

MARIAN



C R U S A D E R S

**ATHLETIC
HANDBOOK
2018-2019**



MARIAN

Athletic Team Prayer

Lord Jesus,

We welcome your presence here among us and your spirit of love alive in our community of Marian High School. Today we gather to represent our school. Bless us with a team spirit of good will, both for ourselves and our competition. Help us to be the best we can possibly be by playing to our full potential.

We ask this through the intercession of Mary, our Mother, as we pray together: “Hail Mary, full of grace...”

Marian High School's athletic program has been developed to provide opportunities for high school students who desire competitive interscholastic athletics. The purpose of the athletic program is to complement our religious and academic mission in developing a balanced Christian woman.

A student who becomes involved in athletics is better prepared to make a positive contribution to her community. Her involvement helps her to recognize and accept her own strengths and weaknesses as well as those of others. Through cooperation and teamwork, an athlete learns that weakness is compensated by strength and that success is sometimes achieved only after experience with failure. For this reason, Marian High School athletics complements the redemptive reality of the Marian High School religious mission.

AS AN ATHLETE, SHE WILL:

- 1) Consider all athletic opponents as guests of Marian High School and treat them with all the courtesy due friends and guests.
- 2) Accept the decisions of the officials without question.
- 3) Refrain from abusive or irritating remarks either on the playing court or field or from the sidelines.
- 4) Exhibit and applaud good sportsmanship from opponents and teammates.
- 5) Strive for victory through fair play according to the rules of the game.
- 6) Love the game for its own sake--not for what winning may bring through publicity.
- 7) Do everything possible to encourage enthusiasm for the game and courtesy and respect for the players, coaches, and fans.

- 8) Be a humble winner (winning without boasting) and be a courageous and gracious loser (losing without excuses).
- 9) Do all within her power to make the entire athletic program something everyone will always be proud of.
- 10) Learn to grow and to mature into a Christian adult through the opportunities and experiences that are presented to her.

Any girl, grades nine through twelve, is welcome to try out for any of the interscholastic teams available to her, providing she meets the requirements established by the Nebraska State Activities Association and the school and agrees to follow the guidelines established in this booklet.

PHILOSOPHY

The relationship of interscholastic athletics to physical education parallels the relationship of a gifted student, in any program, to that of the mass of students in that program. While all students are required by the State to participate in physical education, there is no such requirement for interscholastic athletics. Instead, competitive athletics are a privilege, granted by each school. Self-discipline and successful interaction with others are two basic goals of education, therefore competitive athletics must be regarded as a vehicle for these goals. As an extracurricular activity, the school has every reason to demand that participants meet certain criteria before they are allowed the privilege of competition.

A great athletic tradition is not built overnight. It takes time and sacrifice. It takes the hard work and the dedication of many individuals over a long period of time. As a member of an interscholastic team, the student athlete has certain responsibilities to uphold.

Marian High School has long enjoyed a winning tradition. Our tradition has been to win so that honor comes to our community, our school and our athletes. Such a tradition is worthy of the best efforts of all concerned—the followers, the coaching staff, the athletes, and the student body. We will always play to win, while maintaining respect for our school, our opponents, and, most of all, ourselves.

We will also play to win every game at the junior varsity, reserve, and freshman levels; however, we will remember that it is at this level that athletes of varsity ability are made. Besides placing the emphasis on winning, it is our philosophy to give as many individuals as possible the opportunity to play so that they may develop the necessary fundamentals in order to participate at the varsity level. We hope that all athletes, by participating in interscholastic athletics, are able to derive some of the individual values and benefits of the program.

Responsibilities to Self

An athlete is one who accepts these responsibilities, broadens herself and develops strength of character. An athlete owes it to herself to glean the greatest possible good from her school experiences: her studies, her participation in other co-curricular activities and her involvement in athletics. She owes it to herself to always do whatever she does in life to the best of her ability.

Responsibilities to the school

By being an athlete, she has the responsibility to her school to always do her best and always follow the guidelines set forth by the school. As an athlete, you are representing your school and your community. You automatically assume a leadership role when you are on an athletic squad. The student body, our community, and other school communities judge our school on your conduct and attitudes, both on and off the playing court. Because of this leadership role, you can contribute to our school spirit and community image. You must have high standards for your own performance and a devotion to the team.

Core Values

Empowerment

Marian's athletes are expected to grow as leaders on their teams and to accept ownership of their team. Coaches will strive to empower players to be leaders on and off the court. Parents will allow their daughters to grow through their athletic experience at Marian by allowing them to handle their successes and failures with the team and coaches.

Compassion

Marian's athletic teams will demonstrate compassion by recognizing opportunities to help others within their team, their school and the community. Compassion can be put into action after winning and losing a contest when coaches, athletes and parents respecting the opponent's feelings.

CROSS COUNTRY

Teams: Varsity
Junior Varsity

Opening Date: Varsity - August 6th
Junior Varsity - August 6th

Selection of Teams: Time trials and evaluation after each meet. Varsity may vary each week based on personal improvement.

SOFTBALL

Teams: Varsity
Junior Varsity

Opening Date: Varsity - August 6th
Junior Varsity - August 6th

Selection of Teams: Tryouts will be held the week of August 7th. Varsity and Junior Varsity teams will be chosen.

BASKETBALL

Teams: Varsity
Junior Varsity
Reserve/Freshman team

Opening Date: Varsity - November 12th
Reserve - November 12th
Junior Varsity - November 12th
Freshmen - November 12th

Selection of Teams: Tryouts will be held the first 2 to 3 days of the winter sports season. Once the Junior Varsity and Varsity teams are selected, additional days of tryouts for remaining sophomores and freshmen may be required to select the Reserve/Freshman team.

SWIMMING-DIVING

Team: Varsity Swimming
Diving

Opening Date: November 14th

Selection of Team: Tryouts will be held the first 2-3 days of the winter season and include observation of technique, ability to handle workouts, and a time trial if necessary.

TRACK

Team: Varsity
Junior Varsity

Opening Date: February 25th

Selection of Team:

A track member who participates in a Varsity meet will be considered a Varsity participant. Some freshmen and sophomores will only compete in freshman and sophomore meets. Varsity may vary each week based on coaches' evaluations and past performance. Time trials may also be used to determine Varsity participants in major meets.

TENNIS

Team: Varsity
Junior Varsity

Opening Date: February 25th

Selection of Team: Based on tryouts given at the beginning of the season.

SOCCER

Teams: Varsity
Junior Varsity
Reserve

Opening Date: February 25th

Selection of Teams: Based on tryouts given at the beginning of the season.

GENERAL POLICIES, GUIDELINES AND INFORMATION

Admittance to a Program

Before a coach allows a student to try out, practice, or compete for a program, the student must:

- a) Turn in a completed parental consent and physical examination form and
- b) Read and follow all rules that have been established by the NSAA. Any question on eligibility should be directed to the Athletic Director.

c) Sign a commitment letter stating she is making a commitment to whatever team she is placed on. This applies to any sport where there is a team selection process and/or cuts are made. If a student-athlete quits the team after tryouts, for any reason other than a physical injury (that has been evaluated by Marian's athletic trainer), she will not be allowed to tryout for that sport again at Marian.

Participation

A girl may play only one Marian sport per season. It is the prerogative of the coach, at any time, to change the sports squad of an athlete (Varsity, Junior Varsity, Reserve, Freshman) for reasons related to injury, discipline, or team improvement. A girl who is a member of the Marian High School athletic squad may not participate in any other organized athletic competition in that sport, in school or out of school, after the official NSAA starting date until after the closing date of the season. Example: an AAU basketball or club golf tournament.

Workouts or supplementary practice in other sports outside of regular squad practice and competition are not specifically restricted. It is expected, however, that athletes given the privilege of representing their school will give their first allegiance, as far as athletic participation is concerned, to the Marian High School squad of which they are a member and to their coaches who are responsible for the athlete's development and performance. This policy is not intended to restrict casual or recreational activities. Every girl is urged to attend summer clinics in the sport in which she is interested. There are many excellent clinics located throughout the state and nation. The student should confer with her coach to determine the best site.

Participation and Attendance

When school is in session, a team member is not allowed to practice or compete in a contest that day unless she is in school one-half day (**the last four blocks for an eight period day or last two blocks on a four block day**). A student may not leave school ill and then return for practice or to compete in a contest. Attendance at a school-sponsored activity, a dental or doctor appointment or attendance at a funeral are exceptions. Athletes are expected to be at all practices scheduled by the coach. Should an athlete not be able to attend a practice she must contact the coach at least 24 hours before the scheduled practice. Exception: when an athlete is absent from school because of sickness or emergency, the 24-hour rule is waived, but she should contact the coach as soon as possible. Most coaches appreciate knowing the reason why the athlete is absent from school and the length of time the student will be missing athletic practices and contests. All athletes are always expected to be on time - in fact, ahead of time - for all practices, contests, and departures for contests.

Retreats and Athletics

Marian High School's retreat program is an integral part of the Marian experience. The Athletic Department and the Retreat Program have worked very hard to avoid conflicts between athletics and class retreats.

November 2-3 — Freshman Overnight Retreat

March 29-30 — Senior Overnight Retreat

Athletics and Academics

Athletes who are failing two classes at any time during a semester will be on athletic probation. Coaches and

administrators will monitor the athlete's grades throughout the season. Failure to raise these grades will result in suspension from athletics until the coach and administration have determined that course requirements and passing grades are being maintained.

Conflicts in Extracurricular Activities

An individual student, who attempts to participate in several extracurricular activities, will undoubtedly, be in a position of a conflict of obligations. The Athletic/Activities Department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts. Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about participating in too many activities where conflicts are bound to happen.

It also means notifying the coach/faculty sponsors involved immediately when a conflict does arise. When a conflict arises the coach/sponsors will work out a solution so the student does not feel caught in the middle. If a solution cannot be found, the Athletic/Activities Director will make the decision based on all of the following:

- The relative importance of each event.
- The importance of each event to the student.
- The relative contribution the student can make.
- How long each event has been scheduled.
- Talk with parents.

Once the decision has been made and the student has followed that decision, the coach/sponsor will not penalize her. If it

becomes obvious that a student cannot fulfill the obligation of a school activity, she should withdraw from that activity.

Participation Fee

As noted in the Marian High School Curriculum Handbook, each athlete is charged a \$50 fee for each sport throughout the year. The fee will be assessed at the beginning of each sport season. If a student is on a team for 3 or more weeks, the fee will not be refunded. This fee should be sent to the Business Office, ATTN: Donna Schroeder
Sports Athletic Fee

Dismissal and Athletic Probation

A student who is placed on school disciplinary probation (accumulating 20 points through Marian's Review Board Point System) will be dismissed from the sports program for the remaining school year.

Code of Conduct (when school points are less than 20)

The coaching staff and school administration expect our athletes to meet certain standards:

General Conduct - All athletes will follow coaches' decisions concerning behavior, practice schedules, game conduct, participation, coaches' other expectations, and all guidelines in the athletic handbook. Any athlete failing to follow the guidelines set forth by the coach, athletic director, or principal and not following the athletic handbook is subject to suspension and/or removal from participation in the athletic program.

Use or possession of tobacco products, alcohol, or illegal drugs – Use or possession of vaping devices or substances,

tobacco products, alcohol, or illegal drugs will not be tolerated. Anyone using or possessing these products during their sports season will have the following sanctions:

FIRST OFFENSE: Two-week suspension from all competitions.

REINSTATEMENT PROVISIONS:

- If alcohol or illegal drugs are involved, the athlete may have to complete an alcohol or drug evaluation from a registered counselor at the athlete's expense, and a copy of the report must be given to the Athletic Director as well as the Dean of Discipline.
- The athlete who violates the above policy may be subject to additional consequences. Including, but not limited to: writing a report on the dangers of alcohol, tobacco or illegal drugs, meeting with school counselor on a regular basis or participating in a specialized behavior contract.

SECOND OFFENSE: Immediate expulsion from the Marian sports teams for 45 school days.

REINSTATEMENT PROVISIONS:

- Conference with parents and athlete.
- Completed drug, alcohol, and tobacco evaluation.
- Complete activities as decided upon by school administration.

Out of season use or possession of alcohol, tobacco, or illegal drugs - Alcohol, illegal drugs, vaping substances, or tobacco use or possession during the athlete's off-season will affect the athlete's health and conditioning and is a detriment to her athletic development. Athletes should not jeopardize their

athletic opportunities by using these illegal substances. Knowledge of these illegal activities may be used in the decision making process by the coaches when teams are chosen.

The school discipline policy ALWAYS supersedes the Athletic Code of Conduct. An athlete placed on school disciplinary probation will be dismissed from ALL sports programs for the entire school year.

Eligibility

The school follows the eligibility requirements established by the Nebraska School Activities Association.

2.2.1 Student must be an undergraduate.

2.2.2 After a student's initial enrollment in grade nine, he/she shall be ineligible after eight semesters of school membership beginning with his/her enrollment in grade nine.

2.3.1 Student is ineligible if nineteen years of age before August 1 of current school year. (Student may participate on a high school team if he/she was 15 years of age prior to August 1 of current school year.)

2.4.1 Student must be enrolled in some high school on or before the eleventh school day of the current year.

2.5.1 Student must be enrolled in at least twenty hours per week and regular in attendance, in accordance with the school's attendance policy at the school he/she wishes to represent in interscholastic competition.

2.5.2 Student must have been enrolled and received twenty hours in school the immediate preceding semester.

2.6.2.1 **Guardianship does not fulfill the definition of a parent.** If a guardian has been appointed for a student, the student is eligible in the school district where his/her natural parents(s) have their domicile. Individual situations involving guardianship may be submitted to the Executive Director for his review and a ruling.

2.6.3 A student entering grade nine for the first time after being promoted from grade eight of a two-year junior high, or a three-year middle school, or entering a high school for the first time after being promoted to grade ten from a three-year junior high school is eligible. After a student makes an initial choice of high schools, any subsequent transfer, unless there has been a change of domicile by his/her parents, shall render the student ineligible for ninety school days.

If a student has participated on a high school team at any level as a seventh, eighth, or ninth grade student, he/she has established his/her eligibility at the high school where he/she participated. If the student elects to attend another high school upon entering ninth or tenth grade, he/she shall be ineligible for ninety school days.

Student eligibility related to domicile can be attained in the following manners:

2.6.9.1 If the change in domicile by the parents occurs during a school year, the student may remain at the school he/she is attending and be eligible until the end of the school year or transfer to a high school located in the school district where the parents established their domicile and be eligible.

2.6.9.2 If the parents moved during the summer months and the student is in grade twelve, the student may remain at the high school he/she has been attending and retain eligibility.

2.6.9.3 If the student has been attending the same high school since initial enrollment in grade nine, he/she may remain at that high school and retain eligibility, or he/she is eligible at a high school located in the school district where his/her parents established their domicile.

2.6.10 If the parents of a student change their domicile from one school district that has a high school to another school district that has a high school, the student shall be eligible immediately in the school district where the parents established their domicile.

3.1 Once the season of a sport begins, a student shall compete only in athletic contests/meets in that sport which are scheduled by his/her school. Any other competition will render the student ineligible for a portion of, or all of, the season in that sport. The season of a sport begins with the first date of practice as permitted by NSAA rules. The fall sports season begins August 17th, 2017, and ends with the state meets in the fall sports. The winter sports season begins November 13th, 2017, and ends with the state meets in the winter sports. The spring sports season begins February 26th, 2018, and ends with the state meets in the spring sports.

3.5.1 A student shall not participate in sports camps or clinics during the season of a sport in which he/she is involved, either as an individual or as a member of a team.

3.6 A student shall not participate on an all-star team while a high school undergraduate.

3.7 A student must maintain his/her amateur status.

3.9.1 A student shall not participate in a contest under an assumed name.

Pre-Practice Requirements

All athletes must return the physical examination and parental consent form to the Varsity coach or Athletic Trainer.

Practice Sessions

All coaches should use good judgment in the length of practice sessions. All starting times of practices will be designated by the individual coach. All athletes are expected to be on the court or field at the time set by the coach. Under normal conditions, all athletes will be required to report to practice, dressed, no later than fifteen minutes from the time of school dismissal. An athlete who is late holds back the entire team.

Practice Regulations

In order that we may always have a well-rounded athletic program at Marian High School, and because of limited facilities for some sports, the following guidelines are followed concerning off-season and in-season practices:

- 1) The sport in season or the sport that has not yet finished its season will always have priority in gym usage.
- 2) No athlete will practice using schools facilities unless she is under the direct sponsorship of a coach, or use the weight room unless sponsored by the strength training coach or a coach of a Marian school sport.

- 3) No individual will be allowed to change sports during a season unless she has the approval of the coach of the sport she is quitting.
- 4) If a student is dropped from a squad because of disciplinary reasons, she may not practice for the next sport season, using school facilities or under supervision of a coach, until the sport she was dismissed from is completed.
- 5) If an individual is cut from a squad by the coaching staff, she may then participate in another sport of that season if permissible under the rules of the Nebraska Schools Activities Association.

Cutting the Squad

Because of facilities and transportation, Marian High School is limited as to the number of participants it can carry on each squad. This varies with each sport.

When an athlete is cut, the coach may take time to explain to the individual why she is being cut. Generally this occurs when an individual does not wish to follow the athletic guidelines or when a coach determines a girl will not be able to compete on that level. Varsity competition is open to all girls grades 9-12. Based on the coach's decision, Varsity teams will be made up of the top competitors regardless of grade.

Uniform / Equipment Responsibility

All uniform/equipment will be checked out to individuals at the beginning of the season by the uniform equipment manager. The athlete will be responsible for this equipment and should be prepared to pay for the cost of replacement if it is not checked in at the end of the season in reasonable condition.

Athletes should check all uniforms, warm-ups, and equipment upon issuance. If there is any damage or questionable condition, it must be reported to the equipment manager immediately. Any damage not reported will be charged to the athlete at the end of the season.

It is the responsibility of the athlete to check in the equipment at the end of the season to the equipment manager, or immediately to the coach, should she quit a sport. If an athlete fails to check in her equipment at the designated time, she will be expected to pay for the cost of replacement. At no time should an athlete wear equipment checked out to her except for contests or practices. Any athlete found to be wearing school equipment outside of practice or possessing school equipment can expect to be treated as possessing property not belonging to her.

Uniform Security Deposit

A \$250 uniform deposit is required before a uniform will be issued to an athlete. This check will be held during the season and returned when the uniform or equipment is returned in reasonable condition at the end of the season.

Injuries

In the event of injury to an athlete, first aid will be rendered by the coach or athletic trainer. In case of serious injury, a parent will be contacted. Marian High School has a full-time

certified Athletic Trainer whose responsibility it is to evaluate, treat, and prevent injuries. Parents and athletes are encouraged to contact the Athletic Trainer for direction when dealing with athletic injuries.

If, in the case of injury, a parent cannot be contacted, the coach or Athletic Trainer is authorized to use their best judgment in obtaining medical care and service. Parents are obligated to pay for professional medical and/or related services. The school shall not be liable for the payment of such services.

Insurance

Marian High School requires participants in athletics to be insured against athletic accidents.

Physical Examination - Parental Consent

Each year a complete physical examination is required of each student before she may participate in any phase of the interscholastic athletic program at Marian High School. There is no exception to this rule. Each physical examination shall be current from May 1 through May 31 of the following year. This examination may be obtained through any physician of the student's choice (fee paid by the student) or through participation in the Marian sports physical examination. The parental consent is also required before an athlete may participate.

Student-Athlete Transportation Policy

Marian will provide transportation to after school, off-campus game sites and practices based on availability of vehicles, drivers and location of game or practice. All drivers must be employees of the school, who meet all state guidelines for drivers, as well as the qualifications established by the insurance carrier for Marian. School-owned/provided vehicles will be used to transport students.

Marian assumes no responsibility for students who use their personal vehicles to arrive at games or practices. The sponsor of the activity will provide for and approve the method of travel of each and every member student to and from the event. The school transportation policy is in effect when students are driving to events. Students must travel with the team to and from all events unless the parent personally takes the student from the event and written notice is given to the coach.

Mandatory procedure for students/parents who have a concern:

1. Have the student meet with the coach to discuss concerns. If the student and the coach cannot reach a consensus the next step would be the following:
2. Email the coach and arrange a time that the coach can discuss the concern. This meeting can take place over the phone or in person at the discretion of the coach. Please do not talk to the coach before or after a practice or performance if a prior appointment has not been made. The student will be present for this meeting as well. **Meetings are NOT to be arranged for discussing playing time.** If you cannot reach a

consensus with the coach on any other matters, the next step would be the following:

3. Email the athletic director to set up a meeting to discuss the concerns. The athletic director will contact the coach and the athlete to gather information for the meeting.

This procedure must be followed in the correct order. This is to insure that you and your student will be dealt with in a prompt and professional manner to resolve any concerns that may arise. The student and coach will be present for all meetings.

Communication in General:

NEW POLICY: COACHES WILL NO LONGER USE THEIR PERSONAL CELL PHONE OR HOME/WORK PHONE FOR ANY TYPE OF COMMUNICATION FOR MARIAN ATHLETICS PURPOSES. THIS INCLUDES TEXTING AND PHONE CALLS TO STUDENT-ATHLETES AND PARENTS. AN EMAIL TO GROUP TEXT MESSAGE PLATFORM MUST BE USED BY ALL COACHES. EXAMPLES ARE "REMIND ME" OR HEAD COACHES MAY USE HUDL. YOUR DAUGHTER'S COACH WILL INFORM YOU OF THEIR METHOD OF COMMUNICATION.

Locker Decoration

Locker decorations are allowed for varsity teams only for Metro, Districts, or State, one week prior to their competition. The team parents will need to follow the locker decorating guidelines, which are the following:

1. To mount the locker decoration, use masking tape only. No duct tape, scotch tape, or painter's tape (it doesn't stick).
2. The size of the lockers are typically 13" wide by 58" high.
3. Use scrapbooking paper or wrapping paper as the base. We no longer use cardboard or foam board as it was ending up on the floor.
4. Do not use any glitter or balloons.

Please arrange the time to get in the building to decorate the lockers with your varsity coach.

NEW POLICY: MARIAN'S BOOSTER CLUB WILL PAY FOR THE VARSITY TEAM OF EACH SPORT TO HAVE A BANNER MADE TO DISPLAY AT THE SCHOOL DURING THEIR SEASON. THE BOOSTER CLUB REPRESENTATIVE OF EACH SPORT WILL MAKE ARRANGMENTS FOR THE PICTURE. SENIOR BANNERS ARE ALLOWED FOR EACH SPORT BUT MUST BE FUNDED AND ORDERED BY THE SENIOR PARENTS OF THAT SPORT. THERE IS A SIZE RESTRICTION ON THE SENIOR BANNERS SO THAT ALL SPORTS HAVE THE OPPORTUNITY TO DISPLAY THESE DURING THEIR SEASON.

IF A TEAM QUALIFIES FOR STATE, DRIVEWAY SIGNS MAY BE DISPLAYED THE WEEK OF THEIR STATE EVENT. THESE WILL BE AT THE EXPENSE OF THE TEAM PARENTS.

**ALL BANNERS AND SIGNS MUST USE THE BOOSTER CLUB APPROVED DESIGN AND MANUFACTURER.
LETTER REQUIREMENTS**

An Athletic Letter is awarded to an athlete who meets criteria set up by the school and the coach. Being a member of a Varsity Team does not automatically grant an athlete a Marian Letter. Each sport has specific letter requirements and they are listed below.

GOLF - An athlete may letter by competing on the Varsity level in at least 33% of all regular season meets or 25% of all tournaments. Competing in Metro, District or State would also earn the golfer a letter.

CROSS COUNTRY - An athlete may letter by accomplishing one of the following:

1. Participating on the Varsity level in 25% of all meets through District.
2. Being a member of the select travel squad in 25% of all meets through District.
3. Being a state qualifier or alternate runner.
4. Being a senior who competes at least two seasons in good standing and with the coach's recommendation.

SOFTBALL - To be eligible for a letter, an athlete must play 33% of all regular Varsity season games, excluding District or State.

VOLLEYBALL - To be eligible, an athlete must play 33% of Varsity games in all matches played during the regular season, excluding District or State.

SWIMMING - To be eligible, a swimmer or diver must achieve either a secondary or automatic state qualifying time or mark.

BASKETBALL - To be eligible, an athlete must be on the Varsity team and play in at least 33% of regular season Varsity games.

SOCCER - To be eligible, an athlete must be on the Varsity team and play in at least 33% of all regular varsity season games, excluding District and State.

TENNIS - To be eligible, an athlete must:

1. Win 50% or more dual matches, either singles or doubles.
2. Place in the top six of an invitational or Metro tournament.
3. Compete in State.

TRACK - To be eligible, an athlete must:

1. Place in a regular season invitational as an individual or in a relay.
2. Place in an individual event or relay in the conference meet.
3. Compete in State

ATHLETIC CHECKLIST

- ✓ Physical completed before tryouts begin.
- ✓ Parents and Athlete have read, signed, and returned the commitment letter.
- ✓ Parents have read, signed, and returned the parental consent form located on the back of the Marian physical form.
- ✓ Parents and Athletes completed reading the Athletic Handbook and have returned the signed acknowledgement form back to Marian.
- ✓ At least one parent and athlete have attended the Sports Athlete/Parent meeting.