

Athletics Policy

Holy Family Regional School 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 the 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 but do attend one of the following parishes (St. Andrew, St. Irenaeus, or St. Mary of the Hills) 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, appropriate religious education, parent participation, completion of all required forms (current health form on file), academic completion, and adherence to the athlete's code of conduct.

- Active parish participation is defined by each individual pastor. Parish membership registration must occur no later than August 1 for a student to be eligible to participate during the following school year. Exceptions will be made upon approval of the athletic department for students who have moved into the area and/or have enrolled at Holy Family Regional School after August 1.
- Appropriate religious education includes enrollment at HFRS or one of the supporting parish's religious education programs at the start of the school year and acceptable attendance and participation. This will be verified through the athletic department.
- Parents are required to volunteer 2 hours per athlete per season. Opportunities to volunteer include coaching and game-day responsibilities. For example, if you have two student athletes participating in one season, or you have one student athlete playing two separate sports in any given season, you would be required to work four hours. This resets each season.

- 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 a student to be eligible to participate. For example, for the 2023-2024 school year, the physical must be dated on or after April 15, 2023.
- All CYO athletes must maintain good academic standing and citizenship in their respective schools (a minimum of 2.7 GPA and B average in effort and conduct). Monitoring academic and citizenship eligibility is the responsibility of parents. Students of HFRS will be monitored by the dean(s) of discipline.
- Student athletes must be present for more than 50% of the school day to participate in any practices or games that day. THIS INCLUDES MASS DAYS. This will be monitored by the athletic department, the dean(s) of discipline, and the assistant principal. Funerals are exempt.

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 the athlete will be considered eligible to participate in a new season or sport.

Eligibility to play throughout the season:

If the student athlete has been disciplined throughout the school day of any given week throughout the season, the athlete will be ineligible to participate in competitions until the Holy Family administration deems that the disciplinary action necessary has been fulfilled.

Disciplinary issues causing ineligibility would include but not be limited to:

- detention
- suspension

Expectation of coaching staff: The coaching staff at Holy Family Regional School should and are expected to show integrity and be beyond reproach. Coaches are expected to model Christian sportsmanship knowing that a school is judged more by their coach's sportsmanship than their record. Coaches are expected to communicate well, exude credibility, respect officials, and show an overall excellent representation of our school and our values. Profanity and outbursts will not be tolerated and will result in immediate dismissal from our coaching staff.

Spirit wear: The athletic department handles spirit wear for Holy Family. We have items on hand at each campus, a sideline store that is open and accessible through the Holy Family website (on the athletics page), and sport specific spirit wear stores that are open from registration. NO spirit wear can be ordered under any circumstance by a parent or coach that has not first been approved by the athletic department.

Holy Family's CYO program offers participants every sport currently offered by CYO Detroit. Three sports seasons exist within a school year. The seasons are indicated below as well as the time frame of the season and the general time that registration occurs.

Fall season:

cross country - boys and girls, grades 4-8.
football - boys and girls, grades 4-8.
sideline cheer - girls only, grades 4-8.
soccer - boys and girls, grades 5-8.
volleyball - girls only, grades 5-8.

Assessments only if the number of student athletes make it necessary; otherwise, all sports are by grade level.

Athlete registration period - during May of the previous school year.
Season duration- begins in mid-August and completes by mid-October.

Winter season:

basketball - boys and girls, grades 5-8.
bowling - boys and girls, grades 5-8.
cheerleading - girls only, grades 5-8.

Assessments only if the number of student athletes make it necessary; otherwise, all sports are by grade level.

Athlete registration period - late Aug./early Sept.

Season duration - begins in late-October and completes by late-February.

Spring season:

lacrosse - boys and girls, grades 5-8 (instructional team for grade 4).

track - boys and girls, grades 4-8.

Assessments only if the number of student athletes make it necessary; otherwise, all sports are by grade level.

Athlete registration period - early to mid-January.

Season duration - begins in mid-March and completes by late-May.

Some common symptoms

- Headache
- Pressure in the head
- Nausea/vomiting
- Dizziness
- Balance problems
- Double vision
- Blurry vision
- Sensitivity to light
- Sensitivity to noise
- Sluggishness
- Haziness
- Fogginess
- Grogginess
- Poor concentration
- Memory problems
- Confusion
- "Feeling down"
- Not "feeling right"
- Feeling irritable
- Slow reaction time
- Sleep problems
- Appears dazed and stunned
- Disoriented or confused
- Forgets an instruction

UNDERSTANDING Information for parents and students (Content meets MDCH requirements)

CONCUSSION

What is a concussion?

A **concussion is a type of traumatic brain injury** that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. It can also be caused by the shaking or spinning of the head or body. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If the student reports any symptoms of a concussion, or if you notice symptoms yourself, seek medical attention right away.

If you suspect a concussion

1. SEEK MEDICAL ATTENTION RIGHT AWAY A health care professional will be able to decide how serious the concussion is and when it is safe for the student to return to regular activities, including sports.

2. KEEP YOUR STUDENT OUT OF PLAY

Concussions take time to heal. Don't let the student return to play the day of the injury and until a health care professional says it's OK. Students who return to play too soon-while the brain is still healing-risk a greater chance of having a second concussion. Repeat or second concussions can be very serious. They can cause permanent brain damage, affecting the student for a lifetime.

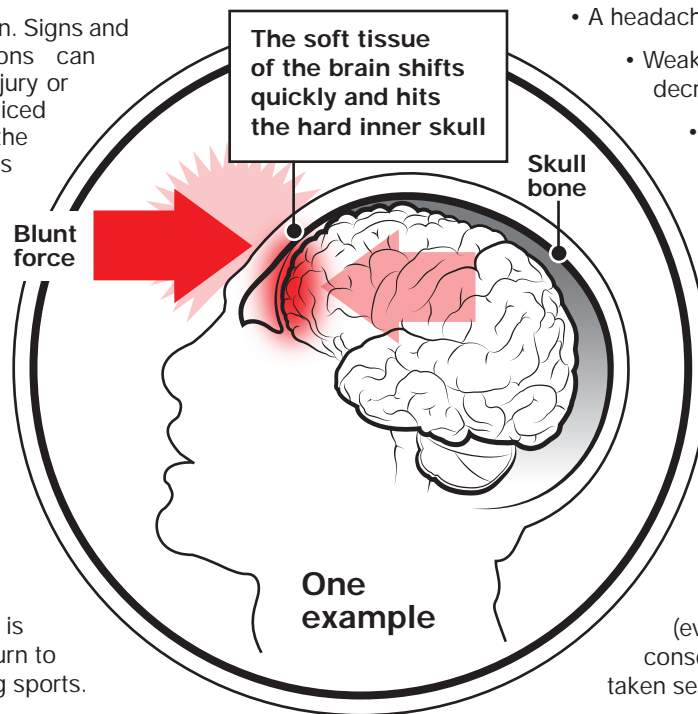
3. TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION

Schools should know if a student had a previous concussion. A student's school may not know about a concussion received in another sport or activity unless you notify them.

Concussion danger signs

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. A student should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)



How to respond to a report of a concussion

If a student reports one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of athletic play the day of the injury. The student should only return to play with permission from a health care professional experienced in evaluating for concussion.

During recovery, exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse.

Sources: Michigan Department of Community Health and the National Operating Committee on Standards for Athletic Equipment (NOCSAE)

!!! WHEN IN DOUBT...SIT OUT !!!



CONCUSSION AWARENESS

EDUCATIONAL MATERIAL ACKNOWLEDGEMENT

By my name and signature below, I acknowledge in accordance with Public Acts 342 and 343 of 2012 that I have received and reviewed the Concussion Fact Sheet for Parents and Students provided by _____

School/Parish

Student Name Printed

Parent or Guardian Name Printed

Student Name Signature

Parent or Guardian Signature

Student Date of Birth

Date

Date

Return this signed form to the School/Parish. The School/Parish must keep this on file for the duration of enrollment/participation and until age 25.

Students and parents should review and keep the educational materials available for future reference.



Catholic Schools
Teaching Minds. Reaching Hearts.

Holy Family Athletic Department

Required Volunteer Hours Policy

Parent volunteers are crucial to the health and success of our Athletic Programs at Holy Family Regional School. Many families go above and beyond the minimum expectations for which we are extremely grateful for their continued commitment to Holy Family Regional School Sports. Our athletic program has a structured volunteer program to help lessen the burden and to ensure that we are able to efficiently and effectively run our home events (games, meets, and competitions). Without our wonderful volunteers, it would be impossible to provide the sports programs that we offer.

Volunteers and Required Credited Hours:

Volunteers are defined as anyone who without compensation, performs a task at the direction of and on behalf of the Athletic Department.

Scope of Commitment:

- ❖ All parents who have an athlete at Holy Family Regional School Athletics are required to volunteer approximately 2 hours (or one shift) **per** sports season **per** athlete. Shifts may be just short of or just over the 2 hour mark. Both fulfill the requirement.
- ❖ Parents who coach during a season will fulfill their required hours for ALL children during that same season regardless of the sport. For example, Coach Smith is a volleyball coach for his daughter Grace. His son John plays soccer. The Smith family does not need to fulfill additional volunteer hours for John's soccer. We recognize that coaches dedicate time way beyond the volunteer requirement, and it is often a family sacrifice. Therefore, we want to ease the burden for those families by not requiring additional volunteer hours during the same season.
- ❖ A credited hour is time that is credited toward your required volunteer hours as designated in the list below.
- ❖ As this is a parent commitment, students are not eligible to work any athletic volunteer shift. Parents, legal guardians, grandparents, or immediate family member over the age of 18 may fulfill the athletic volunteer obligation.

Positions:

- ❖ Each sport has its own set of volunteer needs. There are 2 different categories of volunteer positions. **Season Long positions** such as coaches and team parents automatically fulfill your family's seasonal volunteer requirement. Parents who sign up for these positions agree to fulfill the duties and requirements for the entire season and to find a qualified substitute should they need to miss a game. **Per Game positions** are needed for each home game we host and include as an example, Admissions, Security, 50/50 Raffle, etc.

Excluded Services:

- ❖ Although we appreciate the efforts and enthusiasm of our parent group in a variety of areas, the following roles are not eligible to receive volunteer credit: preparing and/or purchasing team meals or food.

Volunteer Sign Up & Tracking:

- ❖ To volunteer, we will have a seasonal Sign Up Genius for all sports needs occurring during each of

our 3 seasons – Fall, Winter, and Spring. Parents can volunteer for ANY sport during the current sports season. For example, if a parent has a child on the football team, they may volunteer at a soccer game or any other sporting event during that same season.

- ❖ As game schedules for each sport are not announced at the same time, there may be instances where additional volunteer needs are added to the Sign Up Genius after it has initially been sent out. It is the responsibility of parents to check for added volunteer needs. In order to aid in visibility with this, the seasonal Sign Up Genius will be shared in the Weekly Wraps.
- ❖ Parents must sign in and out at the admissions table or with the head coach to receive credit for hours worked. **We will not provide volunteer credit if a parent did not sign in and out.**
- ❖ Should there be an event cancellation due to weather or some other instance, families will not receive credit for hours they signed up for. Instead, families must sign up for another volunteer need.
- ❖ Volunteer hours must be completed in that season. Hours cannot be carried over to another season.

Billing/Fees:

- ❖ The deadline to sign up for volunteer hours will be the last home game of our 3 seasons. If at that time, your family has not yet volunteered, you will receive a \$50/per hour FACTS incidental charge in the following 1-2 billing cycles.
- ❖ Parents who sign up but do not work their assigned volunteer slot due to a non-emergency will be billed a \$75 no show fee. Should you need to reschedule your shift, you must contact the Athletic Department at least **48 hours prior** to removing your name off the Sign Up Genius: 248-218-4569. Substitutes are permitted, but the volunteer is required to notify the Athletic Department of the name of the person substituting.
- ❖ In the event that volunteer hours are not fulfilled or paid, possible penalties could include withholding transcripts and families may not be able to sign up for additional sports.
- ❖ Parish families who do not fulfill the volunteer requirement can drop off a check to the Holy Family Regional School South Office. If a family has unpaid hours from a previous season, any student from that family is ineligible to play a sport until the hours are paid.

FALL SPORT VOLUNTEER OPPORTUNITIES

<u>Position</u>	<u>Needed per Home Event/Game</u>	<u>Number of Home Events per Team</u>	<u>Sport</u>	<u>Credit Hours</u>	<u>Timeframe</u>
Team Videographer	1	Season Long	Football	2	Aug-Nov
Team Photographer	1	Season Long	Football	2	Aug-Nov
Water Provider	1	Season Long	Football	2	Aug-Nov
Coach	5-6	Season Long	Football	2	Aug-Nov
Banquet Chair	4-6	Season Long	Football	2	Aug-Nov
Service/Charity Event Chair	2	Season Long	Football	2	Aug-Nov
Football Equipment Manager	2	Season Long	Football	2	Aug -Nov
Equipment Manager	1	Season Long	Football	2	Aug-Nov
Set Up Football Banquet	5		Football Banquet	2	Aug-Nov
Check In Football Banquet	8		Football Banquet	2	Aug-Nov
Seating Coordinator Football Banquet	4		Football Banquet	2	Aug-Nov
50/50 Raffle Football Banquet	4		Football Banquet	2	Aug-Nov
Clean Up Football Banquet	5		Football Banquet	2	Aug-Nov
Coach	2-4	Season Long	Cheer	2	Aug-Nov
End of Season Party Coordinator	1	Season Long	Cheer	2	Aug-Nov
Team Parent	1-2	Season Long	Football & Cheer	2	Aug-Nov
Chain Gang	3	4	Football & Cheer	2	Aug-Nov
Announcer	1	4	Football & Cheer	2	Aug-Nov
Spotter	1	4	Football & Cheer	2	Aug-Nov
Admissions	2	4	Football & Cheer	2	Aug-Nov
Security/Crowd Control	2	4	Football & Cheer	2	Aug-Nov
50/50 Raffle	2	4	Football & Cheer	2	Aug-Nov
Coach	3-5	Season Long	Cross Country	2	Aug-Nov
Team Parent	1-2	Season Long	Cross Country	2	Aug-Nov
End of Season Party Coordinator	1	Season Long	Cross Country	2	Aug-Nov
Finish Line Helper	3	3	Cross Country	2	Aug-Nov
Bib Pinner	1	3	Cross Country	2	Aug-Nov
Course Monitor	5	3	Cross Country	2	Aug-Nov
Coach	1-3	Season Long	Soccer	2	Aug-Nov
Team Parent	1	Season Long	Soccer	2	Aug-Nov
End of Season Party Coordinator	1	Season Long	Soccer	2	Aug-Nov
Admissions	2	5	Soccer	2	Aug-Nov
Scorekeeper/Clock Operator	1	5	Soccer	2	Aug-Nov
Coach	1-2	Season Long	Volleyball	2	Aug-Nov
Team Parent	1	Season Long	Volleyball	2	Aug-Nov
End of Season Party Coordinator	1	Season Long	Volleyball	2	Aug-Nov
Scorekeeper	1	Season Long	Volleyball	2	Aug-Nov
Admissions	1	5	Volleyball	2	Aug-Nov
Clock Operator	1	5	Volleyball	2	Aug-Nov
Line Judge	2	5	Volleyball	2	Aug-Nov

WINTER SPORT VOLUNTEER OPPORTUNITIES

<u>Position</u>	<u>Needed per Home Event/Game</u>	<u>Number of Home Events per Team</u>	<u>Sport</u>	<u>Credit Hours</u>	<u>Timeframe</u>
Coach	1-3	Season Long	Basketball	2	Nov-Mar

Team Parent	1	Season Long	Basketball	2	Nov-Mar
Scorekeeper	1	Season Long	Basketball	2	Nov-Mar
End of Season Party Coordinator	1 per team	Season Long	Basketball	2	Nov-Mar
Admissions	2	5	Basketball	2	Nov-Mar
Security	1	5	Basketball	2	Nov-Mar
Concessions	3	5	Basketball	2	Nov-Mar
50/50 Raffle	1	5	Basketball	2	Nov-Mar
Coach	2-5	Season Long	Bowling	2	Nov-Mar
Team Parent	1	Season Long	Bowling	2	Nov-Mar
End of Season Party Coordinator	1	Season Long	Bowling	2	Nov-Mar
Coach	2-4	Season Long	Cheer	2	Nov-Mar
Team Parent	1	Season Long	Cheer	2	Nov-Mar
End of Season Party Coordinator	1	Season Long	Cheer	2	Nov-Mar

SPRING SPORT VOLUNTEER OPPORTUNITIES

<u>Position</u>	<u>Needed per Home Event/Game</u>	<u>Number of Home Events per Team</u>	<u>Sport</u>	<u>Credit Hours</u>	<u>Timeframe</u>
Coach	2-4	Season Long	Lacrosse	2	Mar-June
Team Parent	1	Season Long	Lacrosse	2	Mar-June
End of Season Party Coordinator	1	Season Long	Lacrosse	2	Mar-June
Admissions	2	5	Lacrosse	2	Mar-June
Score/Penalty Keeper	1	5	Lacrosse	2	Mar-June
End Line Ball Helper	1	5	Lacrosse	2	Mar-June
Coach	2-5	Season Long	Track	2	Mar-June
Team Parent	1-2	Season Long	Track	2	Mar-June
End of Season Party Coordinator	1	Season Long	Track	2	Mar-June
Timer	8	2	Track	2	Mar-June
Finish Line Recorder	1	2	Track	2	Mar-June
Finish Line Assistant	1	2	Track	2	Mar-June
Starting Block Manager	2	2	Track	2	Mar-June
Long Jump Recorder	1	2	Track	2	Mar-June
Long Jump Raker	1	2	Track	2	Mar-June
Long Jump Measurement	2	2	Track	2	Mar-June
Shot Put Recorder	1	2	Track	2	Mar-June
Shot Put Measurement	2	2	Track	2	Mar-June
Shot Put Assistant	1	2	Track	2	Mar-June
High Jump Recorder	1	2	Track	2	Mar-June
High Jump Assistant	2	2	Track	2	Mar-June

MISCELLANEOUS SPORT VOLUNTEER OPPORTUNITIES

<u>Position</u>	<u>Needed Per Event</u>	<u>Event</u>	<u>Credit Hours</u>	<u>Timeframe</u>
Spirit Wear Set Up, Sales, & Clean Up	3-4	New Family Picnic	2	Aug-Nov
Spirit Wear Set Up	4-6	Fall Festival	2	Aug-Nov
Spirit Wear Sales	6-10	Fall Festival	2	Aug-Nov
Fall Spirit Wear Store Helper – North Camps	2	Spirit Wear Store	2	Aug-Nov
Fall Spirit Wear Store Helper – South Campus	2	Spirit Wear Store	2	Aug-Nov

Winter Spirit Wear Store Helper -North Campus	2		Spirit Wear Store	2	Nov-Mar
Winter Spirit Wear Store Helper – South Campus	2		Spirit Wear Store	2	Nov-Mar
Spring Spirit Wear Store Helper – North Campus	2		Spirit Wear Store	2	Mar-June
Spring Spirit Wear Store Helper – South Campus	2		Spirit Wear Store	2	Mar-June
Fall Pep Rally Sprit Wear Store Helper	2		Spirit Wear Store	2	Aug-Nov
Winter Pep Rally Sprit Wear Store Helper	2		Spirit Wear Store	2	Nov-Mar
Spring Pep Rally Sprit Wear Store Helper	2		Spirit Wear Store	2	Mar-June
Grandparent’s Day Spirit Wear Store Helper – North Campus	2		Spirit Wear Store	2	Mar-June
Grandparent’s Day Spirit Wear Store Helper – South Campus	2		Spirit Wear Store	2	Mar-June

Holy Family Volunteer Needs & Job Descriptions by Sport & Season:

FALL SPORTS:

Cheer:

Seasonal:

- Coaches
- 1 or 2 Team Parents - provides coach assistance, communicates with the team, updates Team Snap
- End of Season Party Coordinator – makes arrangements and manages logistics for end of season party.

Per Home Game:

- 3 Chain Gang – on field during the game, moving chains for downs (must have knowledge of the game)
- 1 Announcer – announce player carrying the ball or making a tackle (must have knowledge of the game)
- 1 Spotter – help the announcer during the game in the press box
- 2 Admissions – collect admissions from spectators
- 2 50/50 Raffle Helpers – move throughout the stands and sell tickets for the 50/50 raffle
- 2 Security – ensure no one enters without paying, watch stands for any issues

***shared with Football**

Cross Country:

Seasonal:

- Coaches
- 1 or 2 Team Parents - provides coach assistance, communicates with the team, updates Team Snap
- End of Season Party Coordinator – makes arrangements and manages logistics for end of season party.

Per Home Meet:

- 3 Finish Line Helpers – provide assistance at the finish line with placement
- 1 Bib Pinner – help secure race bibs prior to the start of the meet
- 5 Course Monitors – provide assistance to ensure runners stay on course

Football:

Seasonal:

- Coaches
- 2 Team Parents – provides coach assistance, communicates with the team, updates Team Snap
- 1 Equipment Program Manager – manages all the football equipment, assists AD with equipment needs, etc.
- 1 Videographer – video records every game so it may be loaded in to HUDL
- 1 Photographer – takes photos of all players throughout the season from the sideline and puts together the team slideshow for the banquet
- 1 Water Provider – provides team with water refill jug & bottles for every game
- 4-6 Banquet Chairs – plans all aspects of the season end banquet while maintaining budget
- 2-3 Service/Charity Event Chairs – plans all aspects of the service event for all football teams

Per Home Game:

- 3 Chain Gang – on field during the game, moving chains for downs (must have knowledge of the game)
- 1 Announcer – announce player carrying the ball or making a tackle (must have knowledge of the game)
- 1 Spotter – help the announcer during the game in the press box
- 2 Admissions – collect admissions from spectators
- 2 50/50 Raffle Helpers – move throughout the stands and sell tickets for the 50/50 raffle
- 2 Security – ensure no one enters without paying, watch stands for any issues

***shared with Cheer**

Soccer:

Seasonal:

- Coaches
- 1 Team Parent - provides coach assistance, communicates with the team, updates Team Snap
- End of Season Party Coordinator – makes arrangements and manages logistics for end of season party.

Per Home Game:

- 2 Admissions – collect admission from spectators
- 1 Scorekeeper/Clock Operator – operate the scoreboard

Volleyball:

Seasonal:

- Coaches
- 1 Team Parent - provides coach assistance, communicates with the team, updates Team Snap
- End of Season Party Coordinator – makes arrangements and manages logistics for end of season party
- 1 Scorekeeper – keeps score for all volleyball games throughout the season

Per Home Game:

- 1 Admissions – collect admissions from games
- 2 Line Judges – assists referee in determining if ball is in or out of bounds
- 1 Clock Operator – operate the scoreboard

WINTER SPORTS:

Basketball:

Seasonal:

- Coaches
- 1 Team Parent - provides coach assistance, communicates with the team, updates Team Snap
- 1 Scorekeeper – keeps score for all basketball games throughout the season
- End of Season Party Coordinator – makes arrangements and manages logistics for end of season party.

Per Home Game:

- 2 Admissions – collect admissions from spectators
- 1 Security – ensure no one enters without paying, watch stands for any issues
- 3 Concessions Helpers – prepare and provide food and drink to spectators
- 1 50/50 Raffle – move throughout the stand and sell tickets for the 50/50 raffle

Bowling:

Seasonal:

- Coaches
- 1 Team Parent - provides coach assistance, communicates with the team, updates Team Snap
- End of Season Party Coordinator – makes arrangements and manages logistics for end of season party.

Cheer:

Seasonal:

- Coaches
- 1 or 2 Team Parents - provides coach assistance, communicates with the team, updates Team Snap
- End of Season Party Coordinator – makes arrangements and manages logistics for end of season party

SPRING SPORTS:

Lacrosse:

Seasonal:

- Coaches
- 1 Team Parent - provides coach assistance, communicates with the team, updates Team Snap
- End of Season Party Coordinator – makes arrangements and manages logistics for end of season party.

Per Home Game:

- 2 Admissions – collect admission from spectators
- 1 Score/Penalty Keeper – tracks score and penalties
- 1 End Line Ball Helper - gather balls at opposite end of play and during quarter breaks and time outs

Track:

Seasonal:

- Coaches
- 1 Team Parent - provides coach assistance, communicates with the team, updates Team Snap
- End of Season Party Coordinator – makes arrangements and manages logistics for end of season party.

Per Home Meet:

- 8 Timers – stand at the finish line stands with one of the 8 electronic button units. Press the button when the runner in your assigned lane crosses the finish line.
- 1 Finish Line Recorder – write the bib number down on the provided form for each finisher by lane. Periodically convey the recorded sheets to the scoring table
- 1 Finish line Assistant – help make sure the finishing order matches the recorded time order (occasionally in a close race, times need adjustment)
- 2 Starting Block Manager – make sure the starting blocks get to the start line of each race. Help with organizing starting heats.
- 1 Long Jump Recorder – write down bib numbers and names of participants, record distances on sheet provided.
- 1 Long Jump Raker – rake the sand back to smooth after each jumper.
- 2 Long Jump Measurement – call fouls, measure each successful jump.
- 1 Shot Put Recorder - write down bib numbers and names of participants, record distances on sheet provided.
- 2 Shot Put Measurement – call fouls, measure each successful jump.
- 1 Shot Put Assistant – help organize athletes and maintain safety.
- 1 High Jump Recorder - write down bib numbers and names of participants, record distances on sheet provided.
- 2 High Jump Assistant – reset cross bar when it is knocked down.

MISCELLANEOUS:

New Family Picnic:

- 3 Spirit Wear Store Volunteers for New Family Picnic – assist ADs in getting the spirit wear sale tent set up. These volunteers also assist with sales and cleaning up the tent.

Fall Festival:

- 4 Spirit Wear Store Set Up Volunteers for Fall Festival – assist ADs in getting the spirit wear sale tent set up and organized
- 2 Spirit Wear Sales Volunteers every 2 hours of Fall Festival – sell spirit wear during the Fall Festival
- 3-4 Spirit Wear Take Down Volunteers – assist the Ads in getting the spirit wear sale tent taken down and unsold merchandise put away

Spirit Wear Store:

- 22 Spirit Wear Store Volunteers throughout the year at North and South campuses – sell spirit wear during seasonal Spirit Wear Store hours, Pep Rallies, and Grandparent’s Day throughout the school year.

Other Miscellaneous:

- Occasionally there may be volunteer opportunities not listed in the above grid, but slotted in a seasonal Sign-Up Genius.