



To: SHS Parents

From: Mrs. Janice Zenevitch, Athletic Director/Physical Education Teacher

**Re: ATHLETIC PACKET (Athletics/Physical Education) 2018-2019**

I hope you had a very enjoyable summer with your family and friends! This year we are once again electronically sending you this Athletic packet. It is certainly full of a lot of information so please take your time to view. The first step for you to complete is to read the revised Athletic Handbook which is on the Sacred Hearts website. Once that is done if your child is a 4<sup>th</sup> grade Student Athlete or new to the sports program please complete the Student/Athlete Handbook Acknowledgement form. All Student Athletes grades 4<sup>th</sup>-8<sup>th</sup> must fill out the Medical Form to participate in sports and All Students grades K- 8<sup>th</sup> must send in the gym permission form (which allows your child to participate in gym). Please print out and complete these 3 forms and send them in on the first week of school. Please take note that if your child needs a cross country uniform shirt, that season begins so quickly so this one thing is time sensitive.

The Athletic packet enclosed includes the following registrations and deadlines: **READ CAREFULLY!**

- **Student/Athlete handbook acknowledgement form( ONLY for 4<sup>th</sup> graders and new to the sports program) (September 4th)**
- **Medical Form to participate in sports( for all Student Athletes 4<sup>th</sup>-8th) (September 4th)**
- **Gym permission form( for all Students K-8) (September 4th)**
- Basketball/cheering practice schedule
- **4<sup>th</sup>-8<sup>th</sup> grade Track/Cross-country uniform order form (September 4th) for cross country and March 25<sup>th</sup> for track)**
- 4<sup>th</sup>-6<sup>th</sup> grade Basketball uniform form (October 3<sup>rd</sup>)
- 7<sup>th</sup>-8<sup>th</sup> grade Basketball uniform form (October 3<sup>rd</sup>)
- Cross-Country registration form ( August 29<sup>th</sup>)
- Cheerleading registration form ( October 3<sup>rd</sup> )
- Basketball registration form ( October 3<sup>rd</sup> )
- Volleyball registration form (January 10<sup>th</sup>)
- Track registration form ( April 4<sup>th</sup>)
- Golf registration form (April 4<sup>th</sup>)

I am looking forward to another exciting and successful Athletic year. If you have any questions please email [jzenevitch@sacredheartsbradford.org](mailto:jzenevitch@sacredheartsbradford.org)



**SACRED HEARTS SCHOOL  
BRADFORD MASSACHUSETTS**

**STUDENT/ATHLETE HANDBOOK  
ACKNOWLEDGEMENT FORM**

**To be read, printed, signed and returned by ALL 4<sup>th</sup> Grade & families NEW to SHS!**

**STUDENT NAME:** \_\_\_\_\_  
**GRADE:** \_\_\_\_\_ **HOMEROOM TEACHER:** \_\_\_\_\_

**I have read the Student/Athlete Handbook and understand the rules and policies, which regulate athletics at Sacred Hearts School. I agree to abide by these rules and policies and understand that if I violate them, that my coach could discipline me. I also understand that my coach may have additional rules and policies for which I am responsible.**

**I understand that the athletic activities offered by Sacred Hearts School require dedication, hard work and strenuous athletic exertion. I understand that those who participate in athletics are exposed to the risk of injury including serious permanent injury.**

\_\_\_\_\_  
**ATHLETE'S SIGNATURE**

\_\_\_\_\_  
**DATE**

\_\_\_\_\_  
**PARENT'S SIGNATURE**

\_\_\_\_\_  
**DATE**



SACRED HEARTS SCHOOL  
Bradford, Massachusetts

**REQUIRED MEDICAL FORM TO PARTICIPATE IN  
SHS SPORTS PROGRAMS**

**To be read, printed, signed and returned by ALL Student athletes & parents.**

STUDENT NAME: \_\_\_\_\_  
GRADE: \_\_\_\_\_ HOMEROOM TEACHER: \_\_\_\_\_

I hereby give permission for my son/daughter to participate in the sports of \_\_\_\_\_ (Include all sports you anticipate participating in for the year). I hereby relieve Sacred Hearts School of all responsibility for my child's participation in this sport. I, the undersigned being cognizant of the hazards of athletic competition, assume all risks and agree that no legal proceedings will be brought or instituted against Sacred Hearts School or its staff for any reason whatsoever.

Please complete the following emergency & medical information for our school records and eligibility.

Home Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Name of Emergency Contact: \_\_\_\_\_

Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

**PERTINENT MEDICAL INFORMATION:**

Physician: \_\_\_\_\_ Phone \_\_\_\_\_

Dentist: \_\_\_\_\_ Phone: \_\_\_\_\_

Asthma: \_\_\_\_\_ Heart Condition: \_\_\_\_\_ Allergies: \_\_\_\_\_ Diabetes: \_\_\_\_\_

Eye Glasses: \_\_\_\_\_ Hearing Loss: \_\_\_\_\_ Daily Medication: \_\_\_\_\_ Contacts: \_\_\_\_\_

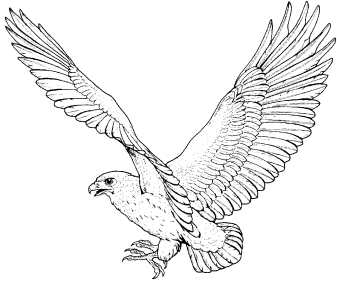
Other: \_\_\_\_\_

Insurance Carrier: \_\_\_\_\_ I/D Policy # \_\_\_\_\_

I hereby authorize my child to be transported and treated at a designated medical facility in the event of a serious injury.

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date



## **Track/Cross Country UNIFORM ORDER FORM**

**To: All 4<sup>th</sup>-8<sup>th</sup> grade SHS Track/Cross-Country Athletes**

**From: Mrs. Zenevitch, Athletic Director**

Any 4<sup>th</sup> grade participant and anyone new to the sport at SHS will need to purchase one. The cost of the shirt is \$20. Please send cash or a check to Mrs. Zenevitch made out to SHS. Please contact Mrs. Zenevitch at [jzenevitch@sacredheartsbradford.org](mailto:jzenevitch@sacredheartsbradford.org) with any questions.

**Complete and return this form to the Main Office  
attention Mrs. Zenevitch**

Name: \_\_\_\_\_ Grade: \_\_\_\_\_  
Contact Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Jersey Size: (Circle desired size)

Adult Small    Adult Medium

Adult Large    Adult XL

Youth Small    Youth Medium

Youth Large    Youth XL

Cash or please make checks payable to **SACRED HEARTS SCHOOL.**



## **CROSS-COUNTRY REGISTRATION**

Cross Country practices will be determined by the weather (pray for no rain). Practices begin at SHS and as the season progresses we practice at Winnekenni. More info will come from Coach Carbone about practice dates but we begin the first week of school. Practices are right after the school day and they are on many different days of the week. It is not necessary to make every practice but we ask that you try your best to be at a good percentage. Sacred Hearts competes in the Haverhill cross-country meets and the dates will be announced in early September. In the past, we have received help from several moms and dads during practice times. This is a huge help and I hope we receive it again this year. With the addition of more student athletes and all of the construction around town we will definitely need more parents for supervision. Please Email [jzenevitch@sacredheartsbradford.org](mailto:jzenevitch@sacredheartsbradford.org). if you intend to help supervise.

Thank You and Good Luck Runners!!  
Athletic Director  
Janice Zenevitch

### **Registration:**

**The fee for Cross Country is \$20.00 per athlete.  
Complete and return this form to the Main Office  
attention Mrs. Zenevitch**

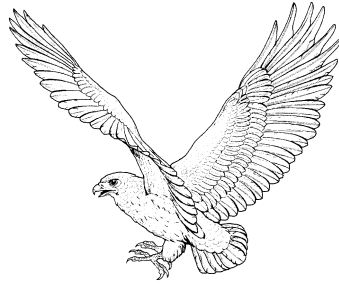
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**NAME** \_\_\_\_\_

**GRADE** \_\_\_\_\_ **HOMEROOM** \_\_\_\_\_

**PHONE** \_\_\_\_\_

**CHECK#** \_\_\_\_\_ **CASH** \_\_\_\_\_



**NEW & EXPANDED!**  
**SHS Cheerleading/ Dance Team**

Dear Parents,

Our cheerleading/dance team is offered to grades 4 through grade 8. The team begins practicing in October and ends in January. We cheer in the after school Haverhill Middle School Basketball league and we also perform in a cheerleading exhibition held at Haverhill High School in January. Cheerleading has evolved into a sport with dance moves and music included. The cost is a \$20 fee and also the cost of the uniform if needed. More information will be given out at a pre season cheerleading / dance team meeting.

**Complete and return this form to the Main Office  
attention Mrs. Zenevitch**

Name \_\_\_\_\_  
Grade/Homeroom \_\_\_\_\_  
Homeroom \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_  
Check \_\_\_\_\_ Cash \_\_\_\_\_

Thank you,  
Janice Zenevitch  
Athletic Director



**Sacred Hearts School**  
**“Home of the Hawks”**  
**BASKETBALL**

To: Parents of Students in Grades 4-8  
From: Janice Zenevitch, Athletic Director  
Re: Basketball Grades 4-8 Basketball Registration

**BASKETBALL REGISTRATION GRADES 4-8: We will begin our practices in November. Basketball Fees for grades 4 through 8 are \$85.00 per player. We compete in the MVCBA League (Lawrence). Games are played in Lawrence, North Andover, Andover, Newburyport and Haverhill.**

**Complete and return this form to the Main Office  
attention Mrs. Zenevitch**

**BASKETBALL REGISTRATION GRADES 4-8**

**STUDENT NAME:** \_\_\_\_\_ **GRADE** \_\_\_\_ **HOMEROOM** \_\_\_\_\_

**PHONE** \_\_\_\_\_

**CHECK#** \_\_\_\_\_ **(Payable to SHS)** **CASH** \_\_\_\_\_

**ARE YOU A FIRST TIME SPORT PARTICIPANT AT SHS?** \_\_\_\_ **YES** \_\_\_\_ **NO**

**IMPORTANT:** Please remember you may not attend any clinics or register to play basketball until you pass in the Acknowledgement form (first time participants at SHS) and Medical form (All participants) that are in **THIS PACKET.**



**To: All 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> grade SHS Basketball players**  
**From: Mrs. Zenevitch, Athletic Director &**  
**Mr. Victor Kwo, Uniform Coordinator**  
**Re: BASKETBALL UNIFORMS**

Hi to all of you! Another great season of SHS basketball is quickly approaching and we would like to get uniforms all set before the season starts. We will be using the reversible jerseys and our school gym shorts for the uniform again this year. We have a record of everyone's jersey numbers from last year and you will be using that same jersey. If you need to order a new jersey or shorts (ex: size change/new to hoop ) the cost for the jerseys are \$20 and shorts are \$16. Please contact Victor Kwo at [vtk96@hotmail.com](mailto:vtk96@hotmail.com) with any questions.

## **BASKETBALL UNIFORM ORDER FORM**

Player

Name: \_\_\_\_\_ Grade/Homeroom: \_\_\_\_\_

Contact Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

**Jersey Size: (Circle desired size)**

Adult Small	Adult Medium	Adult Large	Adult XL
Youth Small	Youth Medium	Youth Large	

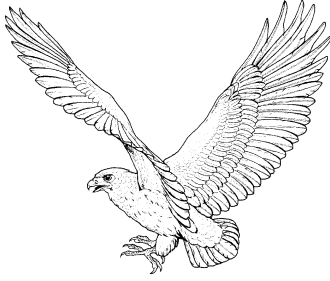
**Jersey Number request: 1<sup>st</sup> choice** \_\_\_ **2<sup>nd</sup> choice** \_\_\_ **3<sup>rd</sup> choice** \_\_\_

**Shorts Size: (Circle desired size)**

Adult Small	Adult Medium	Adult Large	Adult XL
Youth Small	Youth Medium	Youth Large	

Cash or please make checks payable to **SACRED HEARTS SCHOOL** and send to Victor Kwo, grade 6.

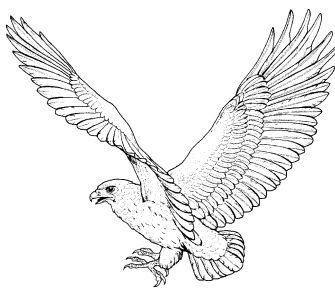




# Basketball Practice Schedule 2017-2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				2:45 – 4:45 Cheering/ Dance Team		
5:30-7:00 Middle Girls	5:30-7:00 4 <sup>TH</sup> Boys	5:30-7:00 5 <sup>th</sup> Boys	5:30-7:00 6 <sup>th</sup> Boys	4:15-5:30 4 <sup>th</sup> Girls	4:30-6:00 7 <sup>th</sup> Boys	
7:00-8:30 Middle Boys		7:00-8:30 8 <sup>th</sup> Girls	7:00-8:30 8 <sup>th</sup> Boys	5:30-7:00 5 <sup>th</sup> Girls	6:00-7:30 7 <sup>th</sup> Girls	
				7:00-8:30 6 <sup>th</sup> Girls		

**Practices will begin November 4, 2018 and finish by February 8, 2019.**  
**Schedules are subject to change.**



## VOLLEYBALL REGISTRATION

Registration is now underway for the 7<sup>th</sup> & 8<sup>th</sup> grade Volleyball teams. The girls and boys each have their own team and play from February to April in the Haverhill Middle School League. We play each of the city's other middle schools and we end the season with a tournament at Haverhill High School in April.

The fee for Volleyball is \$20.

Thank you,  
Mrs. Janice Zenevitch, Athletic Director

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**Complete and return this form to the Main Office  
attention Mrs. Zenevitch**

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**Name** \_\_\_\_\_  
**Grade** \_\_\_\_\_  
**Phone** \_\_\_\_\_  
**Check** \_\_\_\_\_ **Cash** \_\_\_\_\_



**Grades 4-8 SIGN-UP  
Sacred Hearts School TRACK**

**It's time for TRACK!**

Track practice will begin the Monday after April vacation. Practices will be at the Haverhill High School Track. In addition to our practices, there will be Mini Meets on some Fridays at 3:30pm. Both practices and Mini Meets are held at Haverhill High School. We also compete in the Haverhill Meets (Dates to be announced.) The Meets begin at 3:30pm on the given date. As soon as days and dates are confirmed we will get that information to you.

**Practices are 2 times a week, days TBA, time approximately  
from 5:30-7:30**

TRACK FEE: \$20 per runner

**Complete and return this form to the Main Office  
attention Mrs. Zenevitch**

Looking forward to a great TRACK SEASON!

Thank You!

Mrs. Janice Zenevitch, SHS Athletic Director

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**TRACK REGISTRATION**

**Name** \_\_\_\_\_

**Grade:** \_\_\_\_\_ **Homeroom** \_\_\_\_\_

**Parent E-Mail:** \_\_\_\_\_

**Parent Phone** \_\_\_\_\_

**Track Fee: \$20**

**Payment Enclosed:**

**Check#** \_\_\_\_\_ **(Payable to Sacred Hearts School) or**

**Cash in the amount of** \_\_\_\_\_.



**GOLF REGISTRATION**

**Golf season is finally here! The Murphy's from Garrison Golf have once again offered their time, expertise, and golf course for our sports program. They will be allowing approximately 16 golfers to participate in the program.**

**The Murphy's collect a small fee each golf day that would include the use of their golf range, their instruction and also the course. It is a very small fee compared to their regular rates and what the usual cost of a golf afternoon would be.**

**For now, registration will be offered to 7<sup>th</sup> & 8th Grade students only. If there are spaces available it will then be offered to the 6<sup>th</sup> grade. This will take place after school from 3:30 PM to approximately 5:00 on Thursday's. The season will begin late April as long as the weather is on our side. The season is six weeks long, until early June. The cost for this program is \$20. There is also a discounted individual fee to Garrison's on each golfing day.**

**Complete and return this form to the Main Office  
attention Mrs. Zenevitch**

**Thank you,  
Mrs. Zenevitch, SHS Athletic Director**

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**GOLF REGISTRATION**

**NAME** \_\_\_\_\_  
**GRADE** \_\_\_\_\_  
**HOMEROOM** \_\_\_\_\_  
**PARENT E-MAIL:** \_\_\_\_\_  
**PARENT PHONE:** \_\_\_\_\_  
**Enclosed: CASH** \_\_\_\_\_ **or CHECK#** \_\_\_\_\_