



Student Participation In More Than One Sport In A Season

At Fr. Tolton Catholic High School students have an opportunity to participate in more than one sport in a season. It is essential that we get maximum participation in all of our athletic programs, and being able to participate in multiple sports is a way to achieve this. There are regulations and some parameters to how this is completed.

- An athlete may only participate in one “team” sport, and one “individual” sport in a season. “Team” sports refer to sports in which there is only the option of a team that can advance in the MSHSAA playoffs. An “individual” sport is one in which individuals (whether with a team or not) can advance in the MSHSAA playoffs. For example an athlete may be able to participate in a “team” sport of volleyball in the fall, and participate in the “individual” sport of cross country in the same season, but cannot participate in volleyball and softball, which are both team sports.

- Team Sports include: Football, Soccer, Volleyball, Basketball, Baseball, Softball, Cheer, Dance

- Individual Sports include: Cross Country, Track/Field, Golf, Tennis, Wrestling

- Student-athletes and parents will meet with the athletic director prior to the sports season and fill out an “Athletic Sports Participation Contract.” This contract will be used to provide the guidelines and procedures for which to operate under for the corresponding sports season. This contract will address the following issues:

- The student athlete must declare which will be his/her primary sport. This must be done before the season, and cannot change until after the season. It must remain the same. There can be no mid-season changes in which sport is the primary and which is the secondary.

- The primary sport will take precedence over the secondary sport, whenever a dispute arises.

- The student-athlete, parents/guardians, sport head coaches, and athletic director all must sign the contract.

- Contracts must be submitted before August 1st for fall sports, November 1st for winter sports, and February 1st for spring sports.

- Contracts will be kept with the athletic director, who settles any problems or disputes with the contract.

- Once a contract has been signed, a primary sport has been declared, then the following regulations apply to the athlete and the sports:

- The primary sport will take precedence over the secondary sport whenever a dispute arises

- An athlete must attend practices of both sports in order to compete in contests (the athlete cannot just compete in a contest, and never practice the sport).

- Head Coaches from both sports will arrange a practice scheduled with the athlete and his/her parents that reflects the priority of the sports. Special practices at alternate times can be arranged.

- Contests/games take precedence over practices (ex. A soccer game is on a Monday, at the same time as a track/field practice. The athlete should attend the soccer game, instead of the track/field practice regardless of the priority of the sport).

- If there are two contests on the same day, the primary sport will take precedent over the secondary sport