



SPORTSMANSHIP POLICIES

Sportsmanship is that quality of honor that desires always to be courteous, fair and respectful. Sportsmanship is evidence by the conduct of players, spectators, coaches, parents, and school authorities.

Catholic High School of New Iberia aspires to develop and maintain the very highest standards of sportsmanship. Administrators, coaches, teachers, participants, parents, and all fans must contribute to this endeavor. The community's high expectations of Catholic High magnify our errors. When we fall short of our high standards, we must do all we can to correct the situation and prevent any further such occurrences. The following guidelines may prove helpful in our quest to become a school known for its outstanding sportsmanship.

Sportsmanship Includes:

1. Being loyal to superiors in making athletics fit into the general school program.
2. Being loyal to coaches and fellow participants.
3. Insistence upon high scholarship and enforcement of all rules of eligibility.
4. Fair, unprejudiced relationship with participants.
5. Teaching athletes to win by use of legitimate means only.
6. Counteracting unfounded rumors of questionable practices by opponents.
7. Discouragement of gambling, profanity and obscene language at all times.

An Athletic Code of Athletes

A. The Contest Demands:

1. Fair play at all times
2. A square deal to opponents by players and spectators
3. Playing for the joy of playing and for the success of the team
4. Playing hard to the end
5. Keeping one's head and playing the game, not talking it
6. Respect for officials and the expectations that they will enforce the rules
7. That an athlete should not quit, cheat, bet, "grandstand", or abuse his/her body

B. The School Demands:

1. Out-of-school and out-of-town conduct of the highest type
2. Faithful completion of school work as practical evidence of loyalty to school and team
3. Complete observance of training rules as a duty to school, team and self.

C. Sportsmanship Demands:

1. Treatment of visiting team and officials as guests and the extension of every courtesy to them
2. Giving opponents full credit when they win and learning to correct one's own faults through his/her failures
3. Modesty and consideration when one's team wins
4. An athlete will not "crow" when his/her team wins or blame others when it loses
5. Be a modest winner and a gracious loser
6. It is a privilege to play on a high school team
7. Play always for the love of the game

An Athletic Code for Parents

1. Parents should always express love, support and appreciation for their child's efforts-win or lose. Be a person in your child's life who offers constant positive enforcement.
2. Parents should be completely honest about their child's athletic capability, competitive attitude, sportsmanship, and actual skill level.
3. Be helpful but do not "coach" your children on the way to the track, diamond, field, or court, on the way back, at breakfast, and so on. Support his/her coach by not undermining him or her.
4. Teach your child to enjoy the thrill of competition, to be "out there trying" to be working to improve his or her skills and attitudes.
5. Try not to relive your athletic life through you child in a way that creates pressure; you fumbled too, you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Do not pressure you child because of your pride.
6. Alcohol and/or drug consumption is strictly prohibited on or at any Catholic High sporting function.
7. Do not compete with the coach. When a certain degree of disenchantment about the coach sets in, some parent's side with the student/athlete and are happy to see the coach criticized. This is a mistake. It should provide a chance to discuss (not lecture) with the student the importance of learning how to handle problems, react to criticism and understand the necessity for discipline, rules, regulations and so on.
8. Do not compare skill, courage, or attitudes of your child with that of other members of the squad or team. If your child shows a tendency to resent the treatment received from the coach, or the approval other team members received, be careful to talk over the facts quietly and try to provide fair and honest counsel.
9. You should also get to know the coach in order to feel comfortable exposing your child to his/her philosophy, attitudes, ethics and knowledge. The coach has a tremendous potential influence.
10. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reactions to the tales of woe or heroics they bring home. Above all, do not over-react and rush off to the coach if you feel an injustice has been done. If there are questions or concerns, you are encouraged to discuss those concerns with the head coach of that sport. Coaches should never be challenged or confronted during or immediately following the completion of a game or practice. Appointments should be made for private meetings which will lead to more positive resolutions of any problems.
11. Make a point of understanding courage. Explain to your student/athlete that courage does not mean an absence of fear but rather means doing something in spite of fear or discomfort.
12. **Coaches, Faculty and Parents are prohibited from talking to students from other schools in the hopes of 'recruiting' them to attend Catholic High School of Iberia Parish.**
13. **If an athlete is ejected from a game on a second offense, the athlete and parents are responsible for the LHSAA fine.**

I have read and agree with these rules of sportsmanship. I promise to adhere to these rules with regards to Catholic High Athletics.

Athlete's Signature

Date

Agreement to the Terms of Service on the permission slip serves as your signature

Parent's Signature

Date

Agreement to the Terms of Service on the permission slip serves as your signature



Athletic P.E. / Weight Training -- Overview Strength and Conditioning for Athletes

Purpose

The two primary goals of our strength and conditioning program are to maximize and improve athletic performance and help with injury prevention.

Requirements

A coach of the varsity sport must be on campus and/or in class during the class period.

The athlete must be a current member (in good standing with the coach) of a varsity sport.

Being a member of this class is not a requirement for participation in a varsity sport.

The athlete is expected to complete the required workouts set by the varsity coach for that sport.

Pre-Season Expectations

The athlete is expected to perform all strength and conditioning exercises set forth by the varsity coach.

If the athlete fails to meet the minimum required workouts, the athlete's varsity coach will determine the "make-up" work for the missed workouts.

Injury

Due to the school's Blanket Insurance Policy, any injuries incurred inside or outside of the class, disabling the athlete from performing, must be reported to the coach and/or trainer.

Any injured athlete is expected to dress and perform other exercises or substitute exercises. The school's trainer will design an appropriate workout/therapy with regard to the athlete's injury.

Sickness

In case of physical illness, the athlete is expected to dress and be with the class for the entire period.

In-Season Injury

While the athlete's varsity sport is in-season, the athlete's workout will be modified. The athlete's varsity coach will determine the proper modifications.

Post-Season

The varsity sport's coach will decide if and when any time-off will be implemented. The athletes are nevertheless required to dress and report for roll. Seniors, not playing any other sports, may be excused from workouts at the discretion of the varsity sport's coach.

Athlete's signature Agreement to the Terms of Service on the permission slip serves as your signature

Parent's signature Agreement to the Terms of Service on the permission slip serves as your signature

182