



Educating Mind † Heart † Spirit

Athletic Handbook

2026 – 2027

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Principal

Fr. Nicolas Ramirez
Pastor

Coach Matthew Chodorow
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Dear Parents,

Welcome to another exciting year of athletics at Sacred Heart Catholic School! We are grateful that your student has chosen to participate in our athletic program and become part of a tradition built on teamwork, commitment, sportsmanship, and school pride.

Participation in athletics provides students with valuable opportunities to grow both on and off the field. Through competition and teamwork, students develop character, leadership skills, discipline, perseverance, and lasting friendships while learning the importance of representing Sacred Heart Catholic School in a Christ-like manner.

Our coaches and staff are dedicated to creating a positive, supportive, and competitive environment that encourages athletic growth, academic success, and personal development for every student-athlete. Whether your child is participating in a sport for the first time or returning for another season, we are committed to supporting and encouraging them throughout their journey.

This Athletic Handbook has been prepared to provide families with important information regarding program policies, expectations, procedures, and eligibility requirements. We encourage you to review the handbook carefully and keep it as a resource throughout the school year.

Thank you for your continued support of Sacred Heart athletics. We look forward to a successful year filled with growth, teamwork, faith, and achievement.

Blessings,

Mrs. Brown
Principal
Sacred Heart Catholic School

Dear Sacred Heart Eagles,

As Athletic Director of Sacred Heart Catholic School, I am honored to lead a program that encourages athletic growth while also supporting the spiritual and moral development of our student-athletes. Rooted in our Catholic faith, our athletic program promotes discipline, teamwork, respect, integrity, and sportsmanship both on and off the field.

Through competition, practice, and team commitment, students are given the opportunity to grow in character, confidence, and leadership while representing our school with pride and grace. Our goal is to provide a positive and supportive environment where every student-athlete is encouraged to use their God-given talents, strive for excellence, and reflect the teachings of Christ in all they do.

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MISSION STATEMENT

Sacred Heart Catholic School commits to forming Disciples of Christ by instilling the values and teachings of the Catholic faith. We cultivate an environment that calls to holiness through service, while creating a thirst for knowledge and promoting academic excellence.

SCHOOL VISION

Sacred Heart Catholic School guides children to be the Light of Christ.

SCHOOL PHILOSOPHY

Sacred Heart Catholic School strives to be an expression of the teachings of the Church, passing on Christian hope and faith, deriving its philosophy from the Gospel and the teachings of the Catholic Church. Students, staff, teachers and parents purposefully create a community infused with religious truths and Christian values where self-discipline, respect and responsibility are taught and lived.

Education is directed toward the whole child- spiritual, intellectual, moral, social and physical, in order to bring each child to their full potential. Individual talents are developed, and children are encouraged to use their gifts in service to God, neighbor and community.

GREATER HOUSTON CATHOLIC ATHLETIC ASSOCIATION

Sacred Heart Catholic School participates in the Greater Houston Catholic Athletic Association (GHCAA). Although some games may be scheduled against schools that do not participate in this league, the majority of our games will come from within the GHCAA. Sacred Heart Catholic School supports and abides by all rules and regulations, as well as the goals set forth by the GHCAA. The following is the mission statement and a list of goals provided by the GHCAA.

The GHCAA is an integral part of the educational mission of The Catholic Schools of The Archdiocese of Galveston-Houston. The GHCAA is dedicated to fostering human development, within the framework of a Christian environment, encouraging a positive vision in our young men and women through exercise, positive athletic competition and fully recognizing the dignity of each student in Christ's image.

All affiliated schools agree to the following goals:

- To build a community which strives to imitate Christ.
- To develop Christian spirit, school spirit, team spirit and personal acceptance.
- To instill Christian sportsmanship in the lifestyles of the participants.
- To teach the participants the proper attitude towards winning, losing and competing with dignity.
- To develop acceptance and appreciation of others.
- To train and instruct in athletic rules.
- To develop the students' physical abilities and coordination.
- To help form well-rounded students by fostering good health habits.
- To provide a Christian environment and outlet for youthful energy.
- To teach the positive value of athletic participation.
- To show the necessity of practice, work, and management of time.

These goals are founded upon the principle of the infinite worth of each person because he/she is created in the image and likeness of God.

COACH'S CODE OF ETHICS AND RESPONSIBILITIES

We believe that athletic competition should be fun but that it should also be a significant part of a sound educational program. We believe that coaches are, first and foremost, teachers who have a duty to ensure that their sports programs impact on important life skills and promote the development of good character. Our coaches have the responsibility to model and teach Christian values and abide by the mission statement of Sacred Heart Catholic School. The following are expected of Sacred Heart Catholic School coaches:

- The coach will treat all people with respect and require the same of student-athletes.
- The coach will not taunt, use profanity, or engage in any other actions that demean individuals or the sport.
- The coach will use positive coaching methods to ensure enjoyability, increase self-esteem and foster love and appreciation for the sport. The coach will never engage in physical or psychological intimidation, verbal abuse or any conduct that demeans the student—athlete or others.
- The coach will understand Sacred Heart Catholic School's academic program and always emphasize that academics are the student's first priority.
- The coach will enforce the athlete code of ethics fairly and consistently.
- The coach will maintain appropriate, professional relationships with student athletes and respect proper teacher-student boundaries.
- The coach will be a good sport, be gracious in victory, and accept defeat with dignity. The coach will promote sportsmanship over gamesmanship and never cheat.
- The coach will be a worthy role model and always be mindful of a coach's high visibility and great influence.
- The coach will communicate clearly with parents and make sure that all parents understand the coach's philosophy, expectations, team rules, practice and competition schedules, extra fees, and required offseason conditioning.

The coach will strive to improve coaching competency and acquire increasing proficiency in coaching principles as well as staying current in CPR and basic first aid.

PARENT/SPECTATOR'S CODE OF ETHICS AND RESPONSIBILITY

- Parents/Spectators are to reflect the same Christian behavior and sportsmanship required of coaches and athletes.
- If a parent/spectator exhibits unruly disruptive or unsportsmanlike behavior, the game official and/or coach will temporarily stop the game and deal with the unruly spectator and, if necessary, will remove him/her from the premises.
- The parent/spectator will support the team through the willingness to supervise/transport the child to and from games.
- The parent/spectator will display a Christian attitude toward coaches, referees, students, and other.
- The parent/spectator will cooperate with the athletic department, administration, and coaches in their exercise of authority in the areas of student eligibility.

SPORTSMANSHIP/CODE OF CONDUCT

It is important that the actions of the student-athlete are above reproach at all times.

- In the area of athletic competition, the student-athlete must be gracious in defeat, modest in victory, always maintain complete control of himself/herself, never use profanity, and never resort to fighting or illegal tactics.
- The student athlete should set forth the example for all students by following the policies set forth by the school, the administration, athletic director, and individual teachers. The behavior pattern is also expected in the hallways, in the locker room, on the playground, in the parking lot, etc.

- It is expected that the student-athlete and spectators will adhere to the rules and regulations as may be established by the school and that the student-athlete will respect the rights, privileges, and property of other members of the school community.
- At athletic events, the student-athlete represents himself/herself and the Sacred Heart school community as a whole. It is expected that all coaches, athletes, parents/guardians, siblings and fans/visitors will behave in an acceptable manner.
- Student-athletes are responsible for their own conduct, and violation of established rules and regulations may subject them to disciplinary measures or dismissal from the athletic team.
- Discipline is the responsibility of the head coach; however, it is imperative that all policies of the school administration be strictly followed.
- At Sacred Heart, we define the fundamentals of sportsmanship as follows:
 1. Exercise representative behavior at all times by exemplifying the highest moral character and by adhering to strong ethical and integrity standards.
 2. Exhibit respect for the officials.
 3. Gain an understanding and appreciation for the rules of the game/contest/event.
 4. Lose without complaint, win without gloating and treat your opponents with fairness, courtesy and respect.

ELIGIBILITY

The Sacred Heart Athletic Department offers the following sports in 5th -8th grades:

BOYS	GIRLS
Soccer, Basketball, & Track	Volleyball, Soccer, Basketball, & Track

Student-athletes are allowed to participate in **only one** school sport per season. Each coach expects full commitment to the school team each season.

All student athletes will be required to receive a physical exam prior to playing any sports and must be valid for the school year. He or she will not be allowed to participate until all forms are returned to the athletic office. Forms can be found at the school website, <http://shcstx.com/> under the Athletics link.

FINANCIAL OBLIGATION

- An athletic fee for each sport is required for a student-athlete to participate on an athletic team.
- Athletic fees are due before the **first game** of each season and are non-refundable.
- The fee is \$185 per child per sport and is payable through FACTS. If more time is needed for payment, then an alternate payment date must be arranged with the Principal before that student may participate in practices and games.

ATTENDANCE REQUIREMENTS

- Practice schedules are prepared by the head coach.
- Excessive absences can result in dismissal from the team. A student athlete will receive a warning prior to dismissal. Student-athletes that continually miss practices should not expect to be a participant without preparation.
- Student athletes are expected to attend all practices, games, meets, tournaments, and team meetings and to be on time to all team events. All team events are considered standard and mandatory, and exceptions will be made on an individual basis. Anticipated absences from

team events must be scheduled and approved by the coach at least one day prior to the event and are considered excused.

- Other absences from team events are considered unexcused unless he/she is absent from school.
- If the student athlete misses the practice the day preceding competition without an excuse, he/she should not expect to participate in the competition the next day. Only academic tutoring and doctor's appointments will constitute an excused absence. Other circumstances will be left to the discretion of the head coach.
- The student-athlete's first priority is being a student. Student athletes should always be present and on time to school. The student athlete must be present for at least four hours of school to be eligible for competition on that day.

ACADEMIC/BEHAVIOR REQUIREMENTS

- All students involved in athletics must maintain a grade of 70 or higher in all subjects and a conduct grade of "S" or higher.
- Upon acceptance of an athletic team, the academic progress of the student-athlete will be monitored on a bi-weekly basis. At that time, if a student-athlete receives one failing grade, he or she must discontinue participation on the athletic team for two weeks. The student athlete will not be allowed to attend practices but may attend competitions as a spectator. The student athlete will not be eligible unless he/she receives passing grade at the two week check.
- In addition to grades, student-athletes are expected to maintain proper conduct in and out of school and behaviors will be monitored.
- Other conduct infractions will be handled at the discretion of the coach and administration.
- If a student-athlete quits a sport of his/her own will, after being selected for a team, it will be noted on file and considered in future tryouts. Making a team means making a commitment to the overall athletic program.
- The Sacred Heart Athletic Department understands unforeseen circumstances and will determine the following as acceptable reasons to be removed from a team:
 1. Failing grades
 2. Illness
 3. Extended absences
 4. All other reasons for departing will be reviewed by the coaching staff and administration.

UNIFORMS AND EQUIPMENT

- Sacred Heart Catholic School is responsible for providing the facilities and equipment needed for games.
- Sacred Heart athletes are required to wear the approved Physical Education uniform for practices. Fifth grade students are required to purchase the official PE attire through the school. Students in other grade levels who do not already have the required attire may also purchase it through the school.
- Additional or special equipment for personal needs will be purchased by the student athlete.
- School-issued uniforms and equipment are to be used for all Sacred Heart athletic events. Equipment and uniforms should only be worn for the specific athletic event. It is important that all uniforms are treated with care as they will be used for future teams.
- Student-athletes are responsible for furnishing their own shoes, knee pads, shin guards, and socks.
- At the end of the season, all issued uniforms must be cleaned and returned in a clear bag with the

athlete's first and last name printed on the front of the bag. The student will be responsible for replacing any lost or damaged uniforms that are the result of abuse.

- If a uniform is not turned in on time, and in good condition, a replacement fee will be charged. That student will not be allowed to continue to participate in athletics at Sacred Heart until the fee has been paid.

MEDICAL

- Physicals and medical forms must be on file **BEFORE** the first practice of the season. The student will **NOT** be allowed to practice/play until a physical is on file (along with the medical form and athletic fee).
- It is the coach's responsibility to coordinate with the school nurse to make sure all athletes have a physical and make copies to be included in the coach's binder.
- Students requiring medicine during practice or a game must follow SHCS Medicine Administration guidelines.

TRANSPORTATION

- Student-athletes will need to provide their own transportation to team events. Head coaches frequently rely on parents/guardians to transport student-athletes to athletic events. In this case, all parents/guardians volunteering for carpool must meet all insurance requirements, be an approved driver, and proof of online Safe Haven Training. For information on how to become an approved driver and Safe Haven certified, contact the school office.
- Parents/guardians are expected to pick up their student-athletes immediately at the conclusion of all athletic events. Parents/guardians who are continually late should make arrangements, in advance, to have their child picked up on time. If a parent/guardian is late more than twice a season and has been warned by head coach, his/her student-athlete may be suspended from the program. Extenuating circumstances will be determined by the Administration.
- If a student-athlete has parental permission to go home with another parent, or to ride to an athletic event with another parent, a written note stating that information must be on file, both in school and in the coach's binder.
- Teachers/Staff may not transport student athletes that are not their personal children.

PLAYING TIME

- Our "Varsity" level team in each sport is considered the "competitive" team. This means that the coach will try to make decisions that will increase the chance of the team being successful. This is meant to serve as a transition into high school where playing time and positions are determined in large part by performance. However, each member of the team will receive playing time throughout the course of the season. While every effort will be made to play all members of the team in each game, there is no guarantee that each player on the "varsity" team will receive playing time in each game.
- For a "*Junior Varsity*" (*JV*) level team, being competitive is still one of the goals, but there is more of an emphasis on player and team development. Each member of the team **will receive playing time in every game**. However, it is at the **coach's discretion to determine how long each member of the team will play**.
- For any "C" or "developmental team", **each member of the team will receive a significant amount of playing time in each game**. The emphasis at this level is to be placed on development and experience as opposed to the number of wins and losses the team compiles.
- Playing time for all teams will be determined by a variety of factors including skill, strength,

physical development, attendance, following directions, dedication, accepting constructive criticism, attitude, work ethic, respect, willingness to be coached, potential for improvement, and performance in practice and previous games.

PARENTAL COMMUNICATION WITH COACHES

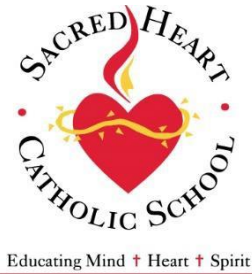
- The Sacred Heart Athletic Department encourages open communication between parent/guardian, student athletes, and coaches.
- If a parent/guardian would like to conduct a meeting with the coaching staff of a particular sport, the athletic director and coaching staff will be present.
- Parents should wait 24 hours after an incident occurs to approach the coaching staff. Coaches will not discuss an incident before, during, or after competitions. Parents should contact the Athletic Director to schedule a meeting with the appropriate coaching staff.
- The focus of such meetings should be on the student's standing on the team and how he or she can improve to be more successful. The focus should not be on comparisons with others players or another player's weaknesses. Coaches are not expected to explain or justify team strategy; decisions made during a practice or game or accept coaching advice or suggestions from parents.

ATHLETIC COMMUNICATION ON SCHEDULE CHANGES

- Sacred Heart Catholic School Athletic Director will send out any immediate or last-minute schedule changes by e-mail, phone message, or text message.
- For questions or concerns about rainouts for outdoor sports, please call the school office.

END OF THE YEAR SPORT'S BANQUET

At the end of the year an Athletic Banquet is held to honor all athletes. All athletes who compete in any sport will be recognized and acknowledged for participation.



Athletics Handbook and Sportsmanship / Catholic Identity Acknowledgment Form 2026-2027

DETACH AND RETURN

we have read and discussed the Sacred Heart Catholic School Athletic Handbook. We agree to follow the school procedures, regulations, and policies that are covered. We understand that failure to abide by the school procedures, regulations, and policies may jeopardize a student's continued participation in the athletic program.

Parent or Guardian Signature

Student Signature

Grade

Print Parent / Guardian Name

Print Student Name

Date

Date

PRE-PARTICIPATION PHYSICAL EVALUATION
2026-2027 SCHOOL YEAR
(Fall 2026, Spring 2027, Summer 2027)

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To be completed by the Parent for School:

STUDENT NAME: _____ DOB: _____ AGE: _____ GENDER: _____

HOME ADDRESS: _____

SCHOOL: _____ GRADE: _____ SPORT(s): _____

FATHER/GUARDIAN NAME: _____ MOTHER/GUARDIAN NAME: _____

EMAIL: _____ EMAIL: _____

CELL PHONE: _____ CELL PHONE: _____

FATHER'S EMPLOYER: _____ MOTHER'S EMPLOYER: _____

WORK PHONE: _____ WORK PHONE: _____

EMERGENCY CONTACTS

NAME: _____
PHONE: _____
EMAIL: _____
RELATIONSHIP: _____

NAME: _____
PHONE: _____
EMAIL: _____
RELATIONSHIP: _____

PHYSICIAN NAME: _____ PHONE: _____

INSURANCE PROVIDER: _____ POLICY NUMBER: _____

NAME OF INSURED: _____ GROUP NUMBER: _____

MEDICINES: List all prescription, over-the-counter, and supplements the student is currently taking: _____

Parental Consent

I grant permission for my child to participate in extracurricular athletic activities. These activities will take place under the guidance and direction of school employees and/or volunteers. As a parent and/or legal guardian, I remain legally responsible for personal actions taken by my participating child. I agree on behalf of myself, my participating child, our heirs, successors, and assigns, to hold harmless and defend the school, its employees, officers, directors and agents, and the Archdiocese of Galveston-Houston, or representatives associated with these activities, arising from or in connection with my child participating in these activities, or in connection with any illness, injury or cost of medical treatment in connection therewith, and I agree to compensate the school, its officers, directors and agents, and the Archdiocese of Galveston-Houston, or representatives associated with the activity for reasonable attorney's fees or expenses arising in connection therewith. I hereby warrant to the best of my knowledge, that my child is in good health, and I assume all responsibility for the health and medical care of my child. In the event of a medical emergency, I hereby give permission to school employees and/or volunteers supervising the athletic event to obtain medical services and to transport my child to the nearest hospital/emergency care center for emergency medical or surgical treatment.

Parent/Guardian Signature: _____ Date: _____

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PRE-PARTICIPATION PHYSICAL EVALUATION
2026-2027 SCHOOL YEAR
(Fall 2026, Spring 2027, Summer 2027)

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To be completed by the Physician/Licensed Examiner for School:

STUDENT NAME: _____ DATE OF BIRTH: _____ AGE: _____

EXAMINATION		
Height: _____	Weight: _____	Pulse: _____ Blood Pressure: _____ / _____
Vision R 20/ _____ L 20/ _____	Corrected: Yes _____ No _____	Pupils: Equal _____ Unequal _____
Hearing: Normal _____ Referred _____ Spinal Exam: Normal _____ Referred _____ % Body Fat (optional) _____		
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance		
Eyes/ears/nose/throat		
Lymph nodes		
Heart-Auscultation of the heart in the supine position		
Heart-Auscultation of the heart in the standing position		
Heart-lower extremity pulses		
Pulses		
Lungs		
Abdomen		
Genitalia (males only)		
Skin		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Wrist/hand/fingers		
Hip/thigh		
Knee		
Leg/ankle		
Foot/toes		
<i>The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted.</i>		
CLEARANCE		
☐ Cleared for all sports without restriction ☐ Cleared for all sports without restriction with recommendations for further evaluation or treatment for: _____ ☐ Not cleared ☐ Pending further evaluation ☐ For any sport ☐ For certain sports: Reason: _____ Recommendations: _____		
Physician/Clinician Signature: _____		
Physician/Clinician Print Name: _____		
Address: _____		
Phone: _____ Date of Exam: _____		

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PRE-PARTICIPATION PHYSICAL EVALUATION

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2026-2027 SCHOOL YEAR

(Fall 2026, Spring 2027, Summer 2027)

To be completed by the Parent for Healthcare Provider:

DIRECTIONS: Complete questions below and explain "YES" answers in the space provided.

GENERAL QUESTIONS	YES	NO	UNSURE
1. Has your doctor ever denied or restricted your participation in sports for any reason?			
2. Do you have any ongoing medical conditions? If so check all that apply: ☐ Asthma ☐ Anemia ☐ Diabetes ☐ Infections ☐ Other: _____			
3. Have you ever spent the night in the hospital in the past year?			
4. Have you ever had surgery?			
HEART HEALTH QUESTIONS	YES	NO	UNSURE
5. Have you ever passed out or nearly passed out during or after exercise?			
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?			
7. Does your heart ever race or skip beats (irregular beats) during exercise?			
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: ☐ High blood pressure ☐ High cholesterol ☐ Kawasaki disease ☐ A heart murmur ☐ A heart infection ☐ Other: _____			
9. Do you get lightheaded or feel more short of breath than expected during exercise?			
10. Have you ever had an unexplained seizure?			
11. Do you get tired or short of breath more quickly than your friends during exercise?			
FAMILY HEART HEALTH QUESTIONS	YES	NO	UNSURE
12. Has any family member or relative died of heart problems or unexpected sudden death before age 50?			
13. Has any family member been diagnosed with a heart condition?			
BONE AND JOINT QUESTIONS	YES	NO	UNSURE
14. Have you had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or game?			
15. Have you had any fractured bones or dislocated joints?			
16. Have you ever had an injury that required X-rays, MRI, CT scan, injections, therapy, a brace, or a cast?			
17. Do you regularly use a brace, orthotics, or other assistive device?			
18. Do any of your joints become painful, swollen, feel warm, or look red?			
MEDICAL QUESTIONS	YES	NO	UNSURE
19. Do you cough, wheeze, or have difficulty breathing during or after exercise?			
20. Do you have any allergies? If so, check all that apply: ☐ Pollen ☐ Medicine ☐ Food ☐ Stinging Insects ☐ Other: _____			
21. Are you missing any paired organs?			
22. Have you had a severe viral infection (myocarditis, mononucleosis, etc.) in the past year?			
23. Do you currently have any skin problems (itching, acne, warts, fungus, or blisters)?			
24. Have you ever had a head injury or concussion?			
25. Have you ever been knocked unconscious or lost memory?			
26. Do you have a history of seizure disorder?			
27. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?			
28. Have you ever become ill while exercising in the heat?			
29. Have you been diagnosed with or treated for Sickle Cell Trait or Sickle Cell Disease?			
30. Have you had any problems with your eyes or vision?			
31. Have you ever had unexpected shortness of breath with exercise?			
32. Have you had any eye injuries?			
33. Do you use any special protective or corrective equipment?			
34. Do you lose weight regularly to meet weight requirements for an extra-curricular activity?			
35. Are you on a special diet or do you avoid certain foods?			
36. Have you ever had an eating disorder?			
37. Are you presently under a doctor's care?			
38. Do you have any concerns you would like to discuss with a doctor?			
FEMALES ONLY			
39. What year was your first menstrual cycle?			
40. What month and day was your most recent menstrual cycle?			
41. How many cycles have you had in the last 12 months?			
COVID-19 MEDICAL QUESTIONS			
42. Have you been diagnosed with COVID-19 at any time?			
43. Have you been hospitalized at any time due to COVID-19?			

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