

## **Academy of Our Lady Athletic Program Policies and Procedures for Parents and Students**

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### **OBJECTIVES OF ATHLETICS AT ACADEMY OF OUR LADY**

The athletic program at Academy of Our Lady strives:

1. To promote standards, character and conduct which contribute to the formation of responsible citizenship.
2. To develop leadership, good sportsmanship, new friendships, and a friendly rivalry with other schools.
3. To provide a well-planned and well-balanced program of interscholastic athletics for as many students as possible, consistent with available facilities, personnel and financial support.
4. To operate and manage athletic programs in harmony with the policies of the Archdiocese of New Orleans, Academy of Our Lady Catholic High School and the Louisiana High School Athletic Association.
5. To create a desire to succeed and excel within each athlete.
6. To instill pride in one's ability to contribute to a team or group goal.
7. To practice self-discipline and emotional maturity in learning to make decisions under pressure.
8. To be socially competent and operate within a set of rules, thus gaining respect for the rights of others.
9. To promote cooperative thinking and unity of interest and effort among the athletic programs of Academy of Our Lady Catholic High School.
10. To be concerned with the total development of the student and promote competitive activity as a part of the total educational program.

### **RESPONSIBILITY OF THE STUDENT/ATHLETE**

While High School athletics play a significant part in the total education of a person, academic success is the first responsibility of the student athlete and the goal of Academy of Our Lady High School. With the decision to play sports, each student athlete must assume the responsibilities inherent to academic success and athletic values.

The student athlete will:

1. Strive to achieve sound citizenship and desirable social traits, including emotional control (verbally and physically), honesty, cooperation, dependability and respect for others and their abilities.
2. Maintain academic and eligibility standards established by Academy of Our Lady Catholic High School and the Louisiana High School Athletic Association.
3. Demonstrate respect for authority and property while learning the value of hard work and sacrifice.
4. Attain physical fitness through good health habits.
5. Develop personal potential.
6. Accept leadership roles instilled in the athletic programs.
7. Follow the guidelines and regulations established by Academy of Our Lady Catholic High School and the Louisiana High School Athletic Association.

Student athletes are to remember that they are in the public eye and that people will remember them for their conduct during competition. Personal conduct is to be above reproach. Student athletes have an obligation to give good example and to gain the respect of teammates, Academy of Our Lady Catholic High School student body and the community at large.

Good sportsmanship is a must and is far more valuable than winning an event. While every athlete is coached to win, and there will be spirited play, it must be fair play.

### Player Participation in Academy of Our Lady Athletics

#### Sport's Season

Academy of Our Lady student athletes are to fully commit to the Academy athletic team during the sport's season. Attendance during practices is required from start to finish during a full practice season. Club Team's schedules, or Academy of Our Lady extracurricular activities are not acceptable excuses for missing games or practices.

#### Participation

Student athletes are required to participate in tryouts or practices on the scheduled date(s) at the beginning of each sport season. Only athletes transitioning from one sport to another are allowed a grace period. It is the discretion of the head coach, with prior consent from the athletic directors,

to determine other arrangements.

Student athletes may not quit one team to join another. Quitting a team renders them ineligible to join another Academy team during that scholastic year. Exceptions can only be made by the Athletic Director.

### Fighting

As outlined in the Academy of Our Lady Student Handbook, any student involved in a fight on school grounds or at any school event, on or off campus, will be a candidate for suspension, probation or expulsion from the team and/or school.

### Controlled Substance

The policies outlined in the Academy of Our Lady Student Handbook will be applied to any student athlete found to be in possession of, under the influence of, or in distribution of a controlled substance.

### Hazing

Hazing is inconsistent with the educational goals of Academy of Our Lady Catholic High School and poses a significant risk to the physical and mental welfare of the students. Hazing of students, on or off campus, is prohibited and may result in suspension and/or expulsion from school as well as elimination from any and all activities and athletic programs.

## **PARENT/COACH COMMUNICATION**

Communication between parents and coaches that is respectful and honest will benefit the student athlete, the athletic program and the relationship between parents and the coaching staff.

Coaches have the duty to inform the parents about the expectations placed on their child in a particular sport.

Parents have the responsibility to communicate respectfully with the coaching and school staff and act in an appropriate manner at practices and games.

Coaches have the right to determine when and if parents may attend practices. The school reserves the right to deny parents attendance at practices or games if the parent's conduct interferes in the practice or in the game (see expectation of spectators).

### Communication parents should expect from Coaches:

1. The philosophy of the Coach.

2. The expectations of the Coach for all the players on the team.
3. The locations and times of all practices and contests.
4. The team requirements, i.e. practices, special equipment, out-of-season conditioning, etc.
5. The procedure followed for a student athlete injured during participation.
6. The denial of a student athlete to participate due to disciplinary action.

Communication Coaches expect from parents:

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concerns with regard to a coach's philosophy and/or expectations.

As students become involved in the programs at Academy of Our Lady High School, they will experience some of the most rewarding moments of their lives. It is important to understand, however, that there also may be times when things do not go the way parents or students desire. At these times, discussion with the Coach is encouraged. **Open criticism of the coach undermines his/her ability to perform their coaching duties and authority, therefore, will not be tolerated.**

Appropriate concerns to discuss with Coaches:

1. The treatment of your child mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

Coaches are professionals. They make decisions based on what they believe to be best for all the students involved. While parents are encouraged to speak to the student athlete's coach, some things are left to the discretion of the Coach.

Issues not appropriate to discuss with Coaches:

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes.

There are situations that may require a conference between the coach and the parent. These meetings are encouraged. It is important that both parties involved have a clear understanding of the other's

position. When these conferences are necessary, the following procedure is to be followed to help promote a resolution of the issue or the concern.

### Step One

1. Call to set up an appointment.
2. If the coach cannot be reached, call the Athletic Director and a meeting will be arranged.

Do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

### Step Two

If the meeting with the coach did not provide satisfactory resolution:

1. Set up an appointment with the Athletic Director to discuss the situation.
2. If a meeting with the Athletic Director is unsatisfactory, call and set up an appointment with the Dean of Students.
3. If a meeting with the Dean of Students is unsatisfactory, call and set up an appointment with the Principal.

## BEHAVIOR EXPECTATIONS OF ALL SPECTATORS

Spectators are to remember that they are in a Catholic environment and should act in a manner that is consistent with a Catholic culture.

Spectators are to:

- Remember that they are at the contest to support and encourage the team, and to enjoy the skill and competition; not to intimidate or ridicule the other team or its fans.
- Remember that school athletics are a learning experience for students and that mistakes are sometimes made.
- Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people, just as a student working in the classroom would be praised.
- Remember that a ticket is a privilege to observe the contest, not a license to verbally assault others or to be generally obnoxious.
- Learn the rules of the game, so that there is a greater understanding and appreciation of the decisions made during the game as rules do change over time.
- Show respect for the opposing players, coaches, spectators, and support groups.
- Respect the integrity and judgment of game officials.
- Understand that game officials are doing their best to help promote the student athlete, and admire their willingness to participate in full view of the public.
- Recognize and show appreciation for an outstanding play by either team.
- Use only cheers that support and uplift the teams involved.
- Be a positive role model at events through personal conduct and by censuring those whose behavior is unbecoming.

The following behavior is unacceptable:

- Yelling or waving arms during an opponent's free throw attempt, serve, at bat, etc.
- Disrespectful or derogatory yells, chants, songs, or gestures.
- Booing or heckling an official's decision.
- Criticizing officials in any way.
- Display of temper with an official's call.
- Antagonizing opponents through yelling.
- Blaming loss of a game on officials, coaches, or participants.
- Using profanity or displaying anger that draw attention away from the game.
- Artificial noise makers are not allowed.
- Consumption of alcohol at any time (games, tournaments, out of town trips, etc.)

Consequences for NOT following rules:

- First offense: spectator will receive a verbal warning by the administrator in charge.
- Second offense: spectator will be asked to leave and will be escorted from the contest.
- Third offense: spectator will be banned from attending ALL athletic events held at Academy of Our Lady Catholic High School and ALL away games.

## **SPORTS OFFERED AT ACADEMY OF OUR LADY CATHOLIC HIGH SCHOOL**

### Fall Sports

Cross Country  
Varsity and Junior Varsity Volleyball

### Winter Sports

Varsity and Junior Varsity Girls Basketball  
Varsity Girls Soccer

### Spring Sports

Track & Field	Bowling	Golf
Varsity Softball	Gymnastics	

# LETTER AWARD STANDARDS FOR INTERSCHOLASTIC SPORTS OFFERED AT ACADEMY OF OUR LADY CATHOLIC HIGH SCHOOL

## GENERAL CRITERIA

1. A student athlete must complete the season, unless an injury in the sport keeps the student athlete from the season's completion.
2. A student athlete must complete the season in good standing with the Academy of Our Lady Catholic High School regulations and guidelines as well as the Louisiana High School Athletic Association.
3. The head coach will have final authority to determine whether a student athlete has met the requirements for a varsity letter.
4. Student athletes must compete at the Varsity level for a minimum of half the season to be considered eligible and receive a Letter Award.

Research indicates that a student who is involved in extra-curricular activities has a greater chance for success during adulthood. Many of the character traits required to be a successful participant in sports are exactly those that will promote a successful life after high school. With this in mind, Academy of Our Lady has developed these athletic programs.

We hope that the information provided within this document makes your experience with the Academy of Our Lady Catholic High School athletic program enjoyable.



# Academy of Our Lady Athletic Program Policies and Procedures for Parents and Students

## CONSENT FORM

I acknowledge receipt of, have studied and understand the **Academy of Our Lady Athletic Program Policies and Procedures for Parents and Students**. I agree to abide by these rules and those of the Louisiana High School Athletic Association.

FILL OUT THE FOLLOWING INFORMATION NEATLY

STUDENT NAME (print legibly)

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(Printed Name)

STUDENT SIGNATURE

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(Signature)

YEAR OF GRADUATION \_\_\_\_\_

PRESENT GRADE IN SCHOOL (circle one) 8 9 10 11 12

SIGNATURE OF PARENT(S)/GUARDIAN(S)

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(Signature)

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(Signature)

DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

The parties indicated must sign and return this consent form to the head coach or the sponsor of the activity before the student can participate.