

FAITH • CHARACTER • TEAMWORK • SPORTSMANSHIP

Holy Family Athletics

Parent & Student Handbook — Athletics Section

Holy Family Regional School | Rochester Hills, Michigan

Athletics

Holy Family Regional School (HFRS) has the privilege of being a member of the Catholic Youth Organization (CYO) of the Archdiocese of Detroit and follows all rules and regulations set forth and administered by the CYO. Holy Family is one of the many schools/parishes that participates in various sports through the CYO.

All students in grades 5–8 (and 4th grade for some sports as noted below) who attend Holy Family Regional School, as well as any Catholic youth who do not attend HFRS and meet the Family of Parish HFRS Athletic Requirements, are eligible to play on HFRS teams. The eligibility requirements for ALL participants — regardless of being a student at HFRS or a parish student athlete — are as follows: active parish participation, required religious education, parent participation, completion of all required forms (current health form on file), academic eligibility, attendance policy compliance, and adherence to the student and athlete code of conduct.

- **Active parish participation** is defined by each individual pastor. See the Parish Participation Policy for eligibility requirements (Appendix 1).
- **Parent volunteer hours:** Parents are required to volunteer 2 hours per athlete, per season. Failure to do so could result in a fine or removal from athletic eligibility in future seasons. Details will be presented upon registration.
- **Physicals:** ALL athletes must have a physician-signed physical dated on or after April 15 of the previous school year on file in the athletic office before the first practice/assessments. For example, for the 2025–2026 school year, the physical must be dated on or after April 15, 2026.
- **Academic standing:** All CYO athletes must maintain good academic standing and citizenship at HFRS and at athletic practices, games, and HFRS-sponsored events. Family of Parish players not attending HFRS must meet the academic and code of conduct requirements of their respective schools. See Appendix 2.
- **Team changes:** A player who has left a previous Holy Family team prior to the end of the CYO season to play for another team (AAU, RARA, public school team, etc.) must obtain permission from the athletic department before being considered eligible for a new season or sport.

Expectations of Coaching Staff

The coaching staff at Holy Family Regional School is expected to show integrity and be beyond reproach. Coaches are expected to model Christian sportsmanship, knowing that a school is judged more by its coaches' sportsmanship than by its win/loss record. Coaches are expected to communicate well, exude credibility, respect officials, and represent our school and values well. Coaches will place the physical and emotional well-being of the children above winning.

- Profanity and outbursts will not be tolerated and will result in immediate dismissal from our coaching staff.
- Gossip — including discussing parents, children, or anyone involved in HFRS athletics outside of their athletic development — is grounds for immediate dismissal of coaching responsibilities.
- Coaching requirements will be further explained upon coach applications and include up-to-date background checks, completion of AOD requirements including "Protecting God's Children," and no previous infractions of behavior.
- Coach selection is decided by the Athletic Director, with ultimate authority in decision-making completed by the Campus Principal as needed.

Expectations of Parents and Spectators

- Being a spectator of Holy Family Regional School is a privilege. All student athletes, coaches, parents, and spectators are expected to display good sportsmanship at all times, including respect for opponents, officials, coaches, teammates, and other parents/spectators. Negative behavior will not be tolerated, and violations may result in removal of the ability to attend HFRS athletics.
- Parents are expected to help their child meet his/her responsibilities to the coach and the team.
- Only positive and encouraging comments toward officials, players, fans, and coaches from both teams are expected. Inappropriate language or disparaging comments will result in removal of spectator privileges.

- Smoking, vaping, drugs, and alcohol are banned from all athletic practices, games, and events, home and away. Tailgating is prohibited.
- Parents will not interfere or coach from the stands.
- Remember this is a Youth Sports Program — the game is for the children, not the adults. Please encourage your child with a supportive atmosphere, free of pressure.
- **Supervision:** Athletes must be supervised at all times and should not linger in the building or on athletic facility grounds before or after practices/games without coach or guardian supervision.

Grievance Procedure

- **24-Hour Rule:** Wait 24 hours before reaching out to a coach with a complaint, disagreement, or general feedback.
- If the response is unsatisfactory, submit your issue to the Director of the Sport (if one exists for your sport).
- If the grievance remains active, submit it in writing directly to the Athletic Director within seven days of the event. The complaint will be reviewed within 7 days with an initial response; investigations may take up to 14 additional days. The Campus Principal may be informed, and the Principal's outcome is final. Each grievance and outcome remains on file for 3 years.

Spirit Wear Requirements: The athletic department owns the trademark rights and management of spirit wear for Holy Family. Items are available at each campus, through a sideline store accessible via the Holy Family website (athletics page), and through sport-specific spirit wear stores open during registration. No spirit wear may be ordered under any circumstance without prior approval from the athletic department.

Current Sports Offered

Holy Family's CYO program offers every sport currently offered by CYO Detroit. Three sports seasons exist within a school year, indicated below with season duration and general registration timing. Team formation and the necessity of assessments, caps, and grade mixes are completed per season in accordance with all CYO regulations, in consultation with the Athletic Department and Sports Directors. See Appendix 3 for Football Team Formation specifics.

Fall Season

Sport	Grades	Participation
Cross Country	4–8	Boys & Girls
Football	4–8	Boys & Girls
Sideline Cheer	4–8	Girls only
Soccer	5–8	Boys & Girls
Volleyball	5–8	Girls only

Season duration: Mid-August–Mid-October | **Registration period:** May of the previous school year

Winter Season

Sport	Grades	Participation
Basketball	5–8	Boys & Girls
Bowling	5–8	Boys & Girls
Cheerleading	5–8	Girls only

Season duration: Late October–Late February | **Registration period:** Late August/Early September

Spring Season

Sport	Grades	Participation
Lacrosse (full equipment – boys game)	5–8 (Grade 4 instructional)	Boys & Girls
Track	4–8	Boys & Girls

Season duration: Mid-March–Late May | **Registration period:** January

Appendix 1: Family of Parish Participation Eligibility

At Holy Family Regional School we welcome student athletes who are active and participating members of the supporting family of parishes, which include: St. Andrew, St. Mary of the Hills, and St. Irenaeus. Due to the size of our school and robust student athlete numbers across all sports, these are the only participating parishes — no exceptions will be made.

Athletes who are interested in playing for and representing Holy Family through a variety of sports must fulfill the following requirements:

1. Parish membership registration at one of the 3 identified families of parishes must occur no later than August 1 of the previous school year. For example, if a student athlete wishes to participate in a Fall 2026 sport, his/her family must have registered with their parish no later than August 1, 2025.*
2. Student athletes must have attended religious education the entire school year prior to the sport they are registering for, and must be attending and registered for religious education in the current school year. For example, for any 2026 sport (regardless of season), the athlete must have attended religious education during the 2025/2026 school year and be registered for 2026/2027.
3. Attendance in religious education classes at their home parish is essential. Religious Education attendance must be 85% or more for the entire previous and current school year. Players who do not meet this requirement for the current school year will not be able to participate until attendance meets the 85% requirement for a full school year.
 - The athletic department will check attendance with the associated parishes upon registration and a minimum of twice per season, in accordance with academic grade checks.

Please note: If a player's ability to be a parish member at our participating parishes was affected by a move (such as out of state), the athletic department can verify the above requirements with their previous parish.

Appendix 2: Academic, Attendance & Code of Conduct Requirements

Academic Policy

- Students are required to have an average GPA of 2.7 or better, with no failing grade in any class, in the previous 2 quarters to be eligible to register for the following season of sports. For example, to register for Football in Fall 2026, the student must have an average 2.7 GPA in Q3 and Q4 of the previous school year.
- Students must maintain a GPA of 2.7 and not fail any class to remain eligible for athletics in the current season. Grade checks occur every week of the season. A student failing one or more classes receives a warning the first week and seven days to bring the grade(s) up. If still failing after seven days, the student receives a seven-day suspension from practices, games, team parties, etc. Once grades return to good standing, participation may resume.

Attendance Policy

Students must be present for a full day of school on the day of practices or games to be eligible to participate that day, including Mass days. A student absent on an All-School Mass Day will be ineligible to participate in that weekend's sporting events. Excused absences or tardies are reviewed at the discretion of the Athletics Department.

Code of Conduct Eligibility

- At minimum, the student athlete will hold a B average or better in effort and conduct.
- If disciplined during the school day in any given week of the season, the athlete will be ineligible to participate in athletic events until HFRS administration deems the necessary disciplinary action fulfilled. Disciplinary actions are determined between administration and the athletic department, ranging from an athletic-specific detention to a suspension of no less than one game and up to a week of practice. This applies to games, practices, and team parties, but not team pictures, team Mass, or service opportunities.
- Disciplinary issues causing ineligibility include, but are not limited to, detentions, SLRs, and suspensions.

The following behaviors will not be tolerated and may result in removal from eligibility or limitations of playing time (not an exhaustive list — reviewed by coaches, athletic director, and school administration):

- Poor sportsmanship or harassment toward teammates, coaches, officials, or opposing teams.
- Zero tolerance for harmful or disparaging social media or text message actions toward teammates, coaches, or opposing teams.
- Theft, vandalism, rude behavior, and inappropriate language.
- Poor attendance and participation at practices.
- Poor sportsmanship by way of language, attitude, bullying, or rude behavior toward anyone.
- Inciting negativity between teammates or toward opponents, coaches, or officials.

Appendix 3: Football Team Formation Policy

While it is always our desire to form separate football teams by grade level, depending on the number of registered players each season, it is not always an available option. Teams with too few players present safety concerns and challenges competing fairly against larger opposing teams; teams that are too large present challenges for coaching staff to provide adequate skill development. This is especially true at the 4th, 5th, and 6th grade levels, where skill development is crucial and mandatory play-time rules are enforced.

- When there are fewer than 18 players, the Athletic Director, with input from coaches, may merge teams or allow select players to "play up" with parent approval. Player safety and ability are key factors in this decision.
- When a 4th, 5th, or 6th grade team has 34 or more players, the Athletic Director, with input from coaches, will strongly consider splitting the team into an A and B team, determined during the first week of practice, so younger players can experience adequate play time for their development.
- Coaches, Athletic Department personnel, and Football Program Directors work together to place players according to skill level, physical ability, and motivational drive. Ideally the two teams practice separately but come together for 11v11 sessions during part of each practice, maintaining grade-specific relationships while allowing coaches to practice game plays.
- The Athletic Director will do his/her best to place the two teams in different divisions so the chance they play each other in a game is slim.
- Team splits at the 7th and 8th grade level are not recommended, as playtime is not required. This policy took effect beginning Fall 2024.

Required Volunteer Hours Policy

Parent volunteers are essential to the success of Holy Family Athletics. Our volunteer program helps ensure that we can successfully operate our home games, meets, and competitions. We greatly appreciate the support and commitment of our families.

Required Volunteer Hours

- Families are required to complete 2 volunteer hours (or one shift) per athlete, per sports season.
- Parents who coach during a season automatically fulfill the volunteer requirement for their children participating in athletics during that same season.
- Volunteer hours may be completed at any Holy Family athletic event during the current season, regardless of sport.
- Students may fulfill some volunteer requirements. For admissions, concessions, or any slot that handles money, only family members age 18+ may volunteer.
- All volunteers must have a current background check, Protecting God's Children certification, and Code of Conduct on file.

Volunteer Opportunities

Volunteer positions may include season-long positions (such as coaches and team parents) or per-game positions (such as Admissions, Security, and 50/50 Raffle). Season-long positions automatically fulfill the family's seasonal requirement; parents accepting these positions are responsible for fulfilling the duties or arranging an approved substitute. Preparing or purchasing team meals/food does not qualify for volunteer credit.

Sign-Up & Tracking

- Volunteer opportunities will be posted through a seasonal Sign-Up Genius for Fall, Winter, and Spring.
- Families are responsible for checking the Sign-Up Genius for added opportunities.
- Parents must sign in and out at the Admissions table or with the head coach to receive credit — no credit will be given without sign-in/sign-out.
- Cancelled events do not count toward volunteer hours; families must select another opportunity.
- Volunteer hours must be completed within the same sports season and cannot be carried over.

Fees & Unfulfilled Hours

- Volunteer hours must be completed by the last home game of the season.
- Families who do not complete their required hours will be charged \$150. HFRS families will be charged through FACTS; parish families will be invoiced.
- To reschedule, parents must contact the Athletic Department at least 48 hours in advance. Substitutes are permitted, but the Athletic Department must be notified.

Unpaid volunteer fees or requirements may result in ineligibility for future athletic participation, registration restrictions, or other school consequences. Families with outstanding requirements from a previous season must resolve them before a student may participate in a new athletic season.

Thank you for helping us make Holy Family Athletics possible through your time and support!

Athletic Department: **248-299-3798**