uniform for warm-ups, games, practices, and travel (this includes shirt, shorts, socks, and shoes). Not being in proper uniform may result in game suspension or being sent home from practice.
- A student-athlete shall exhibit a Christian lifestyle which represents the school in a positive manner at all times. This includes during holidays, trips or field trips. Failure to commit to this lifestyle may result in the forfeiture of the opportunity to participate in the athletic program. Lifestyles include, but are not limited to:
 - a. A student-athlete shall not steal or use another person's property without permission of the owner (game suspension will be imposed).
 - b. A student-athlete shall not use obscene, vulgar or any other non-Christian language at any time (suspension will be imposed).

- c. Student-athletes who engage in any criminal activity or violations of civil law may be denied participation in an extracurricular program. Recognizing the varying degrees of severity of the violations (misdemeanors or felonies), consequences for such involvement may result in denial of participation depending upon the offense's nature.
- A student-athlete must completely abstain from the use of alcohol, tobacco products, and drugs. Refer to the Holy Trinity Catholic HS Parent/Student Handbook.
 - A student-athlete must be ready to display effort, cooperation, respect, and support for coaches and other team members.
 - A student-athlete must display a good attitude. Negative attitude towards the coach or other student-athletes will not be tolerated.
 - A student-athlete is expected to be on-time and prepared. Any student-athlete late to the game may not be allowed to start unless cleared by the coach.
 - A student-athlete must notify the coach prior to practice if they will be absent from practice.
 - All student-athletes with their coaches are responsible for keeping the gym floor swept, locker room clean/picked up, and fields and uniforms maintained.

1. A student-athlete who receives an in-school or out-school suspension while a member of a team will be required to miss one game/or one meet, *in addition to* any game/meet missed while serving the suspension. This is applicable *in or out of season*. Student-athletes who are in more than one sport (dual sport athlete) will miss both games of each sport in which they are participating. These games/meets missed will be the next games/meets on the schedule (if student-athlete is in dual sports, the next game/meet for both sports are missed). Neither the student-athlete nor the coach may choose a different game/meet.

2. Student-athletes must be in attendance at school All Day to participate in practices or games that day unless he/she has prior permission from the Athletic Director or principal.

3. If a student-athlete quits or is removed from the team, that student-athlete may not receive their letter in that sport or attend the varsity fall, winter or spring team parties for that sport.

4. Any student ejected from a game must pay the monetary TAPPS ejection fine (\$) stated in (sec.138;C:i) in the TAPPS Athletic By-Laws and complete the suspension stated by TAPPS for ejections. Holy Trinity and its coaches/staff/administration reserves the right to lengthen suspensions as they deem appropriate.

5. Students must understand and follow TAPPS rules that are not in the Holy Trinity Athletic Handbook to participate as stated in TAPPS By-Laws.

I Have Read and Understand These Expectations _____
(Student-Athlete)

I Have Read and Understand These Expectations _____
(Parent/Guardian)

Holy Trinity Catholic HS EXPECTATIONS

(Sign each paragraph/section)

I. Expectations of the COACHES

- A. A structured and disciplined program that leads to unity and teamwork.
- B. Attention given to each student-athlete to develop fundamentally sound sports skills.
- C. Opportunity, as situations permit, for each student-athlete to play as much as possible.
- D. Model a Christ-like, Christ-centered life.
- E. Support any discipline issues as a result of school-related behaviors.

I Have Read and Understand These Expectations _____
(Student-Athlete)

I Have Read and Understand These Expectations _____
(Parent/Guardian)

II. Expectations of the STUDENT-ATHLETES

- A. A positive attitude and learning spirit and acceptance of responsibility for one's own actions.
- B. Must maintain passing grades in all subjects. When a problem arises, the student immediately sees the teacher and secondly, sees the coach.
- C. Arrive on time for practices and games and will notify coach in person or email if something arises.
- D. Any outside training during the season of one's school sport is NOT recommended by coaches and the Athletic Director (please see them for reasons).
- E. Encourage good sportsmanship from fellow student-athletes, coaches, officials and parents at every game and practice by demonstrating good sportsmanship.
- F. Listen and learn from the coaches.
- G. Encourage my parents/guardians to be involved with my team in some capacity, because it is important to me.
- H. Understand that student-athletes are held to a high standard and acknowledge that it is a privilege (not a right) to participate in sports.
- I. Refrain from engaging in social-media disputes involving individuals or matters of the team or school.

J. Abide by the policy that the use of cell-phones is PROHIBITED during practices and game.

I Have Read and Understand These Expectations _____
(Student-Athlete)

I Have Read and Understand These Expectations _____
(Parent/Guardian)

III. Expectations of the PARENTS

- A. Conduct myself in a positive manner at all times (not berating officials, students, or coaches).
- B. Understand that game decisions, playing time, and positions played are the sole responsibility of the head coach and staff.
- C. Support and be involved in my student-athlete's sport as much as possible.
- D. At Practice and Games/Meets: Parents are welcome to observe practices but to avoid confusion, there is no coaching from the sidelines. The student-athletes can only listen to one coach at a time.
- E. At Home: Encouragement of my student-athlete(s) in the development of his/her skills and team spirit. Avoid negativism in my presence towards other student-athletes or the coaches.
- F. When complaints arise, I will first seek the coach and coaching staff to resolve any issues. If further discussion is needed, then the Athletic Director or School Administration may get involved.
- G. No animals are allowed at TAPPS Competitions (e.g. dogs, etc.)

I Have Read and Understand These Expectations _____
(Parent/Guardian)

IV. Expectations - TRAVEL

Student-athletes are expected to travel to and from all practices, games and contests in transportation provided by or arranged by the school. On some occasions, student-athletes may travel with their parents with prior approval from their coach. Student-athletes may not leave an athletic event with anyone other than their parent/guardian unless written permission is given to the Athletic Director and coach prior to the game. Even with written parental permission, student-athletes may not leave an athletic event with anyone under the age of 25 unless that person is a sibling or family member.

- I. All school vehicles must be cleaned by the student-athletes after each use.
- II. The driver of the team is the ultimate authority, and all student-athletes must submit to his/her instructions.
- III. No extra riders (non-team members) will be allowed to ride in the school provided vehicle(s). Any exception to this will be verbalized by the coach prior to the event.

NOTE: Any student-athlete who does not comply with the above mentioned travel rules will forfeit his/her right to travel/play with the team.

I Have Read and Understand These Expectations _____
(Student-Athlete)

I Have Read and Understand These Expectations _____
(Parent/Guardian)

V. Expectations - UNIFORMS & EQUIPMENT

I have read and agree to abide by all the policies for Uniforms and Equipment outlined in the Athletic Handbook. These policies include (but are not necessarily limited to) the following:

- I. The proper uniforms are worn during practice (Athletic Gear), games, and travel.
- II. The student-athlete will be held financially responsible for any lost or misplaced equipment.
- III. Current replacement costs will determine the amount for which the student-athlete will be held accountable, but this amount will be, at minimum, \$75.00 for a uniform piece.
- IV. The cost of any uniform returned in a condition whereby it cannot be reissued will be charged to the student-athlete. This includes uniforms that have been improperly laundered, cared for, or stored.
- V. Student-athletes will not be allowed to continue or begin a new season until all financial obligations have been cleared (unless other prior arrangements have been approved).

I Have Read and Understand These Expectations _____
(Student-Athlete)

I Have Read and Understand These Expectations _____
(Parent/Guardian)

VI. Expectations - GROUPME

The Groupme texting app is to be used by the coaches to send out team information/reminders to players and parents. This includes practice times, game times, return from game times, videos/team pictures, encouragements, prayers, congratulations and cancellations. GroupMe is also used for student athletes to inform coaches of missing practice or other such things pertinent to the team. GroupMe is meant to be a *supplement* for the season itinerary; it is not meant to be the primary way that this information is conveyed.

- I. No messages will be sent during school hours: 8:15 - 3:45 Monday through Friday. ***This includes parents and coaches.***
- II. No messages will be sent after 10pm, except when returning from games.
- III. No messages will be sent discussing issues or team problems/disagreements or which attack or villainize any person, group of people, or institution.

I Have Read and Understand These Expectations _____
(Student-Athlete)

I Have Read and Understand These Expectations _____
(Parent/Guardian)

Consequences Conditioning List: LONGHORNS

If a student athlete is subject to any type of consequences: (Tardies, Absences, trouble in class, missed practice, failed grades), that student will be expected to do the following consequence before he/she is able to participate in any TAPPS related event.

- Tardy to class: 1 longhorn
- Trouble in class: 3 longhorns
- Breaking dress code: 3 longhorns
- Unexcused absence: 4 longhorns
- Written referral: 8 longhorns (2 of which will end your athletic year)
- Failed Class- 4 longhorns per failed class at the end of the 3 weeks.
 - Every Monday after until the end of the quarter: 5 longhorns per failed class.

All Longhorns will be accumulated weekly and must be done with coach's supervision.

Longhorn: 40 yard bear crawl+ 40 yard Bunny Hop+ 40 Yard Lunge + 40 yard sprint= 1 Longhorn



**HTCHS EXPECTATIONS COMMITMENT and
ACKNOWLEDGEMENT of HTCHS Rules & Regulations**

I have read the Holy Trinity Standards of Conduct for Student-Athletes; the EXPECTATIONS of Coaches, Student-Athletes, and Parents; and the EXPECTATIONS regarding Travel, Uniforms & Equipment, and GroupMe and have initialed where indicated, agreeing to the requirements and expectations of participating on any Holy Trinity Catholic HS team. I also understand the consequences of not adhering to these Expectations.

In addition, I have read ALL of the Holy Trinity Athletic Handbook and agree to abide by the rules, regulations, and commitments set forth in it. I also acknowledge that the final interpretation of these rules, regulations, and commitments lies with the Principal and Holy Trinity Administrative Staff. I note that all required Holy Trinity Catholic HS forms and TAPPS forms must be completed before a student-athlete is eligible for participating on the team.

The student-athlete and parent/guardian's signatures below are an acknowledgment of the information/rules in this Handbook and of Expectations Commitment.

Student Name (Print):

Student Signature: Date:

Parent/Guardian Name (Print):

Parent/Guardian Signature: Date:
