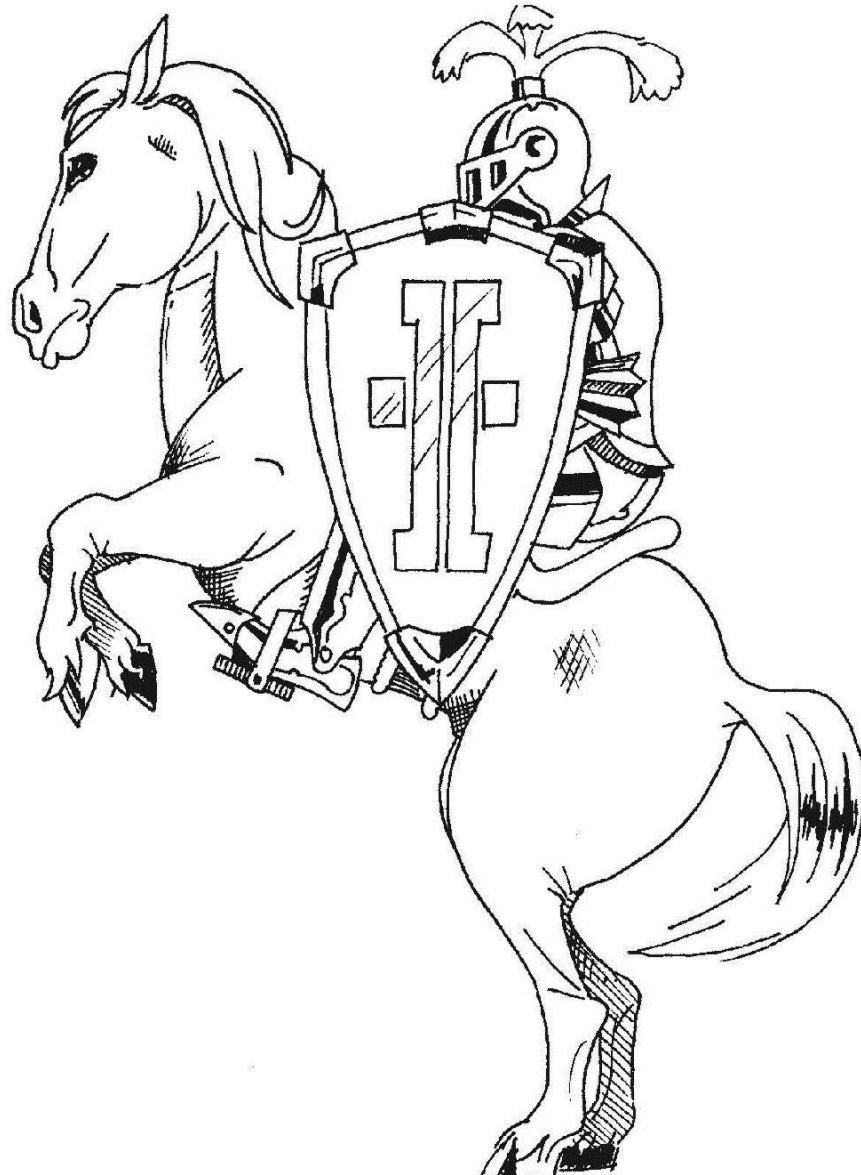


# SCHOOL OF THE INCARNATION

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## **Athletics Handbook 2025-2026**

[SOTI Athletics FAQs](#)

## **Mission and Rationale**

School of the Incarnation seeks to educate the whole child and recognizes the importance of school athletics in promoting lifelong fitness and health, as well as developing character and leadership skills on and off the playing field. Through these experiences, student-athletes begin to recognize their own God-given talents and to use these talents for the good of the team.

## **Sports Physicals**

Each student-athlete is required to have an annual [Athletic Participation Consent Form](#) and a [Sports Physical Form](#) on file with the athletic director prior to participation, including trying out for a team. Sports physicals are valid for one calendar year from the date of examination. It is the responsibility of the parent to have both forms on file prior to tryouts. Students who do not have a Sports Physical Form, which specifically clears the student for sports play, on file will not be permitted to try out or play.

## **Athletics and Injury**

Participation in any sport can be cause for accidental injury. Parents and student-athletes must be aware of the risks associated with participation in sports, and understand that, while School of the Incarnation will provide a supervised practice and game environment, the School cannot ensure that student-athletes will not experience an injury due to participation on sports teams.

## **Pre-Season Evaluations**

Prior to the start of each season, the athletic director(s) will coordinate evaluations of interested students in order to determine team rosters. Information regarding the date, time and location of tryouts will be provided via the School of the Incarnation website and/or email. To create a fair evaluation, all players must be present at the pre-season evaluation for their respective sport. While attempts to accommodate absences from pre-season evaluations may be requested, they cannot be guaranteed.

Objective criteria, including athletic skills, sportsmanship, academic and disciplinary records, will be used to evaluate candidates. Final decisions regarding roster selections will be made by the Athletic Director in consultation with the School Administration.

Academic and disciplinary eligibility will be reviewed prior to pre-season evaluations for all middle school students who sign up to try out for a sport. Student-athletes may have no more than one D in a core subject or N in a specialty area class (2 D's, 2 N's, or 1 D and 1 N makes them ineligible). Additionally, student-athletes may have no E's in any core subject or U's in a specialty area class. A student-athlete's disciplinary record will be taken into account for the purposes of pre-season evaluations and roster selections. Any student who does not meet the academic and disciplinary criteria may be deemed ineligible to try out for the team.

All eligible students are encouraged to try out. The school is committed to providing all students a fair chance to participate. Unfortunately, not everyone who tries out will always be offered a roster spot. Students and parents will be notified via the School of the Incarnation's website and/or email regarding final team rosters. Parents are encouraged to prepare their children for the possibility of non-selection.

## Athletic Fees

Each student-athlete's parent is required to pay an athletic fee for each sport in which he/she participates. This fee offsets the cost of uniforms, referees, equipment and field and gym maintenance. The fee for each sport will be \$95.00, with the exception of hockey. Due to ice rental and other expenses, the hockey fee will not be in line with other school sports. Fees will be applied to the parents' FACTS account on the following month's statement after each season begins.

## Eligibility

Interscholastic teams are open to students in grades 6-8. Full engagement in academics and respect for school rules are top priorities. Parents and students need to evaluate the time commitment demanded for students who are juggling academics, sports and other extracurricular activities to ensure that they do not become overextended. Competitive athletics are a privilege, not a right.

Students who sign up to try out for a sport will have their academic and disciplinary eligibility checked prior to trying out. Any student who is deemed ineligible for tryouts may not try out for the team. To be eligible for participation in interscholastic athletics, student-athletes may have no more than one D in a core subject or N in a specialty area class (2 D's, 2 N's, or 1 D and 1 N makes them ineligible).

Additionally, student-athletes may have no E's in any core subject or U's in a specialty area class. A student-athlete's disciplinary record will be taken into account for the purposes of roster selections.

Grades and discipline records will be monitored by the administration throughout the season. If a student-athlete is academically deemed ineligible, the student-athlete and coach will be notified by the Principal, Assistant Principal or Athletic Director(s). A follow-up review of the student-athlete's grades will be made within 10 school days of the notification of ineligibility. If grades have improved, the student-athlete may be reinstated. Until that time, the student-athlete may not participate in any practices nor attend games as a member of the team.

Once a member of a team, interscholastic athletic privileges will be revoked, either entirely or for a specified period of time, as a result of significant or repeated disciplinary infractions. If a student-athlete is suspended for behavioral reasons, suspension from participation in extracurricular activities will result as part of the disciplinary sanction.

\*Students are permitted to play for one school team per season (fall, winter, and spring)

## Dress Code on Game Days

- **Basketball/Cross Country/Volleyball-** players must wear the proper school uniform bottoms, socks, and shoes to school. However, players are allowed to wear their jersey (top) to school with an appropriate undershirt. The following undershirt options are permitted: school uniform shirt (PE shirt/sweatshirt on PE days), solid white t-shirt, or solid maroon t-shirt. Any other article of clothing may result in a uniform violation. Hoodies are not permitted to be worn under the jersey. Wearing a hoodie may result in a uniform violation.
- **Field Hockey/Lacrosse/Soccer-** players must wear the proper school uniform bottoms, socks, and shoes to school. However, players are allowed to wear their jersey (top) to school. Students may choose to wear a long sleeve t-shirt underneath the jersey, but it must be solid white or maroon (PE sweatshirt is allowed on PE days).

- **Hockey-** players must wear the proper school uniform bottoms, socks, and shoes to school. However, players are allowed to wear their jersey (top) to school. Hoodies are not permitted to be worn under the jersey. Wearing a hoodie may result in a uniform violation.

\*If players decide to remove their jersey at any point during the school day, the expectation is that they would be following the normal school dress code (PE uniform would be acceptable on their PE day). Players should follow the spirit wear guidelines on Friday game days.

#### **Responsibilities of the Student-Athlete:**

- To represent the school, the team, and oneself in a positive way that reflects the school's values of integrity, inclusion and initiative, both on and off the field of play.
- To honor the coach's decisions regarding rosters, positions and playing time.
- To demonstrate a cooperative spirit both on and off the field or court.
- To attend all scheduled practices and games except in the case of an illness or emergency.
- To care for all uniforms and equipment.
- To strive for personal bests both in school and in sports.
- To maintain a positive and respectful demeanor towards coaches, teammates, opponents and officials.

\*If a student-athlete is ejected from a game by an official, he/she may be suspended from the next game.

#### **Responsibilities of the Coach:**

- To attend required coaches' training.
- To complete the volunteer certification process as prescribed by the Archdiocese of Baltimore.
- To conduct pre-season tryouts based on open and fair guidelines.
- To select student-athletes' positions and determine playing time.
- To provide appropriate adult supervision for all team activities.
- To notify athletic director(s) of any injury sustained during practice or games.
- To provide student-athletes and their parents with timely and effective communication.
- To act as a leader and role model for both student-athletes and spectators.
- To teach and instruct all student-athletes to develop his/her skills and love for the game.
- To maintain a positive and respectful demeanor with players, parents, officials and opponents.

#### **Responsibilities of Parents:**

- To encourage and support all members of both teams.
- To honor the coach's decisions regarding rosters, positions and playing time.
- To provide timely transportation to and from practices and games.
- To volunteer time and energy to assist coaches with team activities.
- To maintain a positive and respectful demeanor with coaches, game officials, other parents and children.
- To be knowledgeable about student-athlete eligibility requirements and proactively communicate academic and behavioral concerns with the classroom teacher.
- To consider securing volunteer certification and driver certification through the processes set forth by the Archdiocese of Baltimore in order to support our teams and assist with travel to off-campus games. (see below)

## **Team Parent**

Each team is encouraged to select a volunteer team parent to oversee uniform distribution and collection, field/gym preparation for games and other tasks to support the success of the team. Although one parent may be designated as the Team Parent, all parents are expected to share in the responsibility of supporting the work of the coaches and the Athletic Director(s).

## **Virtus Training and Carpools**

All parents who volunteer as coaches or team parents must have active Virtus certification through the Archdiocese of Baltimore. In addition, any parent who drives children other than their own to away games must have both active Virtus certification through the Archdiocese of Baltimore and consent to a driving record check, resulting in approval through the Archdiocese of Baltimore. For information regarding this process, please contact the school's volunteer coordinator or consult the school's website.

## **Playing Time**

There is no mandatory or guaranteed playing time. Playing time for each individual player is at the discretion of coaches. Our volunteer coaches are tasked with managing a safe and fun environment while remaining competitive.

## **School Uniforms and Equipment**

At the start of each season, student-athletes may be issued team uniforms and equipment as determined by the sport. Uniforms and equipment remain the property of the School of the Incarnation. The care of both uniforms and school equipment is the responsibility of the student-athlete. The cost of lost or damaged equipment will be paid by the student-athlete and invoiced through FACTS to parents. No school records will be forwarded or accessible until all financial obligations have been met.

## **Early Dismissal for Away Games**

Student-athletes and siblings will be dismissed early for away games as determined by the administration. This determination will be communicated to the Athletic Director(s), who will forward the information to coaches, student-athletes and/or their parents.

Student-athletes will usually have the opportunity to change into their uniforms before leaving the school for away games. In the event that time does not permit for clothes to be changed before departing, student-athletes will wear the school uniform as prescribed in the Student Handbook until given the opportunity to change at the host school.

## **Absenteeism**

Student-athletes who are absent from school are not permitted to participate in after school games or practices. Student-athletes who leave school early and do not return to school prior to dismissal may not be permitted to participate in after school practices or games.

## **Recognition of Student-Athletes and Teams**

School of the Incarnation does not sponsor any end-of-season team parties. Student-athletes may be recognized at the end of the school year.

**Amendments and Modifications**

School of the Incarnation reserves the right to amend the Athletics Handbook. The administration reserves the right to waive or deviate from any and all regulations for just cause at their discretion. This Handbook is an informative booklet for parents and students setting forth the policies and procedures of the athletics program and is not intended as an expressed or implied contract.