

## Middle School Athletics Fall 2025

Dear Parents,

As we look ahead to a wonderful upcoming year at Sacred Heart Academy, we wanted to give you an idea of the athletic opportunities that will be available this Fall for students in grades 5, 6, 7, and 8. SHA is offering Girls Volleyball, Boys and Girls Cross Country, and Boys Soccer. All students are welcome and encouraged to participate, regardless of prior experience. Student athletes must have a current Sports Physical on file with the school before they can participate in any workout or practice.

**Cross Country** summer workouts will be 5 days a week, beginning August 6 from 7:30 – 9 AM.

**Volleyball** workouts will be 5 days a week, beginning August 11 from 3:30 – 5 in the gym.

**Boys Soccer** workouts will be held MWF, beginning August 13, from 3:30-5:00.

**Volunteers** are very much needed to assist our coaches. Please consider whether you can help in any way. Knowledge about the sport and coaching experience is helpful, but not necessary. Helpers will receive credit towards volunteer hours.

**Athletic website:** <https://sacredhearathletics.bigteams.com/>. Updates will soon be available, including schedules, cancellations, dismissal, departure, and transportation information. Please check the athletic website regularly. The website offers alerts, directions, and cancellations.

Uniforms are issued at the start of the season and returned at the end of the season. Sports fees must be paid before uniforms will be issued.

**Fees:** There is a \$125.00 fee for all participants who attend practices and/or games. This form is to be returned to the Sacred Heart School Office by **Tuesday, August 5th.**

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

Athlete's Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Sport(s): \_\_\_\_\_

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I agree to pay my fall athletics fee(s) in the amount of \$125.00 per sport through my FACTS incidental expense account.

I, \_\_\_\_\_ acknowledge that a charge will be made to my FACTS incidental expense account and will be due within 10 days of posting. Unpaid fees will result in athletes being excluded until the fee is paid.

Signature of Parent/Guardian: \_\_\_\_\_

Please open, read and fill out as necessary the attached forms:

- ☐ Permission Slip and Physical Form – due by **Tuesday, August 5** to the SHA office
- ☐ Use of Personal Vehicle Form – if you are willing to drive to events
- ☐ Volunteer Form – if you are willing to assist with practices, games, meets, or matches
- ☐ Concussion Information Sheet
- ☐ Please read the SHA Athletics Handbook and return the acknowledgment form (last page)

<http://sacredheartva.org/wp-content/uploads/Sacred-Heart-Academy-Athletics-2025-2026.pdf>

Please contact John at [jcampbell@shasaints.org](mailto:jcampbell@shasaints.org) if you have any questions.