



Middle School Athletics Fall 2019

Dear Parents

Sacred Heart Academy is delighted to offer the following spring athletic programs for 5, 6, 7, and 8th grade students: Boys Soccer, CoEd Cross Country, and Girls Volleyball. All athletic information will be available on the athletic website. This includes but not limited to schedule, cancellations, dismissal, departure, and transportation information. Uniforms issued at the start of the sports season and returned at the end of the season. Uniforms issued once sports fees are paid. If a student athlete is not able to attend practice, they must notify the coach or athletic director. We are also using a mobile app called InstaTeam in partnership with the school website. This will allow another form of communication and the ability to organize transportation with parents. To participate, ALL of the following documents must be in your child's file:

- Annual Sports Physical
- Annual Athletic Contract
- Athletic Permission Form

Soccer- InstaTeam Code: LARH6Y

Practice will be held afterschool from 3:30 to 5:00 pm. Practice days will be Monday, Wednesday, and Friday, starting August 26th. If an athlete cannot make practice at the scheduled time, they will need to notify their coach or athletic director. All athletic information is available on the athletic website and InstaTeam app. This includes but not limited to schedule, cancellations, dismissal, departure, and transportation information. Uniforms issued at the start of the season by the athletic director and returned after the final event of the season. Uniforms issued until all fees are paid. Any student who does not return a uniform will be responsible for payment.

Fees

There is a \$85.00 fee for all participants who attend practice and or games. This fee is to be paid by August 30th.

Volleyball-InstaTeam Code: LAR2AG

Practice will be held afterschool from 3:30 to 5:00 pm. Practice days will be Monday, Wednesday, and Friday, starting August 26th. If an athlete cannot make practice at the scheduled time, they will need to notify their coach or athletic director. All athletic information is available on the athletic website and InstaTeam app. This includes but not limited to schedule, cancellations, dismissal, departure, and transportation information. Uniforms issued at the start of the season by the athletic director and returned after the final event of the season. Uniforms issued until all fees are paid. Any student who does not return a uniform will be responsible for payment.

Fees

There is a \$110.00 fee for all participants who attend practice and or games. This fee is to be paid by August 30th.

Cross Country-InstaTeam Code: LARUFU

Practice will be held afterschool from 3:30 to 5:00 pm. Practice days will be Monday - Friday, starting August 26th. If an athlete cannot make practice at the scheduled time, they will need to notify their coach or athletic director. All athletic information is available on the athletic website and InstaTeam app. This includes but not limited to schedule, cancellations, dismissal, departure, and transportation information. Uniforms issued at the start of the season by the athletic director and returned after the final event of the season. Uniforms issued until all fees are paid. Any student who does not return a uniform will be responsible for payment.

Fees

There is a \$75.00 fee for all participants who attend practice and or games. This fee is to be paid by August 30th.

Athletic Website

Sacred Heart Academy will provide all athletic information along with the InstaTeam app. The app will offer opportunities to get emails, alerts, directions, carpools, and cancellations. The Instateam app will also have any team documents for event info and sign-up sheets. <https://sacredheartva.org/current-families/athletics/>

-----Detach and Return-----

Athlete's Name _____ Grade _____

Athlete's Name _____ Grade _____

Athlete's Name _____ Grade _____

Please indicate all sports participating in below:

Sport: _____ Soccer _____ Co-Ed Tennis _____ Lacrosse

Enclosed is _____ payment for spring athletics (cash/check)

Check# _____ if applicable