

## **SECTION 10 – CO-CURRICULAR AND EXTRA-CURRICULAR ACTIVITIES**

### **10.1 – PARTICIPATION REQUIREMENTS**

Holy Family Parish and School are committed to the total development of each child and recognize that many valuable activities cannot be conducted during the school day. Holy Family provides a wide array of parish CYO athletic programs, co-curricular and extra-curricular activities. Through many school and parish volunteer efforts, students of Holy Family can participate in these developmental, social, and educational opportunities.

We strongly encourage parents to involve their children in these activities. A sense of balance is always important and time constraints, interests, and needs of the child should be considered. To participate in co-curricular activities, students are expected to maintain proper academic and behavioral standing. If the activity takes place on a school day, the student must attend school that day to participate in the after-hours activity.

Leadership, sportsmanship, and fair play are all important values and skills taught through our co-curricular and extra-curricular programs, and all students and their parents are expected to abide by the rules of the game or competition, and to respect the opponents or fellow participants on the field, court classroom or stage. Students or parents who display inappropriate behavior, language, or do not abide by the rules of the activity may be removed and prevented from further participation.

### **10.2 - GENERAL LISTING OF ACTIVITIES**

#### **Holy Family Parish/School activities include:**

Altar servers	Boy Scouts	Brownies
Cub Scouts	Eagle Ambassadors	Eagle Leadership Team
Girl Scouts	7th and 8th Grade Retreats	Liturgical Musicians
National Junior Honor Society	Elementary/Middle Level Choirs	

#### **CYO Athletics Teams Include:**

Boys' and Girls' Basketball	Football	Cheerleading
Boys' and Girls' Cross Country	Volleyball	Boys' and Girls' Golf
Boys' and Girls' Soccer	Boys' and Girls' Track	Wrestling

(Additional parish and deanery teams if enough are interested)

#### **Deanery Competitions and Performance Opportunities Include:**

Academic Olympics	Deanery Science Fair	Deanery Musical
Deanery Fine Arts Festival	Deanery Honor Choir (5-8th)	

#### **State/National Sponsored Activities Include:**

ISSMA Music Contests	Science Olympiad Team	SCRIPPS Spelling Bee
Hoops Shoot Contest	Academic Super Bowl	Geography Bee

### **10.3 - HOLY FAMILY ATHLETICS AND ATHLETIC BOARD**

Athletic opportunities play an important role in the activities of our children, and we are blessed to have a rich tradition of varied and quality programs. Operating through the Deanery CYO program, Holy Family parents and community members serve on our Athletic Board and fill our coaching ranks. Many volunteers are needed to facilitate the athletic program. Rules and procedures for Holy Family Athletics are provided by the Athletic Board.

Each year, The Athletic Board recognizes all students who participate in Holy Family athletics during the school year at a year-end assembly. In addition, the Athletic Board presents two graduating students, a boy and a girl, with the coveted Eagle Award for athletics. The Don Spellman and Frank Zoeller memorial awards are presented to deserving students in individual sports.

### **10.4 – HOLY FAMILY SCHOOL SONG (tune of *You're a Grand Old Flag*)**

Oh, our hearts are true  
Holy Family, to you  
Every boy, every girl, sings your praise.  
We shall ever try to keep our standards high  
We'll love you through all our school days!  
Keep your gold and blue,  
We'll be loyal to you  
And to all for which we stand.  
May the Holy Family lead us on.  
We're the best school in all the land!  
Rah! Rah!