

HIGH SCHOOL ATHLETIC PROGRAM HANDBOOK

Athletics are an important part of the extra-curricular activities offered to students at CATHOLIC OF POINTE COUPEE. Student participation in athletics and any extracurricular activities is a privilege, not a right. Students must be in good standing financially, behaviorally, and socially. Additionally, for our students who participate, CATHOLIC OF POINTE COUPEE supports students in the Louisiana High School Rodeo Association. Through the governance of the LHSAA, the athletic teams, and sports available at CATHOLIC OF POINTE COUPEE are as follows:

High School Interscholastic	
Baseball	Softball
Basketball (Boys & Girls)	Track (Boys & Girls)
Football	Volleyball
Golf	Weightlifting (Boys & Girls)
Soccer (Girls)	Cross Country (Boys & Girls)

INTRODUCTION: Athletics play an important part in the lives of many high school students. The purpose of sponsoring athletic teams is to train youth in the ideals of wholesome competition and true sportsmanship. Catholic of Pointe Coupee sponsors baseball, basketball, cheerleading, cross-country, football, golf, powerlifting, soccer, softball, Stingerettes, track, and volleyball. Catholic of Pointe Coupee is a member of the Louisiana High School Athletic Association (LHSAA) for all high school sports programs.

This handbook is designed to discuss the Catholic of Pointe Coupee philosophy of athletics, student policies, eligibility, alcohol and drug policies, tryouts, lettering, and athletic awards convocations.

ATHLETIC TRY-OUTS: All Head Coaches will determine if try-outs are necessary to field a competitive team. Coaches will announce upcoming try-out dates and will explain how they will select the team.

In order to try-out for a team, all students must meet all requirements by the Head Coach. This may include extra meetings or practice sessions, or possible summer weightlifting.

ELIGIBILITY: All students who compete interscholastically in games or scrimmages on the varsity or junior varsity teams must meet these eligibility requirements.

All of the students of the Louisiana High School Athletic Association have adopted the standards listed in this handbook. Eligibility to participate in high school athletics is a privilege granted if you meet these standards - is it not an inherent right.

Eligibility to participate in interscholastic athletics is a privilege you earn by meeting those standards outlined in this handbook as well as all other regulations and policies set by the LHSAA and this school. Any time you have a question or do not fully understand an eligibility rule, check with your principal, athletic director, or coach. By fulfilling not only the letter of the rule but also its intent and spirit, you can help prevent violation that might penalize you, your team, or your school.

ONE INELIGIBLE STUDENT MIGHT DISQUALIFY THE WHOLE TEAM.

To be eligible for High School competition you must:

1. Meet the standards set forth by LHSAA regarding enrollment, age, residence requirements and scholastic requirements.
2. To be eligible for Fall Sports (first semester) you must have maintained at a “C” average and passed 6/7 classes of the previous scholastic year AND in order to be scholastically eligible for Spring Sports (second semester), a student-athlete must pass 6/7 classes from the first semester. Seniors who are taking six (6) classes MUST pass all six (6) classes!
3. Meet the requirements of the LHSAA transfer rule.
4. Have passed (current year) an adequate physical examination by a qualified physician.
5. Not take part in any branch of athletics not sponsored by the school while the student-athlete is a member of a school team in that same sport.
6. Stingerettes and cheerleaders must have a 2.0 at mid-term in order to try out for the squad.

FOR QUESTIONS CONCERNING ELEMENTARY AND JUNIOR HIGH TRYOUTS, TEAM FORMATIONS, ETC...PLEASE SEE THE MIDDLE SCHOOL ATHLETIC HANDBOOK.

PHILOSOPHY: Interscholastic athletics is a very important part of the total educational program at Catholic of Pointe Coupee. The purpose of athletic activities is to promote an opportunity for the student-athlete to experience educational needs which will contribute to the individual's growth. One of the most important elements in a successful athletic program is morale. The effect of a player's action and attitude upon team morale is the greatest means of his worth to the squad. It is our belief that discipline, well-earned pride, and a high degree of selflessness contribute to gaining desirable morale.

The following guidelines are established based on our philosophy of athletics at CATHOLIC OF POINTE COUPEE.

1. Education comes first. Athletics should enhance one's academic progress.
2. The student-athlete should always conduct himself in a true Christian manner.
3. Emphasize involvement. The more people we can involve in athletics; the greater contribution we can make in the development of better citizens.
4. Emphasis on the in-season sport. In-season sports take precedence over other athletic activities in scheduling, use of facilities, and practice time.

STUDENT ATHLETE POLICIES: The following are the guidelines and policies used in dealing with student athletes.

1. Education is first. This must be always stressed. All athletes must meet scholastic requirements as outlined by LHSAA and the Catholic of Pointe Coupee Student Handbook. LHSAA guidelines concerning student-athlete drug testing must also be adhered to in order to be eligible to play athletics.
2. Discipline is a prime factor in any athlete's success - off the field, on the field, in the locker rooms, on trips, and in school.
3. Athletes must realize that while they have the privilege to be an athlete with that privilege comes responsibility. Catholic of Pointe Coupee athletes are expected to set an example for the rest of the student body regarding behavior and cooperation. The student-athlete must realize that if the school must take disciplinary measures, they are also subject to disciplinary action by the Athletic Department.
4. Athletes are expected to attend all practices and games. The coach can reduce playing time if a player has an unauthorized absence. If the absences become habitual, the player may be dismissed from the team.
5. There will be no foul or profane language at any time - sportsmanship is a must for all athletes. At no time is a player to argue with an official or show disapproval of a call by throwing a bat, jumping up and down, slapping a chair, or so on. Never is a player not in a game to leave the bench and go on to the field or court to join a scuffle. Such offenses are serious and will be handled accordingly.
6. Loyalty is a must item for all athletes. This includes loyalty to players, teachers, coaches, and the school. Any complaints should be referred to the coach - not the student body or the general public. (See Social Network Policy in both Athletic & Student Handbook).
7. No one should be allowed in the athletic facilities at any time without being supervised by a coach, faculty member, or authorized adult.
8. Athletes will not be allowed to ride home from away events with anyone other than their parents or guardians.
9. Lock up all valuables every day. The athletic department will not be held responsible for stolen items.
10. If a student has an academic deficiency, the coaching staff and administration should determine a means for that student to make up the deficiency, such as leaving practice early in order to study or being excused from practice if necessary.
11. The principal and the athletic director reserve the right to use their discretion in handling any situation.
12. Catholic of Pointe Coupee coaches include staff members as well as volunteers; all of whom do their best to guide our students on and off the playing field or court. At no time will harassment of any coach by a player, parent, family member or any individual, be tolerated. Should a coach report any such activity to the Athletic Director or Principal, the individual(s) will not attend the next

sporting event and upon a repeat offense, the individual(s) will be barred from further attendance to any event of that sport for the remainder of the season (including all post season play).

13. An athlete is expected to represent the highest standards at Catholic of Pointe Coupee: preparing for the season through proper training and conditioning, being a team player by sacrificing personal goals for the teams; attending practices and communicating with the coaches when unable to attend; taking care of the body by refraining from the use of harmful and illegal substances.

14. Suspensions from a team as determined by the coach, athletic director or principal may result from the following: Insubordination, obscenity, provocation, fighting, stealing.

15. The Louisiana High School Athletic Association stipulates that a player who is ejected or dismissed from a contest for unsportsmanlike conduct shall receive, through the school, an official warning and take the NFHS Sportsmanship class before they are allowed to participate.

16. If an athlete decides to withdraw from a sport, he is expected to communicate his decision to the head coach in person. An athlete who resigns without notice may not participate in another sport until he has done so.

17. An athlete who withdraws from a team after the final roster is made may not be eligible to participate in another sport until his previous team has completed its regular season.

18. If an athlete is injured, he must report the injury to the coach/trainer so that an accident report is filed with the school for insurance purposes.

19. An athlete who has been held out of competition or training because of injury may be required to bring a signed doctor's note releasing him.

SOCIAL NETWORKS:

Social network sites such as Facebook, Twitter, Tik Tok, Snap Chat, and other digital platforms and distribution mechanisms facilitate students communicating with other students. Participation in such networks has both positive appeal and potentially negative consequences. It is important the CATHOLIC OF POINTE COUPEE student-athlete be aware of these consequences and exercise appropriate caution if they choose to participate.

Student-athletes are not restricted from using any on-line social network sites and digital platforms. However, users must understand that any content they make public via on-line social networks or digital platforms is expected to follow acceptable social behaviors and to comply with federal government, state of Louisiana, CATHOLIC OF POINTE COUPEE, and LHSAA/NCAA rules and regulations. As a CATHOLIC OF POINTE COUPEE student-athlete, you must be aware of Student Handbook regulations. Ignorance of these regulations does not excuse student-athletes from adhering to them. Students or their parents who post negative, derogatory, harmful, or hurtful content directly or indirectly toward another player, parent, coach, teacher, administration, or school are subject to disciplinary action including but not limited to expulsion, suspension, removal from team, and/or may be banned from school events. Any potentially questionable social media content produced by a player is at the discretion of the head coach. Determinations and consequences made by the head coach may go above and beyond LHSAA/NCAA rules and regulations.

GUIDELINES FOR STUDENT-ATHLETES:

These guidelines are intended to provide a framework for student-athletes to conduct themselves safely and responsibly in an on-line environment. As a student-athlete at CATHOLIC OF POINTE COUPEE you should:

1. Be careful with how much and what kind of identifying information you post on social networking sites. Virtually anyone with an email address can access your personal page. It is unwise to make available information such as: full date of birth, social security number, address, phone number, cell phone numbers, class schedules, bank account information, or details.
2. About your daily routine. All of these can facilitate identity theft or stalking. Facebook and other sites provide numerous privacy settings for information contained in its pages; use these settings to protect private information. However, once posted, remember the information becomes property of the website.
3. Be aware that potential current and future employers and college admissions offices often access information you place on social networking sites. You should think about any information you post on Facebook or similar directories potentially providing an image of you to a prospective employer or school. The information is considered public information. Protect yourself by maintaining a self-image that you can be proud of years from now.
4. Be careful in responding to unsolicited e-mails asking for passwords or PIN numbers. Reputable businesses do not ask for this information in e-mails.
5. Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The on-line social network sites are NOT a place where you can say and do whatever you want without repercussions.
6. Remember photos put on the social network site's server become their property. You may delete the photo from your profile, but it still stays on their server. Internet search engines like Google or Yahoo may still find that image long after you have deleted it from your profile. Think long and hard about what type of photo you want to represent you.
7. **THINGS STUDENT ATHLETES SHOULD AVOID:**

Derogatory language or remarks about teammates or coaches; other CATHOLIC OF POINTE COUPEE student athletes, teachers, or coaches; student-athletes, coaches, athletics administrators, or representatives of other schools.

- A. Demeaning statements about or threats to any third party.
- B. Incriminating photos or statements depicting violence, bullying, hazing, sexual harassment, vandalism, stalking, underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behaviors.
- C. Creating a danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
- D. Indicating knowledge of an unreported felony theft or felony criminal damage to property.

E. Indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or intentional.

One of the biggest lessons social network users can learn is that anything you post online enters the public record. You never know who may be looking. For instance, there have been cases where minors were cited for underage drinking or breaking the rules of an apartment lease after pictures of wild parties were posted on social networking sites. Kids posting photos bragging of graffiti have been arrested by police.

Although not every Facebook misstep makes the national news, users should always be sensitive to how others might perceive their profiles. A private joke is not so private when it's accessible to millions across the internet, and it can easily offend someone who doesn't understand the context. If that is not enough to make you think twice about posting an inappropriate picture or off-color comment, consider your future. High school and college students should carefully consider their Facebook profiles and ask themselves how they would look to a future college admissions officer or potential employer.

STUDENT-ATHLETE DRUG POLICY: In accordance with LHSA eligibility requirements, all student-athletes and their parents must sign a document consenting to take a drug test. This does not necessarily mean a student-athlete will be asked to take a drug test but signing the document does give consent to the test. If the student and/or parent do not sign the document, the student-athlete will not be eligible to participate in any sport at Catholic of Pointe Coupee.

ATHLETIC AWARDS AND CONVOCATIONS

High School athletic teams will participate in two Athletic Convocations. The first will be held sometime in January and the second will be held sometime in late May.

Fall Sports Convocation: Sunday, January 14th at 6:00pm in the Church

- Cross Country
- Football
- Volleyball
- Stingerettes
- Cheerleaders

Spring Sports Convocation: Sunday, May 5th at 6:00pm in the Church

- Basketball
- Soccer
- Baseball
- Softball
- Golf
- Powerlifting
- Track & Field

Sports programs will not be allowed to opt out of the Fall or Spring Convocation to host their own end of the season ceremony.

HIGH SCHOOL ATHLETIC AWARDS

LETTERMAN AWARDS: Awarded to athletes who earn a letter in each particular sport. The criteria for earning a letter is to be set forth by the head coach of each individual sport.

PARTICIPATION AWARDS: Awarded to athletes who participate but do not letter.

ATHLETE OF THE YEAR AWARD: Earned by one senior boy and one senior girl. Must have lettered in at least two sports for their junior and senior years. Chosen by athletic department staff and administration.

SAMMY GREZAFFI MEMORIAL AWARD: The highest award that a senior athlete may earn. Given to one senior boy and one senior girl at the spring convocation. Athletes are nominated by head coaches and voted on by athletic staff and administration. Must display character, selflessness, and humility while excelling at their sport(s).

CATHOLIC OF POINTE COUPEE ATHLETIC CONSENT FORM

Students and parents acknowledge the following:

My participation in athletics at CATHOLIC OF POINTE COUPEE requires an acknowledged acceptance of the risk of injury, however minor or severe it may be.

The rules of sports are designed to help protect me as an athlete from injury, but even the proper enforcement of such rules by game officials is not a guarantee against injury. Also, printed labels or warnings on equipment and instructions by my coaches in proper techniques may minimize, but can never eliminate, such risk.

I recognize that I have the responsibility to wear the required protective athletic equipment, obey the rules of the sport in which I am participating, train and condition my body to the best of my ability, utilize the proper techniques when playing, and follow the instructions given me by my coaches.

I must avoid athletic activities for which I have not been trained or do not feel qualified to perform. I will inform my coach if he/she asks me to do something I do not feel comfortable doing.

I agree to uphold my responsibility to report any injuries to my coach. A coach may at his/her discretion refuse to allow a student to play or practice until he/she seeks medical attention, and a doctor provides a release allowing the student to participate.

I understand that there may not be medical personnel present during practice or games. For any injuries requiring medical attention, 911 will be called. Coaches will be provided emergency contact information that is provided by the parent on the student's registration form.

All athletes may appear in photos or videos on the school website, social media sites, bulletin boards, yearbooks, etc. If I object to this for my child, I will notify the school in writing, and the school will refrain from posting photos/videos of my child.

I acknowledge that I have read and understand this entire athletic handbook and that my failure to follow the guidelines outlined here may affect my athletic eligibility at CATHOLIC OF POINTE COUPEE.

Parent Name (Printed)

Student Name (Printed)

Parent Signature

Student Signature
