

ATHLETIC POLICY HANDBOOK

PHILOSOPHY OF ATHLETICS

Interscholastic athletics is a very important part of the total educational program at Catholic High School. The purpose of athletic activities is to promote an opportunity for the student-athlete to learn and grow in ways not available in a traditional classroom setting.

One of the most important elements in a successful athletic program is morale. The effect of a player's actions 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 commitment contribute to gaining morale.

The following guidelines are established based on our philosophy of athletics at Catholic High School:

1. Education comes first. Athletics should enhance one's academic progress.
2. The student-athlete should always conduct himself/herself 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.

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 High School sponsors football, cross country, volleyball, basketball, powerlifting, soccer, indoor track, track and field, baseball, softball, tennis, golf, swimming, gymnastics, cheerleading and dance team. CHS is a member of the Louisiana High School Athletic Association for all high school sports programs.

This handbook is designed to address athletic policies such as:

- I. Student Policies
- II. Training Rules & Regulations
- III. Eligibility
- IV. Tryouts
- V. Educational & Athletic Absences
- VI. Athletic Lettering
- VII. Athletic Awards

- VIII. Coaches Responsibilities
- IX. Middle School Athletics
- X. Agreement Contract

I. ATHLETIC DEPARTMENT STUDENT POLICIES

1. Students and/or parents who have a concern regarding decisions made by a coach should adhere to the following chain of command:
 1. Coach of Team
 2. Head Varsity Coach of Team
 3. Athletic Director
 4. Principal
2. Education is first. This **MUST** be stressed at all times. All athletes must meet scholastic requirements as outlined by LHSAA and the CHS Student Handbook.
3. 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.
4. Athletes must realize that while they have the privilege to be an athlete with that privilege comes responsibility. CHS athletes are expected to set an example for the rest of the student body regarding behavior and cooperation.
5. An out of school suspension from school will result in the student-athlete not being allowed to participate in practice and the next scheduled athletic competition.
6. Students who have been suspended from Catholic High will receive additional consequences if they are a student athlete. The following policy has been implemented beginning in the 2024-2025 academic year:
 - 1 Day out of school suspension = 10% of the schedule
 - 2 day out of school suspension = 20% of the schedule
 - 3 Day out of school suspension = 30% of the scheduleThese additional penalties will include high stakes games like Regionals, Playoff games, and even State championship games. Students may be allowed to practice with the team, but will not be allowed to play in the game.

If a student is a multi-sport athlete and the suspension occurs during an overlap of seasons, the student will be penalized in all sports they are currently participating in. (ie: Soccer and basketball, baseball and track). The Administration and the Athletic Director will have the final decision on these penalties.
7. Athletes are required to attend all practices and games unless authorized by the coach or administration. Unauthorized absences from practice or game will result in coaches' disciplinary action based on their team rules.
8. Injuries of any kind must be reported to the coaching staff. This should be done before visiting a doctor except in an emergency. Athletes who have

- the school's [supplemental insurance policy](#) (click the link for the policy) are responsible for filling out an accident report within 24 hours from time of accident. The athlete must turn in a report to Catholic High before an insurance claim will be submitted to the insurance company. An injured player will not be able to participate in any practices or games until the Head Coach or Athletic Director receives written proof from the doctor stating that player has been cleared. [CLICK HERE TO ENROLL](#)
9. A player removed from the squad for disciplinary reasons or who quits will not be able to go out for any other sport until the sport he/she was removed from or quit is completely finished. Any extenuating circumstances will be ruled on by the Athletic Director.
 10. 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. A player is NEVER allowed to leave the bench and go on to the playing field or court to join a scuffle. Such offenses are serious and will be handled accordingly.
 11. The Athletic Director has the final decision on whether or not a hairstyle is appropriate and meets school/athletic department regulations. Consequences for ignoring these rules are communicated by Head Coaches/the Athletic Director.
 - a. Girls’ hair must be neat. No extreme hairstyles. No bleaching or dying of hair in an unnatural or distracting color. Hair ribbons and bows must be white, red, black, gray, or a combination of these colors. Other hair accessories must be neat and appropriate for participation in an athletic event. Feathers and tinsel are not permitted.
 - b. Boys must be clean-shaven. Beards, mustaches, or sideburns below the middle of the ear are not allowed. Hair must be off the collar in the back, above the ear, and above the eyebrows without the use of styling products. **Extreme hairstyles (including mohawks, dreadlocks, traditional mullets, etc.) are not permitted. Hair, as it lies on the head, may not extend more than two inches off the head in any direction.** Bleaching or dying of the hair in unnatural colors is not permitted. Hair will not be partially shaved. Designs, lettering, etc... are not acceptable.
 - c. Visible tattoos and body-piercing of any kind are not permitted. Writing or drawing on the body or uniform is not permitted. The Athletic Handbook may have additional guidelines specific to sports uniforms and athletic events.
 - d. **Students may not carry cell phones on their person during the school day.** Students must have their cell phones turned off by the first bell (7:40) and until after dismissal (2:50/2:55). Students are not allowed to use cell phones during the day. Any phone in a bag, purse, or backpack must remain powered off while in the building and throughout the school day. No student may use

cell phones in the carline or at the bus loop without explicit permission from the duty teacher. Catholic High is not responsible for any lost, stolen, or damaged cell phones. No warning will be issued for cell phone violations. Any student who violates this policy will receive the following consequences:

12. Loyalty is a “must” item for all athletes. This includes loyalty to players, teachers, coaches, and our school. Any complaints should be referred to the coach. (see #17)
13. Catholic High does not allow practices, team meetings, games on Sundays without approval from Administration and the Diocese of Lafayette. The exception to this rule is athletic photos, which have received approval to take place on Sundays between Mass times.
14. No one should be allowed in any athletic facilities without being supervised by a coach or faculty member.
15. Athletes will not be allowed to ride home from any away events with parents without the permission of the head coach.
16. Lock up all valuables every day.
17. Anything not covered in the Athletic Department Policies Handbook will be left to the judgment of the Athletic Director and the Principal.
18. Each **high school athlete** is required to pay the following:
\$75.00 athletic fee per sport that he/she participates in
\$125.00 athletic fee for participation in football
Middle school athletes pay \$65 per sport and for football \$115.
These fees are nonrefundable.
19. All athletes’ grades will be monitored at every grading period by the athletic secretary and she will communicate that information to the head coach of each sport. Disciplinary action by the coach may result.
20. Any negative rhetoric from an athlete said publicly or posted on social media will be met with severe disciplinary action not limited to being removed from the sport that the individual is participating in.
21. 7th hour Athletic PE is a requirement for all athletes in grades 10 - 12 with a prerequisite of the Head Coach’s approval and adherence to the summer strength and conditioning attendance policy. Only the CHS counselor may mandate otherwise due to a graduation issue.

II. TRAINING RULES AND REGULATIONS

Tobacco, Alcohol, Drugs

First Offense:

A first offense will result in competition suspension and further disciplinary action administered by the respective head coach and will be appropriate for the seriousness of the offense.

Second Offense:

A second offense will result in being suspended from the team for the remainder of the season.

Third Offense:

A third offense will result in the athlete being suspended from all sports for 365 days.

TRAINING RULES ARE IN EFFECT 365 DAYS A YEAR

All training regulations go into effect the first day the final roster is made for each sport. At all times, school policy supersedes athletic policy.

EACH SPORT MAY HAVE TEAM SPECIFIC RULES. THESE RULES WILL BE DISTRIBUTED BY THE HEAD COACH OF THE TEAM.

III. ELIGIBILITY

To be eligible for high school athletic competition you must:

1. Meet the standards set forth by LHSAA regarding enrollment, age, and scholastic requirements.
2. Have passed 6 LHSAA approved high school subjects with a minimum "C" average. By the end of the first semester, a student must have passed at least 6 subjects that count toward graduation and earned a "C" average in all subjects pursued in order to be eligible for interscholastic athletic participation for the second semester. At the end of the school year and/or prior to the start of the next school year, the grades of the student-athlete will be evaluated again for eligibility purposes. At that time a student must have passed at least 6 subjects that count toward graduation and must have earned at least a "C" average in all subjects taken during the school year.
3. Meet the requirements of the LHSAA transfer rule.
4. Have passed (current year) an LHSAA 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.

Student athletes who compete inter-scholastically must meet eligibility requirements.

Middle School athletes must also follow league rules towards age and CHS eligibility requirements.

IV. ATHLETIC TRYOUTS

One of the most important elements in a successful athletic program is student involvement. The more people involved in athletics, the more morale and pride we will have within the student body. All students are encouraged to try-out, and each will be given a fair chance to make the team. We will have junior varsity and freshman programs when enough participation warrants.

In taking on this difficult task, the coaches will follow the guidelines below:

1. Have a meeting to inform students of the following:
 - a. Time and place of tryouts
 - b. Criteria on which the athlete will be evaluated
2. Evaluate athletes for a minimum of 2 days.
3. Meet with athletes or post the list of who made the team.

Middle School students may try-out for a varsity sport with the coach's approval. If they do not make the varsity, they may play a junior high sport, but not be a junior varsity player. Exceptions are made only if there are not enough players to field a team. This must be approved by the Athletic Director and Principal. Sports that have tryouts more than two months before the opening of that sports season will have a "second tryout" for possible new players. Any player who made the team in the previous tryout does not have to try out again.

V. Educational or Athletic Absences

- A student with a D or F grade quarter average on 1st, 2nd, or 3rd quarter Report Cards will not be allowed to leave for an educational or athletic absence during the class in which he/she has made a D or F.
- A student will be removed from the D/F list and be allowed to miss a class if the grade has risen to a C or better only at the Progress Report that follows the quarter.
- A student who has an INC on Report Card and a D or F average without the missing scores must complete work or assessments within 3 days of the end of the quarter to determine if he/she may leave during those class periods.
- Off-campus activities may require students to be in attendance at school the entire day.
- The Progress Report D/F List will serve as a tool for coaches and moderators to monitor the academic standing of their players and members and encourage them to work harder before Report Card time.
- All coaches and moderators must carefully monitor the D/F Progress Report and Report Card Lists and adhere to these policies. Any deviation from these policies is a decision of the Administration only.

- **EXTRACURRICULAR SCHOOL EVENTS:** Students returning from a school-related event (i.e. sporting event, field trips, etc.) after midnight must be in class by 2nd period. If the group returns after 1am, students must be in class by 3rd period.
- If your team returns prior to midnight, all athletes are expected to be in class for 1st period.

VARSITY ATHLETICS

VI. Lettering Criteria

General Requirements

All Catholic High students will be given the opportunity to earn a letter jacket either by participation in a single sport or a combination of sports. The following system will enable students (including managers, trainers, statisticians, and student video camera operators) to be rewarded for their loyalty and hard work during their entire high school career as well as for their athletic ability in various sports.

Certificate of Participation

Students may earn a **Certificate of Participation** (aka Squadsman Award) by being a member of a team for an entire season. They must adhere to all team rules and regulations including academic requirements, LHSAA rules, training rules, practice requirements, and any other requirements established by the head coach of that particular sport.

- Two Certificates of Participation in any one sport (the same sport) sponsored by CHS will be considered the same value as ONE varsity letter.
- Letterman's jackets will be awarded during the junior or senior year to those students who qualified.
- Students must have TWO letter awards to become eligible for a Letterman's jacket. The two letters may be from different sports.

Varsity Letter Requirements for Team Sports

Catholic High School students may earn a varsity letter in any sport by meeting the following criteria.

**Special consideration will be given for injuries that keep a player from obtaining the required number of games.

*** Any member of a state championship team will automatically letter.

Baseball

Any member of the Varsity Baseball Team may earn a varsity letter by being a member of the team for an entire season. They must adhere to all team rules and regulations, including academic requirements, LHSAA rules, training rules, practice requirements, and any other requirements established by the head coach.

- In addition, a member must participate in at least 50% of the scheduled contests for the entire season to be eligible for a varsity letter.
- Participation in this sport will include activities such as pinch runner, pinch hitter, bullpen catcher, and other contributions as defined by the head coach.
- Relief pitchers are an exception. Any pitcher with 4 or more decisions shall letter.
- Managers may letter after one season if they perform their duties.
- Statisticians must participate 1 year before they can letter.

Basketball

Any member of the Varsity Basketball Team may earn a varsity letter by being a member of the team for an entire season. They must adhere to all team rules and regulations including academic requirements, LHSAA rules, training rules, practice requirements, and any other requirements established by the head coach.

- In addition, a member must participate in at least 50% of the scheduled contests for the entire season to be eligible for a varsity letter. Coach's discretion can be used in determining who letters.
- Managers/Statisticians may letter after one season if they perform their duties.

Cheerleading

Any high school member of the Varsity Cheerleading Squad may earn a varsity letter by being a member of the squad for an entire season. Squad members must adhere to all team rules and regulations, academic requirements, training rules, practice requirements, and any other requirements established by the cheerleader moderator.

- In addition to meeting the normal requirements as established by the moderator, members must attend summer camp to earn a varsity letter.
- Candidates for a letter in cheerleading must be on the varsity squad and be an active member of the varsity cheer squad for one year.

Cross Country

Any member of the Cross Country Team may earn a varsity letter by being a member of the team for an entire season. They must adhere to all team rules and regulations, including academic requirements, LHSAA rules, training rules, practice requirements, and any other requirements established by the head coach.

- In addition, a member must participate at the varsity level in at least 50% of the scheduled contests for the entire season with more weight given to scoring in the district, regional, or state meet to earn a varsity letter.
- Managers may letter after 2 seasons if they perform their duties.
- Statisticians must participate 2 years before they can letter.

Dance Team

Any member of the Dance Team may earn a varsity letter by being a member of the team for the entire season. They must adhere to all team rules and regulations, including academic requirements, training rules, practice requirements, and any other special requirements established by the dance team moderator.

- Dance team activities for lettering consideration shall run from June to April.
- In addition to meeting the normal requirements as established by the moderator, members must attend summer camp and participate in a competition to earn a Varsity Dance Team letter.

Football

Any member of the Varsity Football Team may earn a varsity letter by being a member of the team for an entire season. They must adhere to all team rules and regulations, including academic requirements, LHSAA rules, training rules, practice requirements, and any other requirements established by the head coach.

- In addition, a member must participate in at least 50% of the scheduled contests for the entire season to be eligible for a varsity letter.
- Managers and Statisticians may letter after one season if they perform their duties.

Golf

Any member of the Varsity Golf Team may earn a varsity letter by being a member of the team for an entire season. They must adhere to all team rules and regulations, including academic requirements, LHSAA rules, training rules, practice requirements, and any other requirements established by the head coach.

- In addition, a member must participate in at least 50% of the matches or the district, regional, state championships to be eligible for a varsity letter.
- All members who have met the general criteria will receive a varsity letter if the team wins the state championship.
- Coach's discretion can be used in determining lettering requirements.

Gymnastics

Any member of the Gymnastics Team may earn a letter by being a member of the team for an entire season. They must adhere to all rules and regulations, including academic requirements, LHSAA rules, training rules, practice requirements, and any other requirements established by the head coach.

- In addition, a member must participate in the State Gymnastics Meet to be eligible for a varsity letter.
- All members who have met the general criteria will receive a varsity letter if the team wins the state championship.
- Coach's discretion can be used in lettering athletes.

Indoor Track

Any member of the Indoor Track Team may earn a letter by being a member of the team for an entire season. They must adhere to all rules and regulations, including academic requirements, LHSAA rules, training rules, practice requirements, and any other requirements established by the head coach.

- In addition, a member must participate in the State Indoor Track Meet to be eligible for a varsity letter.
- All members who have met the general criteria will receive a varsity letter if the team wins the state championship.
- Coach's discretion can be used in lettering athletes.

Soccer

Any member of the Varsity Soccer Team may earn a varsity letter by being a member of the team for an entire season. They must adhere to all team rules and regulations, including academic requirements established by the head coach.

- In addition, a member must participate in at least 50% of the scheduled contests for the entire season to be eligible for a varsity letter.
- Managers may letter after one season if they perform their duties.
- Statisticians must participate 2 years before they can letter.
- Coach's discretion can be used in determining lettering requirements.

Softball

Any member of the Varsity Softball Team may earn a varsity letter by being a member of the team for an entire season. They must adhere to all team rules and regulations, including academic requirements, LHSAA rules, training rules, practice requirements, and any other requirements established by the head coach.

- In addition, a member must participate in at least 50% of the scheduled contests for the entire season to be eligible for a varsity letter.
- Participation in this sport will include activities such as pinch runner, pinch hitter, bullpen catcher, and other contributions as defined by the head coach.
- Relief pitchers are an exception. Any pitcher with 4 or more decisions shall letter.
- Varsity managers and statisticians may letter after one season if they perform their duties.
- Coach's discretion can be used in lettering athletes.

Swimming

Any member of the Swim Team may earn a letter by being a member of the team for an entire season. They must adhere to all rules and regulations, including academic requirements, LHSAA rules, training rules, practice requirements, and any other requirements established by the head coach.

- In addition, a member must participate in at least 50% of the scheduled swim meets and participate in the State Swim Meet to be eligible for a varsity letter.
- All members who have met the general criteria will receive a varsity letter if the team wins the state championship.
- Coach's discretion can be used in lettering athletes.

Tennis

Any member of the Varsity Tennis Team may earn a varsity letter by being a member of the team for an entire season. They must adhere to all team rules and regulations, including academic requirements, LHSAA rules, training rules, practice requirements, and any other requirements established by the head coach.

- In addition, a member must participate in at least 50% of the matches during the season and participate in the district, regional, and state meet to be eligible for a varsity letter.
- All members who have met the general criteria will receive a varsity letter if the team wins the state championship.
- Coach's discretion can be used in lettering athletes.

Track and Field

Any member of the Varsity Track Team may earn a varsity letter by being a member of the team for an entire season. They must adhere to all team rules and regulations, including academic requirements, LHSAA rules, training rules, practice requirements, and any other requirements established by the head coach.

- In addition, a member must participate in at least 50% of the scheduled varsity contests for the entire season with more weight given to scoring in the district, regional, or state meet to earn a varsity letter.
- Managers may letter after 2 seasons if they perform their duties.
- Statisticians must participate 2 years before they can letter.
- Coach's discretion can be used in lettering athletes.

Volleyball

Any member of the Varsity Volleyball Team may earn a varsity letter by being a member of the team for an entire season. They must adhere to all team rules and regulations, including academic requirements, LHSAA rules, training rules, practice requirements, and any other requirements established by the head coach.

- In addition, a member must participate in at least 50% of scheduled contests to be eligible for a varsity letter.
- Varsity managers and statisticians may letter after one season if they perform their duties.
- Coach's discretion can be used in lettering athletes.

IV. Athletic Awards

Baseball

Team Captain
Big Red

Basketball (Boys and Girls)

Most Improved
Outstanding Offensive Player
Outstanding Defensive Player
MVP
Hustle
Big Red

Cheerleading

Most Improved
Most Talented
Big Red

Cross Country (Boys and Girls)

Most Improved
Outstanding Distance Runner
Big Red

Dance Team

Most Improved
Most Talented
Big Red

Football

Most Improved
Captains Award (2)
Big Red

Special Football Awards

Press Box Award
Tim Leblanc Award

Golf

Most Improved
Outstanding Golfer
Big Red

Soccer

Girls

Most Improved
Outstanding Offensive Player
Outstanding Defensive Player
Big Red

Boys

Most Valuable
Most Improved
Sportsmanship
Big Red

Softball

Most Improved
Outstanding Offensive Player
Outstanding Defensive Player
Big Red

Tennis (Boys and Girls)

Most Improved
MVP Tennis Player
Big Red

Track (Boys and Girls)

Most Improved
Outstanding Track Award
Outstanding Field Award
Big Red

Indoor Track

Big Red
Most Improved

Volleyball

Most Improved
Most Valuable Player
Big Red

There will not be any ties for these awards. Ties will be broken by the Head Coach.

Special Athletic Awards

Catholic High School Scholar Athlete Award

This award is presented to one boy and one girl on awards night. The student/athlete must be an honor graduate with at least a 3.6 GPA and have lettered in two varsity sports as a participant his/her senior year.

Jeff Sargent Memorial Scholarship

Each year, \$2,000 is given in the form of the Jeff Sargent Memorial Scholarship to a junior going into his/her senior year. At the end of March, the Development Director will ask the tennis and track coaches to submit the names of their athletes who exemplify all of the qualities that Jeff demonstrated: high morals, character, dedication, drive, kindness, caring, etc. Along with the list of names will come a brief explanation of why the coach feels each nominee is deserving of the honor.

These submissions will be given to the Sargent family for their final selection. On awards night, Katelyn Sargent will present the plaque (purchased by CHS Development/Endowment) and scholarship to the recipient.

Brock Delcambre Memorial Award

Each year a monetary award in the amount of \$1000.00 is presented to a graduating senior football player at the Football Banquet. Selection should be based on exemplification of the following characteristics that Brock demonstrated: high moral character, "TEAM" mentality, positive attitude and pride in Panther football, consideration for teammates and peers, commitment to family and school, dedication to sport and studies, and a loving spirit and respect for fellow man.

Tim LeBlanc Memorial Award (The Right Stuff Award)

The Tim LeBlanc Memorial Award, better known as the, "Right Stuff Award," is given to a senior football player that is not necessarily the best athlete on the team, but who is that special player that always gives 100%. He is a team player who always does what is expected of him by the coaches. He is that athlete that believes in himself and his teammates and is always there to pump-up and

encourage the team when times get tough. He is the “Heart” of the team. He is the “Right Stuff.”

FUNDRAISING All sports at CHS have specific avenues in order to raise money. Fundraisers for athletics are listed below. There will be no solicitation of funds for any sport outside of these approved fundraisers.

Big Red Golf Tournament: Football

Hit-a-thon/tournament: Baseball

Hit-A-Thon: Softball

Lift-a-thon: All Athletics

Uniforms and Athletic apparel/logos:

All official CHS uniforms and Coaches apparel must be pre-approved by the Athletic Director and the Development Department. Also, any school logo used must be pre-approved.

Any situation not covered by this handbook will be dealt with and addressed by the administration as the situation arises.

Please print, sign, date, and return this page to your head coach.

IV. AGREEMENT CONTRACT

The administration and coaches of Catholic High School agree to the Athletic Handbook and its policies.

I have read the athletic handbook that is posted on the Catholic High Website. I understand the policies of the CHS Athletic Department and agree to adhere to the policies.

Athlete's Name (Print)

Sport(s)

Athlete's signature

Parent's signature

Date

Date