



MERION
MERCY
ACADEMY

Athletic Handbook

Introduction

The Merion Mercy Athletic Handbook is an important reference and resource for students participating in interscholastic athletics at MMA and their parents in the shared effort and obligation to understand and follow the school’s set of official policies governing the Athletic Program. Participation in high school athletics can be a fulfilling and positive life experience. The issues surrounding participation in high school athletics are governed by school policies and the policies of the various athletic associations of which the school is a member. The principles underlying these policies are rooted in MMA’s core values and expectations of respect for self and others, common courtesy, integrity and the implicit agreement that a student who participates in athletics will strive to fulfill the requirements of being a student athlete.

It is the goal of the MMA Athletic Department to run an efficient and successful athletic program. This handbook serves to support this goal. Parents and students are asked to read this handbook and sign the agreement form and return it to the Athletic Director.

In an ever-changing environment, it should be noted that no set of policies will address every potential issue or situation that may arise in the Athletic Program.

Table of Contents	Page
Athletic Department Philosophy	4
Mission Statement	4
Goals of the Athletics Program	4
Athletic Program	5
Memberships	
Seasons	
Achievements	6
Guidelines for Student Participation	6
Academics	7
School Attendance	8
Guidelines for Parents/Caregivers	8
Communication	9
Sportsmanship	10
Athletes Code of Conduct	10
Spectator Code of Conduct	11
Harassment, Bullying, Hazing (MMA General Policy)	11-12

Procedures for Complaints	13
Participation and Playing Time	13
Playing Policy	14
Cut Policy	14
Team Commitment	15
Risks of Athletic Participation	15
Physical Exams	15
Injuries	15
Athletic Trainer	15
Equipment/Uniforms	16
Team Apparel	16
Athletic Fee	16
Family Vacations	16
Transportation	16
Team Activities	16
Fundraising	17
Game Cancellations/Inclement Weather	17
Websites	17

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. Merion Mercy Academy's mission and core values are the foundation of the athletic program. All involved in the Athletic Program – students, coaches, spectators, etc. are expected to exemplify the school's values. Student athletes assume a responsibility to be role models and demonstrate in their daily lives the commitment to Christian ideals and the school's core values. The department believes in commitment and pursuit of excellence in and out of the athletic arena.

MISSION STATEMENT

The mission of the MMA Athletic program is to provide a positive and supportive learning experience. Students will have the opportunity to enjoy athletic competition and to develop the skills necessary to participate in competitive sports while enriching the educational, spiritual, and personal experience of our athletes. MMA believes that athletics are an essential component of the school's programs. Athletics offer unique opportunities outside of the classroom to express our core values, to develop self-discipline and improved self-image and to encourage a healthy sense of competition and cooperation.

MMA will strive to offer its students the opportunity to participate in a wide range of individual and team activities with quality coaching and facilities to obtain this objective. Interscholastic sports offer the athlete an opportunity to compete at the highest level, locally and state wide. The school encourages each student to participate to the best of her ability in the sports of her choice with the recognition that each sport will have distinct specifications regarding the number of students able to participate. MMA will attempt to provide as many levels of participation as is feasible given adequate facilities, staff, and schedule.

The athlete shall be expected to maintain the same academic standards as any other MMA student.

GOALS OF THE ATHLETICS PROGRAM

- Express our core values as part of our school's mission
- Develop improved health and physical fitness.
- Develop and improve movement skills.
- Develop desirable social values and attitudes.
- Develop specialized knowledge, skills, and appreciation of sports.
- Foster good sportsmanship always.
- Develop competitive teams

ATHLETIC PROGRAM

MEMBERSHIPS

The Interscholastic Athletic Program gives students the opportunity to participate in competitive athletics with area schools. As a member of the following associations, MMA commits to abide by the rules and regulations particular to each organization:

PIAA	Pennsylvania. Interscholastic Athletic Association
AACA	Athletic Association of Catholic Academies
PSRA	Philadelphia. Scholastic Rowing Association
SRRA	Scholastic Rowing Association of America

ATHLETIC PROGRAM SPORTS SEASONS

MMA offers 13 sports and 20 teams due to varsity and junior varsity programs in some, but not all sports. Participation with teams in the various associations listed provides annual highly for a highly competitive and full schedule. Below is a list of sports offered at MMA by season:

FALL

Varsity, JV Field Hockey
Varsity & JV Soccer
Varsity & JV Volleyball
Varsity & JV Cross Country
Varsity & JV Tennis
Golf

WINTER

Varsity & JV Basketball
Swimming/Diving
Indoor track – depends on number of participants

SPRING

Varsity & JV Lacrosse
Varsity Softball
Track & Field

YEAR ROUND

Crew

Please note that some sports require a limited number of players, while some others are open to all. The number of interested participants per team will dictate whether cuts are made.

SEASONS

The PIAA sports seasons begin:

Fall	Mid-August
Winter	Mid-November
Spring	Early March

These are the months/times in the month that tryouts start. Exact dates for tryouts are communicated annually. As these dates are set by the league, it is important to schedule your vacations accordingly. In fairness to all, any student who wishes to participate in sports is required to participate during tryouts.

ATHLETIC PROGRAM ACHIEVEMENTS

In addition to many league and district championships, MMA has won 9 State Championships: 1 basketball, 3 track, and 5 volleyball. The crew team has participated in the Henley regatta twice, bringing home the championship and runner up trophies.

GUIDELINES FOR STUDENT PARTICIPATION IN ATHLETICS

The Athletic Program at Merion Mercy Academy is one of several extracurricular programs that contribute to the overall life of the school and the educational experience an individual student may have. The guidelines inform student participation in athletics.

- Participation in school sports is a privilege. To earn and maintain that privilege, athletes must abide by the rules and Code of Conduct and act as positive role models who exemplify good character, on and off the fields/court.
- Every student who wishes may try out for a sport and can expect to be evaluated fairly. While the goal of the athletic program is to promote the greatest athletic participation possible at MMA, in some sports it may be necessary to cut players from teams. Every coach has the responsibility and authority (after consulting with the AD) for selecting his/her team.
- At times participation in another school activity that also requires a high level of regular commitment and attendance may impact a student's participation in athletics. As most coaches, music instructors, theatre directors, etc. come to MMA from other full-time employment or family commitments, there often is very little flexibility in their schedules to change practice times, etc. Thus, a student may need to make a choice to participate in one activity.
- Playing time is earned through working hard to develop and improve skills, being a good team member and cooperating with the directives of the coach.
- Players are expected to attend all scheduled practices and games including weekend, holidays and vacations.
- In general, excused absences for practices or games apply only to students who are ill or who have an injury. Special requests for an excused absence for reasons other than injury or illness must be made in writing to the Asst. Head for Student Affairs prior to the day of absence.

- Students who have an unexcused absence for a practice or game may not start at the next subsequent game. Based on the circumstances she may also forfeit her position on the team.
- MMA athletic games and practices take precedence over any non-MMA teams.
- MMA athletes may participate in only one sport preseason.
- Athletes must dress properly for all practices/games per the guidelines of the Athletic Department and/or coach.
- Athletes must meet all academic requirements as set forth by MMA and PIAA.
- As athletes are students at MMA first, it is expected that they cooperate with all school policies including daily school attendance, dress code, discipline as outline in the Student Handbook.
- An athlete who engages in criminal activity or violation of civil law may be denied participation in the athletic program. This includes underage smoking, vaping, drinking of alcoholic beverages and possession or use of illegal drugs. This also includes possession of a firearm or weapon.
- When in the judgment of the HOS, athletic director or coach, an athlete has failed to represent the school's ideals in matters of conduct, citizenship, sportsmanship, either in the classroom, on the school's campus or at school sponsored events, the athlete may be penalized in response to the seriousness of the action e.g. suspension from a certain number of games, dismissal from the team, etc.
- Due to the varied physical and mental demands on the different interscholastic athletic events, the head coach may establish further team rules to ensure the safety and well being of the team. These will be discussed in the pre-season.

ACADEMICS

The Athletic department recognizes that the primary goal of the athlete is educational. Therefore, the department supports the concept that the athletes should work to their potential in the classroom and be committed to achieving maximum success. While academic success is determined on an individual basis, the administration has the right to determine academic eligibility to participate in athletics.

Participation in athletics in conjunction with success in academics results from hard work, commitment, and sacrifice. As a result, a healthy balance between athletics and academics is encouraged. While athletic honors earned by individuals and teams are encouraged and important, meeting academic goals and expectations are paramount. The goal of every student-athlete is to attain a diploma.

Athletes are not permitted to miss an assignment, quiz, or test due to early dismissal for a game/meet/race/practice etc. Athletes must inform their teachers at least 1 day in advance if they are going to miss a class or quiz/test and to set up an appropriate time to take the quiz/test before leaving for the sports event. Athletes are required to complete all assignments, homework, and class work and be prepared for class the next day,

ATHLETE ATTENDANCE POLICY

All athletes must be in school by 9:00 on the day of any game/practice in which they intend to participate or attend.

It is the obligation and responsibility of team members to attend scheduled practices, contests and meetings regularly and on time. If an unavoidable conflict arises with a practice or contest, one of the coaches should be notified before the practice or game.

GUIDELINES FOR PARENTS/CAREGIVERS OF ATHLETES

- Recognize and affirm your daughter's athletic ability and skill level honestly. Encourage her to work to improve each day.
- Understand that the coach considers the individual and the overall composition of the team in assessing individual athletes and in building the best possible team.
 - Refrain from comparing your daughter's ability/success with other athletes on the team.
 - Make sure your daughter knows that win or lose, you appreciate her efforts and are not disappointed in her. Be the person in her life that she can look to for constant positive encouragement.
 - Help your daughter to learn that a failure is an opportunity for growth.
 - Be helpful but do not coach your daughter. It is difficult and confusing for an athlete/daughter to be flooded with advice or instruction from multiple authority figures, especially when the instructions differ.
 - Teach your daughter to enjoy competing in sports, not only for the thrill of competing, but as an opportunity to improve skills and attitudes, to learn to be part of a team and build friendships and relationships, to develop leadership and maturity and to have fun.
- Take care to not relive your athletic experience through your daughter in a way that creates pressure.
- Get to know the coach. Then you can be assured that his/her philosophy, attitudes, ethics, and knowledge align with the school's expectations of coaches and that you are comfortable having your daughter under his or her leadership.
- Remember that students feel praise or critique very deeply – whether from coaches or teammates. As such, they may exaggerate or misinterpret the experience. Help your daughter to distinguish between what happened and her feelings about what happened, honoring both, but guiding her in learning resilience, resolving conflicts, being positive, learning from mistakes and growing in confidence.

COMMUNICATION

Communication is an important element to support our athletic program. Coaches will hold a meeting with parents and students at the beginning of each season to outline expectations for the particular sport. Some areas that will be covered are:

- Philosophy of the coach

- Expectations the coach has for your daughter and the team
- Practice requirements
- Locations and times of all practices and contests
- Procedure should your daughter be injured
- Behaviors or actions that could result in denial of your daughter's participation
- Manner in which regular communication will happen with students and parents throughout the season re: updated change in practice schedule, contest schedule changes, etc.

The coach will also discuss helpful communications from parents. Some of these are:

- Concerns by the student or parent are expressed directly to the coach.
- Student or parent notifies coach of any schedule conflicts at least ten (10) days in advance
- Communication of concerns regarding the coach's philosophy and expectations
- Communication regarding interactions between your daughter and the coach

In accord with Merion Mercy's practice and expectation of each student that she speaks directly to a teacher or a coach regarding classes or athletic activities to resolve any issues or conflicts, the following are the steps to follow if an issue or conflict should arise:

1. The athlete should approach the coach to discuss the issue. Coach and athlete will seek a mutually acceptable resolution.
2. If after the athlete has had the opportunity to speak to the coach and the athlete/parent is not satisfied with the outcome, the parent should contact the coach for a meeting.
3. If there is still no resolution, then the parent should meet with the Athletic Director.

Hopefully, it can be resolved at this level. If not and it needs more attention, the athletic director will set up a meeting between the parent, the athletic director and the principal of the school.

PARENT COMMUNICATION WITH COACHES

To support the student athletes and the overall athletic program parents are requested to observe these procedures:

- Express concerns directly to the coach
- Notify the coach of any schedule conflicts in advance
- Clarify with the coach concerns regarding a coach's philosophy and expectations
- Discuss immediately and concerns related to the treatment of your daughter

While the Athletic Department and each coach welcomes communication, game day is a high energy/stressful day for athletes and coaches and not usually the best time for students or parents to have discussions with the coach regarding issues or concerns. Your encouragement and affirmation are welcome on game days, but you are asked to wait

until another time to raise issues of concern. Please email the coach to set up an appointment. Issues that are not appropriate to discuss with the coach include: playing time, team strategy, and other team members.

SPORTSMANSHIP

A goal in high school athletics is the ability to develop and uphold good sportsmanship. At MMA we pursue this goal within the context of our Catholic faith and the mission and core values of the academy, especially the values of integrity and respect. When these values are upheld, we realize a positive spirit of competition, courteous relations and graceful acceptance of results.

Good sportsmanship is viewed at MMA as a commitment to fair play, ethical behavior, respect for others and integrity. The promotion of sportsmanship is the obligation of all school personnel, Head of School, Athletic Director and coaches and is directed to their behavior as well as the behavior of athletes and spectators. The ideals of sportsmanship apply equally to all sports. Each coach sets standards that clearly define what behavior is expected and permissible, based on our core values and principles of good sportsmanship. Athletes and coaches are required to follow sportsmanship guidelines set forth by the National Federation of High Schools, the PIAA, AACA, SRAA & PSRA. If these guidelines are not followed serious penalties for poor sportsmanship have been defined that can affect the athlete or coach, the team and the school.

ATHLETES' CODE OF CONDUCT

- Act at all times in accord with our values and principles of good sportsmanship.
- Arrive on time for all scheduled practices and competitions.
- Set a positive example for each other and encourage the highest degree of cooperation.
- Maintain the good order of the locker room and take care of all equipment.
- Play fairly.
- Celebrate success and be graceful whether winning and losing.
- Acknowledge positively your opponents' wins and good efforts.
- Cheer for and support the members of your team.
- Respect your opponents. Do not cheer against your them, yell at them, use vulgar or profane language, taunt or trash talk at any time.
- Respect the officials; any form of disrespect or yelling will not be tolerated.
- Maintain positive behavior at all times; do not use vulgar or profane language or act aggressively with opponents, spectators, teammates or coaches.
- Respect your opponents' cheerleaders and their attempt to lead cheers.
- Choose to act according to the Code of Conduct regardless of the actions or behaviors of others.
- Remember that your actions reflect on you, your family, your teammates and on Merion Mercy Academy's reputation. The actions of an individual or a few can impact the entire school community. Inappropriate or negative behavior tarnishes the reputation of the school.

Failure to adhere to the Code of Conduct will result in disciplinary action for the individual and potential penalties that affect the entire team.

SPECTATOR CODE OF CONDUCT

Attendees at all athletic events are expected to abide by the values of MMA and principles of good sportsmanship. Spectators should observe the following:

- Remember that student athletes play sports for their enjoyment.
- Have reasonable expectations and understand that doing one's best and developing as an athlete is as important as winning.
- Show respect of athletes, coaches and spectators of opposing teams and MMA's teams. Ridicule, harassment or bullying is not acceptable behavior and is prohibited. Such behavior may result in being excluded from athletic events.
- Respect the official's decisions and encourage all participants to do the same.
- Respect and show appreciation for the coaches and understand that they have given their time to provide sport activities for our students.
- Maintain positive behavior at all times; do not use vulgar or profane language or act aggressively with MMA or opponent's spectators, team members or coaches.
- Choose to act according to the Code of Conduct regardless of the actions or behaviors of others.
- Remember that your actions reflect on you, our athletic program, the coaches and Merion Mercy Academy's reputation. The actions of an individual or a few can impact the entire school community. Inappropriate or negative behavior tarnishes the reputation of the school.

Failure to adhere to the Code of Conduct may result in exclusion from athletic events and potential penalties from the interscholastic association in which we participate that could affect the entire team and/or our athletic program.

HARASSMENT, BULLYING, AND HAZING

The following is Merion Mercy's general policy on harassment, bullying and hazing. Specific application of this policy to the athletic program is shown in the insert.

Merion Mercy Academy will not tolerate any instances of harassment, demeaning behavior, bullying, or hazing. All allegations should be brought to the attention of the Administration. These allegations will be taken seriously and investigated promptly. Confidentiality will be maintained to the extent possible for both the suspected perpetrator and the alleged victim.

Definitions:

- Sexual harassment involves unwelcome sexual advances, implicit or explicit requests for sexual favors, inappropriate verbal comments, or physical conduct of a sexual nature.

- Verbal harassment involves derogatory comments, jokes, or slurs about a person's gender, race, religion, ethnic origin, physical characteristics, or family.
- Physical harassment involves unwanted physical contact, assault, deliberately impeding or blocking movements, and any intimidating interference with normal activity or movement.
- Visual harassment involves derogatory, demeaning, or inflammatory material, such as posters, cartoons, writing, artwork, photographs, and gestures.
- Sexual, verbal, and visual harassment communicated through electronic means is unacceptable.
- Bullying involves an intentional electronic, written, verbal or physical act that is directed at another person; that occurs in a school setting that is severe, persistent, or pervasive; and that has the effect of doing any of the following substantially interfering with one's education, creating a threatening environment, or substantially disrupting the orderly operation of the school.
- Cyber bullying involves sending or posting harmful or cruel text or images using the Internet or other digital communication devices, including cell phones and PDAs (personal digital assistants). It can include sending cruel, vicious, or threatening e-mails; creating Web sites that have stories, pictures and jokes ridiculing others; posting pictures of other people online with derogatory phrases or questions attached to them; using someone else's e-mail to send vicious or incriminating e-mails to others; or using instant messaging tools to harass others.
- Hazing is any action or situation, with or without the consent of the participants, which recklessly, intentionally, or unintentionally endangers the mental, physical, or academic health or safety of a student.

In athletic activities, some may view hazing as a harmless rite of initiation or an important activity for team bonding. Hazing, however, is a form of harassment and will not be tolerated in any MMA activities.

For athletes this means hazing in any form is prohibited during their sporting event, in the locker room, on the bus/van, or at any team activity in which MMA athletes are in attendance. This includes socials and sleepovers.

SEXUAL/RACIAL/RELIGIOUS HARASSMENT

No coach, student, volunteer, official or employee of the school shall plan, direct, encourage, aid, or engage in any sexual, racial or religious harassment. No coach, student, volunteer, official or employee of the school shall permit, condone, or tolerate the above. This policy applies to behavior that occurs on or off school property and during and after school hours. The school will act to investigate all complaints and take appropriate action against anyone who has violated this policy.

PROCEDURES FOR COMPLAINTS OF HARASSMENT, DEMEANING BEHAVIORS, BULLYING, OR HAZING

- All employees, volunteers, and students are responsible for ensuring that the school is free from all forms of harassment, demeaning behavior, bullying, and hazing.
- Any employee, volunteer, or student who believes that he or she has been subjected to harassment, demeaning behavior, bullying, and hazing has a responsibility to report the actions as soon as possible to an administrator.
- The administrator will promptly and thoroughly investigate the complaint of impropriety and document the complaint and findings.
- All information will be kept confidential and will be disseminated on a “need to know” basis.
- As soon as possible after the completion of the investigation, the administrator will advise the employee, volunteer, or student who brought the complaint of the findings and what conclusion came from the investigation.
- If an employee, volunteer, or student experiences harassment or bullying from a parent, s/he should bring the allegation to the attention of an administrator who will investigate the situation. In this case, a parent found to be bullying or harassing an employee, volunteer, or student will be asked to communicate with school members only through an administrator.

Retaliation in any form against an employee, volunteer, or student who exercises his or her right to make a good faith complaint of harassment, demeaning behavior, bullying, or hazing under school policy is strictly prohibited. Any employee, volunteer, or student who retaliates against another employee, volunteer, or student for making a complaint of one of these behaviors will be subjected to disciplinary action. Disciplinary action may include termination of employment in the case of an employee or suspension or dismissal from school in the case of a volunteer or student.

This policy shall apply to acts conducted on or off campus or other school property whenever such acts are deemed to constitute harassment, demeaning behavior, bullying, or hazing. The policy shall apply to all employees (full-time and part-time, including contracted persons, coaches, and moderators), volunteers, and students. Accordingly, all employees, volunteers, and students shall receive a copy of the policy.

PARTICIPATION AND PLAYING TIME

It is important to understand that participation on an athletic team at MMA is a privilege and not a right. Being on and maintaining one’s position on the team means accepting all the team rules and responsibilities of an athlete. However, unlike recreation, grade school or intramural teams, high school athletics is more highly competitive. Equal or guaranteed playing time does not exist. To remain competitive, a coach will use the players he/she feels are best suited to the conditions of the game at that time.

Athletes that participate in out of season clubs/leagues/camps etc. are not guaranteed to be a member of these MMA teams the following season. It is understood that these programs are beneficial in developing the athlete to become a better player as an individual, but do not automatically guarantee a place on an MMA team.

PLAYING POLICY

Merion Mercy teams may be split into the following ability groups:
Junior Varsity and Varsity.

Junior Varsity teams grow in knowledge and practice of the fundamental skills of the sport while also learning competitive game skills. One of the goals of JV athletics is to prepare athletes for varsity competition. Athletes should expect comparable playing time based on their attendance and practice effort. Being a member of a JV team does not guarantee that an athlete will automatically make the varsity team. The athletes best suited for varsity competition will make the team each year.

Varsity teams advance their knowledge and practice of the fundamentals of their sport while strengthening competitive game skills. Athletes at this level are not to expect comparable playing time. It is up to the coach's discretion as to who plays or not. While coaches are to be fair in their selection of players, in general, the school's best athletes in each sport will compete at the varsity level.

CUT POLICY

While the goal is to promote the greatest athletic participation possible at MMA, it may be necessary in some sports to cut players from teams. Every coach has the responsibility and authority (after consulting with the AD), for selecting his or her team. The criteria for selecting the team is developed by the coach and the criteria for each team is different. It is important to remember that there are no guarantees to making the team. All players, including seniors, must all earn their spot on the team each year. Having been a member of the team the previous year does not guarantee a spot on the team the following year.

All athletes will be treated fairly and given every opportunity to display their level of ability before a cut is made. The coaching staff will evaluate not only skill level but also potential for development, attitude, reliability, work ethic, ability and willingness to be coached, and any other pertinent qualifications before deciding on cuts from a team. Coaches are sensitive to feelings of disappointment and will handle the task as positively as possible and be there to speak to the athletes.

While it is understood that being cut is disappointing for many athletes, unfortunately it may not be possible to keep everyone. Any student cut from a team is welcome to try out again next season or try another sport that has not cut yet.

TEAM COMMITMENT

MMA athletic program requires a 5 or 6 day a week commitment, depending on the sport and level. It is understood that some MMA athletes will participate on club & recreational teams when permitted by PIAA and AACA rules. In the event that an athlete

has a conflict between their outside commitment and their MMA team, the athlete will always prioritize the MMA activity first. The MMA athlete is expected to attend all practices and contests. The head coach should be directly notified of an absence in advance. If an athlete chooses to miss a game or practice, she must understand that the coach may impose a penalty. Injured athletes are expected to attend all practices and games unless they are going to the doctor/physical therapist for injury assessment/rehabilitation.

RISKS OF ATHLETIC PARTICIPATION

Despite all the protective equipment, and the supervision and sound instruction by our coaches, there are some risks associated when someone participates in athletics. Injuries can and unfortunately do occur. In extremely rare cases, death can also result. All athletes and parents need to be aware and understand this possibility. At MMA we will do all we can to ensure a safe and healthy environment for our athletes.

PHYSICAL EXAMS

No students may tryout out for any sport unless she has a PIAA 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. If a student plays more than 1 sport a recertification form is needed for subsequent sports. All forms can be found on Merion Mercy's website under athletics.

INJURIES

It is the athlete's responsibility to immediately report any injury to the coach. The coach will then refer the athlete to the Athletic Trainer and an injury report will be filed. If an athlete has been removed from a game or practice because of an injury needing medical attention, the athlete must see the Athletic Trainer on return to school and cannot return to practice or games without a doctor's note.

ATHLETIC TRAINER

The Athletic Trainer is a part time staff member at Merion Mercy. The purpose of the Athletic Trainer is to secure the safety of an athlete who may be injured and requires medical attention. The Athletic Trainer will confer with the coach and parents/guardians that may be present at the time of the injury as to the extent of the injury and if it requires any additional attention by a physician. The parent/guardians of the athlete have the final decision on any further treatments for the athlete.

EQUIPMENT/UNIFORMS

To receive a uniform the athlete must pay the appropriate fee for that sport. Athletes must take care of all uniforms, equipment, school facilities and property. Each athlete is urged to secure her belongings in her locker at all times. The school cannot accept responsibility for lost or stolen articles.

At the end of the season athletes must return their uniforms in the condition it was received by the designated date. Failure to do so will result in demerits. Lost or damaged equipment/uniforms are the responsibility of the individual athlete and the Athletic Department must be reimbursed for replacement costs. Failure to return/replace

equipment/uniforms by the designated date may result in termination of future athletic eligibility at MMA, forfeiture of MMA athletic awards, and/or refusal for MMA to release grades or transcripts.

Athletes may change into their sports uniforms at lunch time if they have an away game leaving before 3:00. They must follow the uniform regulations as posted for their sport. No athlete may come to school in their sports uniform without the permission of the Head of School, Assistant Head of Student Affairs or Athletic Director.

TEAM APPAREL/SPIRITWEAR

All clothing that is purchased by individual teams must be purchased through the school store. Teams may design their own apparel but must use the manufacturers or vendors approved by the school. The captains of the teams are to make an appointment to meet with Mrs. Bevilacqua (of the school store) to get their order together. ALL ORDERS must be approved by the Athletic Director. Once approved, an online store will be setup for each team and athletes may purchase from there. Once the order is fulfilled, the teams will receive notification their orders are in and can be picked up from the school store located in the Lyceum.

ATHLETIC FEE

Due to the rising cost of transportation, uniforms, officials fees, district & state fees & facility rentals there is a fee assessed to all athletes participating in the interscholastic sports programs. If your daughter makes the team this fee will be automatically be placed on your school bill in the business office. This fee is nonrefundable.

FAMILY VACATIONS

When parents and athletes choose to take a vacation during the sport season, it must be understood that time missed by the athlete can affect team chemistry and personal conditioning. Athletes that miss practices or games for any reason may have their position or playing time cut down. The season schedule is available on www.schedulestar.com

TRANSPORTATION

Athletes will be transported to and from away contests by school bus/van. In special cases, a parent may request their daughter to drive. In such cases, a travel permission form must be obtained from the Athletic Directors E Board and must be signed by a parent/guardian and given to the Athletic Director for approval the morning of the game. No student may transport another student to or from a game at any time.

TEAM ACTIVITIES

Team activities such as team parties, tailgate parties, pasta dinners and end of season parties are encouraged. However, coaches may not 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. Maximum amount to be collected for end of the year party, coach's gifts, senior gifts, etc. is \$25 per athlete.

FUNDRAISING

No fundraising of any kind may be done without the Head of School's permission.

GAME CANCELLATIONS/INCLEMENT WEATHER

Game cancellations due to weather are usually made by 1:00 and posted on the Merion website & www.schedulestar.com. Occasionally if the game is played locally or at night the decision to cancel may be later in the day.

HIGH SCHOOL SPORTS.NET – PARENTS' GUIDE

Schedule Star has accurate, complete, and up to date scheduling information directly from MMA's athletic office.

To sign up go to www.schedulestar.com and under the support tab a parents' guide to schedule star can be found. This guide is to help parents understand how to properly use the free features on schedule star. You are highly encouraged to sign up for these free features, especially to know when a game has been cancelled/postponed.

Other helpful websites include:

Merion Mercy Academy -- www.merion-mercy.com

PIAA District- one -- www.piaad1.org

Pa. Interscholastic Athletic Assoc. -- www.piaa.org

National Federation of State High School Assoc. -- www.nfhs.org

Scholastic Rowing Assoc. of America -- www.sraa.net

National Collegiate Athletic Assoc. -- www.ncaa.org