



ATHLETIC HANDBOOK

Fisher Middle High School

Football Field

2529 Jean Lafitte Blvd.

Lafitte, LA 70067

Temporary School

2590 Baratavia Blvd.

Marrero, LA 70072

School Phone: (504)689-3665

Gym Phone: (504)689-3831

School Fax:

Website: jpschools.org/fisher

Principal: Sirena Wurth

Assistant Principal: Donsherie Sullivan

Dean of Students: Windy Mobley

Athletic Director: Fred Vinet

Assistant Athletic Director: Tevyn Cagins

FISHER MIDDLE HIGH SCHOOL

INTRODUCTION

Interscholastic athletics, offered to students in grades 6-12, are an important part of the educational program at Fisher Middle High School (FMHS). Through the years, competitive athletics have provided thousands of student athletes with valuable opportunities to work, grow, learn, and have fun. Athletic activities are voluntary at FMHS, and we are proud of the fact that approximately half of the eligible student athletes in our school choose to participate each year. The purpose of the athletic program is to advance the educational philosophy of the school in the area of development and competitive athletics.

The purpose of this athletic handbook is to provide students and parents with information on the athletic programs of FMHS. This handbook covers information applicable to all the teams at FMHS. In addition, team coaches will provide both students and parents at the beginning of each season their sport specific guidelines, daily schedules, as well as the coach's general expectations. The hope of the Athletic Department is that this handbook will serve as a resource and foster a collaborative team approach between the school and family, which will aid in fostering a positive middle/high school experience for your child.

MISSION STATEMENT

The mission of FMHS Athletics is to provide a competitive and developmental athletic program, while promoting and embodying the importance of teamwork, sportsmanship, hard work, self-discipline, and academic success. Developing the student athlete's character through positive and supportive environments increases self-confidence and therefore is essential to personal success.

PHILOSOPHY

The FMHS philosophy is one that encourages and provides the opportunity for participation by all students at any level of competition. We aim to promote character and teach many values to our student athletes. Among the values that help our athletes and competitors to become responsible adults include sportsmanship, leadership on and off the field, commitment to one's team or activity, critical thinking during practice and competition, time management, self-discipline, and enjoyment. We believe that students will gain these and other values by taking part in the FMHS Athletic Program throughout their middle and high school years. Our goal is to challenge our student athletes to strive to be the best they can be on and off the field. In truth, what really is important about athletics is to have fun, fight adversity, risk failure, get up when you are knocked down, compete as hard as you can, not to use excuses, and learn how to win and lose gracefully.

EXPECTED BEHAVIOR

All Fisher Middle-High School guidelines and Jefferson Parish Schools guidelines must be followed at all times. Members are responsible for knowing all rules and regulations.

By accepting the honor of being a member of the team you accept the fact that your actions are more prominent than others. Exemplary behavior is expected at all times, anywhere in the community, school, and at all games. Consequences will be issued for misbehavior or poor conduct. Student athletes will:

- Promote a positive image for the school.
- Respect your coach and each other at all times.
- Respect all coaches and other teams at games.

Public displays of affection are never appropriate at school, at a game, at practice, or in uniform. While representing Fisher Middle-High School members will not: drink alcoholic beverages, use controlled substances, use tobacco products, vapor or other synthetic devices, show unsportsmanlike conduct, use profanity, be academically dishonest, post any pictures on social media that are not appropriate. Lack of respect to any school administrator, teacher, coach, or employee will not be tolerated at any time.

Because not all situations can be foreseen and thus outlined here, each will be dealt in a manner decided upon by the coaching staff, and the administration.

Athletes can and or will be dismissed for: possession of drugs not prescribed by a doctor, smoking, drinking alcoholic beverages, use of synthetic drugs, misuse of social media, posting inappropriate posts, failing a drug screen, discipline situations or write ups at school such as: detention, ISS, OSS.

Part of a coaches' job is to know where you are at all times during practice, games, and special events, consequences will be given for failure to follow coach's directions or failure to stay in assigned areas during events.

ACADEMIC REQUIREMENTS

In order for student athletes to participate in an FHS athletic program, they must meet the following academic requirements set forth by the academic eligibility standards set forth by Jefferson Parish block schedule schools:

Middle School Athletic Eligibility (6-8)

- The student is ELIGIBLE at the beginning of the school year if he/she has passed to the next grade
- Minimum GPA of 2.0 and 5 out of 6 classes passed per nine weeks
- Minimum GPA of 1.5 and 6 out of 6 classes passed per nine weeks (probation for that nine weeks, must achieve a 2.0 the following nine weeks)
- If a student doesn't pass to the next grade, s/he can gain eligibility after the first nine weeks with a GPA of 2.0 and 6 out of 6 classes passed
- Any student that makes the age of 15 after September 1st has reached age limit and no longer eligible to play middle school sports

Middle School Sports do not always coincide with high school sports.

Middle school athletes can participate in varsity sports, however if the season coincides the middle school athlete will not be able to participate in middle school sports until the commencement of varsity play.

Beginning of the Year Standards for High School (9-12)

- GPA of 2.0 or higher and 3 out of 4 classes passed the previous year
- GPA of 1.5-1.99 and 4 out of 4 classes passed previous year (probation)

Midterm Eligibility for High School (9-12)

- All athletes who were on probation during the first semester must pass ALL classes and have a 2.0 cumulative GPA to remain eligible for the spring semester.
- All athletes who were eligible during the first semester may be placed on probation for the second semester if they pass 3 out of 4 classes and obtain 1.5- 1.99 GPA. Probation cannot be used consecutively.
- All student athletes, including seniors, must be taking a minimum of 2 classes at the beginning of the school year and must pass all classes if taking less than 4 classes. **Seniors should meet with Coach Fred Vinet if they have any questions about eligibility due to senior scheduling.**

REQUIRED ATHLETIC DOCUMENTATION

All high school athletes, including cheerleaders and dance team members, will be required to have the following information completed, signed, turned in to the AD, and checked by the head coach before they will be allowed to participate in athletics, which includes tryouts and practice:

- Copy of Birth Certificate
- LHSAA Medical History and Physical Form (filled out yearly)
 - ◆ This is required paperwork for middle and high school athletes
- A signed physical is required before any student may participate in tryouts and/or practices for any sport.
- LHSAA Athletic Participation/Parental Permission Form 1 and 2
- LHSAA Substance Abuse/Misuse Contract and Consent Form
- Copy of Fall & Spring transcripts/report cards (collected by AD)
- Insurance Waiver

All transfers will be subject to additional documentation. Please see Coach Fred Vinet for additional information. All of these records are kept on file by the AD and are subject to LHSAA review at any time.

ROSTER CHANGES

Two weeks from the official start date of practice, a roster of team members, managers, trainers, and coaches of the sport will need to be turned into the AD. In order for any change to be made to this roster the following must take place:

1. If adding a player to the roster, the head coach shall meet with the AD to go over the athletic policies and procedures.
2. If deleting a player from the roster, the head coach shall inform the AD after he/she has met with the student and the parent has been notified.
3. If a student is deleted from a roster because of any disciplinary reasons, the head coach shall meet with the principal and AD.
 - ◆ While every parent has the right to remove his/her student from athletics, the athletic department would like to remind all involved that quitting is often the easy way out and does not promote quality life decisions. We encourage all athletes to take their commitment to a team seriously. However, if withdrawing from a team is what is in the best interest for you, we ask that you please communicate your situation to the head coach.
4. For multi-sport athletes, there will be a 2-week grace period for withdrawal from the date of the first team practice. If a player is dismissed or withdraws from a team after this grace period, that athlete will be deemed ineligible to participate in any other sport until the previous sport has played its last game.

TRANSPORTATION

Transportation to and from athletic events will be provided by FMHS athletics when possible. When provided, the transportation will be by bus. When transportation is not provided due to unforeseen circumstances with a bus, it will be the responsibility of the parent/guardian to provide transportation to and from the athletic event. Communication of the transportation plans will be communicated to parents/guardians and athletes by the head coach. A waiver of liability form will be provided and will need to be signed and returned to the head coach before any student athlete can ride with their parent/guardian to or from a game.

PARENTAL ROLE

As a parent of a student athlete at FMHS, you will play a vital role in your child's success, as well as their team's success. We offer the following information to parents and hope that by doing these things it will result in a positive and successful experience for yourself, your child, his/her team, and their coaches:

- Be a positive influence for your child by being supportive of their efforts. Let their coaches do the coaching and correcting. Sometimes athletes don't need to hear at home what they just heard from their coaches.
- Encourage your child to persevere through the tough times. Sometimes that little extra encouragement from you could make a big difference.
- Support not only your child, but your child's teammates. Our athletes work hard to build team camaraderie. When our parents do also, it makes for a great experience for our student athletes.
- Support your child by attending as many events as possible. Your child appreciates you even though they may never show it.
- Remember that coaches have the interests of the whole team, while your interest, for the most part, is on your child. Please remember that you are seeing things from a different perspective than the coach is. Please be as supportive of your child's coaches as possible.
- Get involved in your child's programs in whatever way possible.
- Never confront your disagreement with coaches after a contest. Please observe the FMHS athletic department's 24-hour rule: allow for at least one full-day to pass before confronting the coach and/or AD to discuss your disagreement.
 - o Make an appointment through the AD's office if you would like to discuss the matter with the head coach.

CRITERIA FOR VARSITY LETTER

The Athletic Director along with the coaching staff believes that, for students at our school, earning a varsity letter should require evidence of commitment to the team or expertise in sport. Measuring expertise is not a science. Nonetheless, we have well-defined standards for the sake of earning a letterman jacket. The criteria are set according to standards the athletic department believes are high, yet reasonable. The policies are intended to encourage students to **persevere toward the goal of earning the varsity letter rather than to discourage or belittle anyone who fails to attain the standards.**

General Policies

Varsity athletes who remain as members of the team in good standing throughout the full season are eligible to earn a varsity letter, subject to the provisions below.

- Any athlete who has participated in a given program for at least two years and meets the playing time criteria shall be eligible to receive a letterman jacket.
- Any athlete who has participated in one and only one program (varsity or junior varsity) for at least 3 years shall be eligible to receive a letterman jacket. It can not be two years of football and one year of soccer. It has to be one sport for 3 years.
- Injured athletes who meet the "playing time" criteria for the contests held up to the time of the injury may receive a letter.
- Managers and band members who have held the position for at least two seasons in the same sport may earn a letter. Only those who, in the judgment of the coach, have made a significant commitment of time and effort shall be awarded the letter.
- In cases of extenuating circumstances, exceptions to the standards listed below are permitted with the approval of the coach and the athletic director.
- If the athlete quits any sport, the athlete will forgo the letterman opportunity for that year.

Playing Time Criteria for Each Sport (*regular season events*)

- Basketball & Football: participate in 50% of quarters played.
- Baseball & Softball: participate in 50% of innings played.
- Cross Country: must earn 24 points per season or compete in 80% of varsity meets.
- Soccer: participate in 50% of halves played.
- Track: score at least 18 points during the season in competition against opponents
- Volleyball: participate in 50% of the games played..
- Wrestling/Golf/Bowling: participate in 50% of the team's matches.
- Cheerleading & Dance: varsity members must cheer/dance in at least 85% of the games and attend 80% of the practices during the combined fall and winter seasons in a single academic year. .
- Indoor Track: participate in 70% of the scheduled meets.

ATHLETIC PRACTICES

Practice time is one of the most important aspects of being a competitive team. Because of this, it is very important that student athletes of FMHS understand the importance of being present at all practices for their team. Specific information about practice times, rules, and regulations about missing practice will be given out in written form and discussed by each head coach at their parent meeting before practices begin. Please work with the head coaches of each respective sport when scheduling medical or dental appointments. We also encourage all student athletes to take care of their business in the classrooms in regards to testing and make-up work. Make-up work and testing after school will be excused if done the right way, however, habitual make-up testing after school that causes missed practices will not be excused. After-school detention is not an excused missed practice.

If a student athlete is absent the entire day of school, not due to school-related activities, he/she is not allowed to participate in any athletic event (practices or competitions). If he/she is not healthy enough to go to school, he/she is not healthy enough to participate in athletics.

After school detention will always be a priority over all athletic events. However, it will be counted as an unexcused absence/tardy and the consequences being implemented by the coach of your sport for unexcused absences/tardies will still be in effect.

FINANCIALS

Without fundraising, our students will have to pay for their own equipment and uniforms. The needs are different for each sport, but the bulk of money raised pays for officials and transportation for away games. Every sport, coach, and student athlete will be expected to fundraise. If you are interested in becoming a member of the FMHS "Gator Brother" Club, please contact the athletic department.

EQUIPMENT and UNIFORMS

All athletes will be issued equipment and/or uniforms that are the property of FMHS. Please take care of these items so that we can get the most use out of each piece. Uniforms will be issued to athletes and must be returned after each game to be washed by our coaches. No athlete will be allowed to start another sport until his/her entire uniform has been turned into the head coach.

DUAL SPORT ATHLETES

Any student athlete that is participating in two sports during the same athletic season (Fall - Winter, Winter - Spring) will be considered a dual sport athlete. In order for any student athlete to participate in two sports at the same time, the following procedures will occur:

- The “primary” sport is the sport that starts first.
- Once a student athlete has been registered and submitted to the LHSAA for a sport/s he/she cannot quit to play another sport until the completion of the previous sport
- The coaches of each sport and the AD will meet to discuss a plan of action for practices and competitions.
- Athletes will be expected to carry out the plan of action set by the AD and head coaches. Failure to do so will result in a void of the athlete’s letterman eligibility.

Below you will find the list of the sports offered at FMHS and their respective seasons. If you are participating in two or more sports in any one column, you must take the appropriate steps stated above.

HIGH SCHOOL

FALL SPORTS	WINTER SPORTS	SPRING SPORTS
Football (Cagins)	Boys Basketball (Vinet)	Baseball (Nelson)
Volleyball (Phillips)	Wrestling (Gaubert)	Bowling (Vedros)
Band (Battles)	Boys Soccer (Bourgeois)	Softball (Sisto)
Cross Country (Dang)	Girls Soccer (Carmadelle)	Golf (Lefort)
Cheerleading (M. Hymel)	Girls Basketball (North)	Outdoor Track (Guillot/Dang)
Dance Team (Johnson)	Indoor Track	Gymnastics (Vinet)

MIDDLE SCHOOL

FALL SPORTS	WINTER SPORTS	SPRING SPORTS
Soccer (Bourgeois)	Basketball (Scott)	Baseball (Scott)
	Football (Hebert)	Softball (Stravinsky)
	Volleyball (Darda)	
	Band (Battles)	
	Pom Squad (S. Hymel)	Pom Squad (S. Hymel)

COACH and SPORT/S

Fred Vinet - Athletic Director
1st Responder
Assistant Football
Head Boys Basketball
Boys Gymnastics

Tevyn Cagins - Assistant Athletic Director
Head Football
Boys Gymnastics

Donald Scott - Assistant Football
Assistant Football - Middle School
Head Boys Basketball - Middle School
Head Baseball - Middle School

Thomas North - Assistant Football
Head Girls Basketball

Kobe Mamolo - Assistant Football

Dallas Verrette - Assistant Football
Assistant Girls Basketball

Jessica Phillips - Head Volleyball

Marlene Sisto - Assistant Volleyball
Head Softball

Brett Robeaux - Assistant Boys Basketball
Assistant Baseball

Jordan Nelson - Head Baseball

Katie St. Ann - Assistant Softball

David Guillot - Head Boys Track

MyHue Dang - Head Girls Track
Head Cross Country

Toni Ronquille - Assistant Girls Track

Marc Vedros - Head Boys/Girls Bowling

Rod Bourgeois - Head Boys Soccer
Head Boys Soccer - Middle School
Boys Gymnastics

Josephine Carmadelle - Head Girls Soccer

Jessica Giron - Assistant Girls Soccer
Head Girls Soccer - Middle School

Jared Lefort - Head Boys/Girls Golf

Macie Hymel - Cheer

Madison Johnson - Dance

Bryce Hebert - Head Football - Middle School

Ashley Darda - Head Volleyball - Middle School

Kaylyn Stravinsky - Head Softball - Middle School

Sheree Hymel - Cheer/Pom - Middle School

Tayla Thibodaux - Head Girls Basketball - Middle School