

Coaches Handbook
2026-2027

Academy of the Sacred Heart Athletics
Coaches' Handbook
2026-2027



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Goals and Criteria

United in tradition. Defined in spirit. The *Goals and Criteria* of Sacred Heart Education are the cornerstone of our educational foundation. We prepare young women to lead a purposeful life, pursue their dreams, adapt to life's challenges, reach out to those less fortunate, live by the tenets of their faith, stand up for principles, and make a difference in the world.

Our philosophy is rooted in the 200-year tradition of the Society of the Sacred Heart, which educates young women to become leaders of a just society by adhering to the following five goals:

Schools of the Sacred Heart educate to:

- A personal and active faith in God
- A deep respect for intellectual values
- A social awareness which impels to action
- The building of community as a Christian value
- Personal growth in an atmosphere of wise freedom

Athletic Philosophy

Athletics are an integral part of the educational experience at Academy of the Sacred Heart. The value of our athletic program extends far beyond wins and losses. Through participation in sports, our student-athletes experience meaningful personal growth and development—physically, mentally, and spiritually.

Our program is designed to foster a strong sense of personal responsibility, helping athletes to learn from both success and failure. It encourages them to understand and embrace their strengths and limitations, as well as those of their teammates.

Each sports program will strive to cultivate qualities such as competitiveness, commitment, accountability, self-confidence, consistency, preparation, and integrity. At Sacred Heart, we are committed to developing athletes who lead by example—on the field, in the classroom,

The coach shall never prioritize winning over the value of instilling the highest ideals of character, consistent with the *Goals and Criteria* of Academy of the Sacred Heart.and within the community.

General

This Coaches' Athletic Handbook includes policies and procedures of the Academy of the Sacred Heart Athletic Department and information concerning the responsibilities of both coaches and athletes. Coaches are expected to review the Handbook annually and abide by and enforce these policies and procedures throughout the year. Failure to abide by or enforce these policies and procedures may lead to disciplinary action, up to and including termination of employment or termination of the opportunity to coach at the Academy of the Sacred Heart.

Legal Responsibilities of a Coach

Core Legal Responsibilities

- **Medical and Safety Mandates:** Louisiana law requires coaches to hold valid CPR/First Aid/AED certifications and mandates documented annual training on recognizing sports injuries. [1, 2, 3]
- **Concussion Protocols:** If an athlete is suspected of a concussion, they must be removed immediately. The coach can only allow the athlete to return with written authorization from a licensed healthcare provider. [1]
- **In Loco Parentis:** Coaches legally act in the place of parents while supervising student-athletes, which brings the duty to properly plan activities, instruct on safe techniques, and match players appropriately. [1, 2]
- **Boundary Maintenance:** Coaches must avoid excessive unsupervised time with minors, avoid private electronic communication, and maintain appropriate physical boundaries to protect against liability. [1]
- **Transportation & Supervision:** Under Louisiana High School Athletic Association guidelines, coaches generally must ensure team members travel to and from away contests in school-provided transportation unless specific prior parent/guardian arrangements are made. [1]
- All coaches are required to complete the **State of Louisiana Annual Mandatory Reporter Training**.

Meetings

- All Upper School coaches are required to attend the opening coaching meeting at the beginning of the school year . Middle School coaches are highly encouraged to attend as well.
- Varsity coaches are required to host an in-person parent meeting and a player only meeting prior to their first competition. Middle School coaches are required to communicate season expectations to students and families before the start of the season; an in-person parent meeting is optional. The meeting should address coaches' expectations, playing time, absences from practice, code of conduct, expectations of parents, and selection of team

parent(s), if needed.
If a coach creates a meeting presentation, it must be sent to the Athletic Director for approval before the meeting.

End-of-Season Meetings

At the conclusion of each season, every coach is required to complete a self-evaluation and a brief season summary. Both documents must be submitted to the Athletic Director and the Associate Athletic Director **within three (3) weeks of the conclusion of the season.**

Purpose: The season summary provides valuable insights into the program and helps guide future planning and program evaluation. After submitting the required documents, each coach will participate in a Performance Review Meeting with the Athletic Director and/or the Associate Athletic Director. During this meeting, the season summary and self-evaluation will be reviewed, the season will be discussed, and goals and plans for future program development will be established.

At the conclusion of each season, student-athletes will also complete a survey to provide feedback and share their perspectives on their athletic experience.

Team Selections/Tryouts

- Upper School coaches should consult with the Athletic Director regarding team selection. Coaches will conduct a tryout period of no fewer than 20 hours. Team selections will be communicated via email to both the student and parent(s). If a student is not selected, the coach must provide a clear, objective reason for the decision and be available to discuss the selection with the student and parent(s). The Athletic Director and Division Head will establish a date by which all final tryout emails must be sent, and that date will be communicated to each coach in advance.
- Basketball and Volleyball must roster a minimum of 12–14 players for JV and Varsity rosters. Soccer must roster a minimum of 17 players. JV Soccer must roster a minimum of 13 players. Roster sizes for all other sports must be approved by the Director of Athletics.
- Middle School coaches should consult with the Associate Athletic Director regarding team selections. Team selections will be communicated via email. Coaches should have a valid, objective reason for their team placement decisions and be prepared to explain those decisions if necessary. **The Academy of the Sacred Heart supports a no-cut policy for Middle School sports.**
- 8th Grade students are the only students allowed to participate in a Junior Varsity or Varsity open tryouts for the sports of basketball, soccer, and gymnastics. In the sports of swimming, cross country, tennis, golf and track and field 7th grade participants are allowed to participate in a tryout. In the sport of volleyball no middle school students shall participate in a tryout unless approved by the Athletic Director and Division Head.

US Tryout Outline:
Fall Sports- August
Winter Sports- October
Spring Sports- January

Middle School sports sign-ups will take place during Physical Education class. Students will have one week to sign up for the sport of their choice.

Sportsmanship

Coaches and Athletes represent the Academy of the Sacred Heart on and off the field/court and are expected to put forth a positive image of our school and sports programs. Unsportsmanlike behavior will not be tolerated at any level of competition by coaches or athletes. Sportsmanship rules and consequences will be covered through each varsity coach's LHSAA Online Clinic. Varsity coaches are required to share the information learned with their coaching staff and student-athletes. Middle school coaches will receive this information through the NOAL.

LHSAA Sportsmanship Information

Captains/ Team Managers

Varsity team captains should be selected using one of the following methods: a coach interview process, senior recognition (when appropriate), or a team vote. JV Captains are appointed by the coach and Middle School does not elect captains. Once a captain or multiple captains are chosen, please share that information with the Athletic Director and the Associate Athletic Director. Captains will partake in captain check-ins throughout the season with the Athletic Director and the Associate Athletic Director. The purpose of these check-ins is to uphold and maintain program accountability and continuity. Coaches should consider team managers and provide them with specific duties and responsibilities. At minimum team managers should;

- Attend all home games
- Keep statistics
- Promote the program
- Act as photographers for the program on gamedays

Facilities

It is important to maintain the athletic facilities in exemplary condition. Coaches should immediately communicate any maintenance or safety concerns to the Athletic Director. Coaches are expected to consult the master/shared calendars regarding facility use. Any facility requests should be submitted to the Athletic Director and the Associate Athletic Director. Facility scheduling will be coordinated based on need and priority. On rainy days, Varsity practices will receive priority over Middle School practices. Middle School practices will be canceled based on facility availability.

Uniforms and Equipment

Coaches will distribute uniforms and equipment before the start of the season. After the season is completed, coaches must collect all uniforms within two weeks of the season's end. A detailed inventory of uniform distribution needs to be created and turned into the Athletic Director. Middle School Coaches will receive uniforms from the Associate Athletic Director to distribute at practice. Middle School students will return uniforms on a designated jersey return day.

- For team sports, uniforms are purchased on a three-year cycle. The current cycle is as follows:
  2026-27: Track and Field and Basketball
  2027-28: Volleyball
  2028-2029: Soccer and Cross Country
- Competition tops for tennis are purchased on a three-year cycle, and swim caps are purchased at the discretion of the head coach. For individual sports, including golf, cheerleading, and gymnastics, the Athletic Director will assist the head coach with identifying appropriate uniforms that the parents will purchase.
- Each Varsity coach is responsible for opening a team shop on BSN with both mandatory and optional team gear. Parents are responsible for purchasing these optional items. Our current BSN representative is Mark Madden, who can be reached at mmadden@bsnsports.com, and his phone number is (504) 452-9130.
- In Middle School, jerseys are provided for Volleyball, Basketball, Soccer, Softball, Cross Country, and Track and Field. A jersey design will be available for purchase for Tennis. A Fall, Winter, and Spring sports team shop will be made available to Middle School athletes and families for additional purchases.
- Uniform Inventory documents will be distributed separately

It is important that Sacred Heart equipment is properly cared for. Coaches must account for all equipment usage and provide inventory needs at the conclusion of each season. JV and Middle School coaches should communicate equipment needs to the varsity head coach. In turn, the varsity head coach will provide a written list of needs and submit it to the Athletic Director. If the Athletic Director determines that the needs are necessary, a written quote will be submitted by the coach to facilitate further purchases.

Dress Code:

Coaches are expected to uphold a dress code for practice, competition and travel for both themselves and for student athletes. Coaches should dress in Sacred Heart attire or nice street clothes (no blue jeans) for competitions.

Please make the following requirements known to your athletes:

- MS Teams must wear Black Sacred Heart P.E. shorts for games and competitions. (No lululemon shorts)
- Students participating in all sports must wear shorts that are an appropriate size and length. Students participating in cross country and track may wear tank tops, provided they are an appropriate size and do not expose the entire back.
- Coaches must keep track of uniform distribution. Students are allowed only one opportunity to forget a part of their uniform. Students will not be provided with multiple uniforms or jerseys throughout the season due to irresponsibility.
- Each student is responsible for washing their own uniform throughout the season unless indicated otherwise.
- Athletes are responsible for returning clean and undamaged uniforms and equipment to their coaches, based on rules indicated by their coach. Keep in mind coaches have two weeks to turn in uniform inventory reports after the conclusion of their season. Students will be billed for missing or damaged uniforms.

Academic Requirements/Eligibility

Per LHSAA rules, students must have passed a minimum of 6 courses with a minimum grade of "D" in the most recent semester to be eligible.

LHSAA Handbook

In addition to LHSAA eligibility rules, Sacred Heart has additional academic eligibility requirements. To be eligible to participate in athletics at Sacred Heart, a student may not have made either an "F" or two "D's" in the most recent quarterly progress report. If, after any quarter, a student receives an "F" or two "D's", they are immediately suspended from participation in athletics (as well as all extracurricular activities), including practice and competition for the entirety of the grading in which they are ineligible. MS students must meet the division's academic criteria to be eligible at Sacred Heart.

Attendance/Absences

Student-athletes must be present for the school day up until dismissal time, including arriving by 8AM and attending all scheduled classes and/or activities until the designated sign out time in order to participate in that day's games. If the student has a doctor's appointment, they need to have a parent to secure permission **(entering the request into parent reported attendance in MSA, emailing usattendance@ashrosary.org or calling the Upper School Assistant's office** and completing the ivory form at least two days in advance) before the game day of the late arrival or early dismissal. In general, students

should avoid scheduling doctor appointments on game days. Middle School students must attend a full day of class to participate in practices or games. Students must provide written documentation for appointments to participate.

- Early Dismissal upper school students must sign out with the Upper School Assistant. For Middle School early dismissals, the list that is sent to the administrative assistant serves as the official and final authorization for early dismissal and the athlete must go directly to the gym to prepare for competition. Students will be informed in a timely manner if there are any other instructions.
- Upper School Coaches must email an early dismissal student-athlete list to the Athletic Director on the Wednesday before the week of the dismissal. While Middle School Coaches send their list to the Associate Athletic Director.
    - List of Students (include managers)
    - Dismissal Time
    - Departure Time
    - Location

Duties and Responsibilities of a Coach

All new and returning coaches must complete the mandated reporting training course by the deadline provided by the Athletic Director and or Human Resources personnel. Coaches are responsible for knowledge of the Emergency Action Plan, Heat and Concussion Protocols and being Certified in AED/CPR. Varsity Coaches must complete LHSAA Coaching clinics by the determined deadline. MS Coaches should attend NOAL coaching meetings designated to the sport they are coaching.

- Upper School Coaches

  The varsity coach is responsible for planning and organizing for their sport. It is important that the varsity coach gives guidance and direction to coaches on all levels. The Varsity Coach should be actively involved in the junior varsity program while coordinating opportunities to collaborate with the middle school program.

- Middle School Coaches

  Coaches are required to give each MS player an opportunity to participate in all competitions until the playoff competition. The varsity coach should be a resource in building the program from the Middle School level and up.

- Supervision

Athletes should not be left unsupervised. When a competition is completed at least one coach should stay with the group until the last athlete is picked up. Middle School coaches on campus should escort any remaining athletes to MASH after a 15 min grace period.

- Please review the detailed list of Head Coaching and MS Coaching Responsibilities linked below;

  US and MS Coaching Responsibilities

Communication Guidelines

Effective communication in Sacred Heart athletics is vital to the success of our athletic department.

- Every coach is expected to regularly check their ASH school email account. Coaches should send all email communications through their ASH email account and not use personal email accounts for team-related communication.
- Coaches shall communicate with student-athletes only through the following approved channels: **email, GroupMe, sportsYou,** and **TeamSnap.** Coaches should not communicate directly with students via text message. If direct communication is necessary, coaches must use one of the approved platforms and include another adult (e.g., a parent, guardian, administrator, or another coach) in the message to ensure appropriate communication and student safety.
- When meeting one-on-one with a student, coaches should have another coach or administrator present to observe the conversation.
- Weekly communication should be sent regarding schedules, events, and program updates through the proper channels to student athletes and their families.
- All Athletic News correspondence is due each **Monday by noon** during your respective season turned into the Athletic Director and the Associate Athletic Director.
- Social Media content is updated by the Athletic Director, the Associate Athletic Director, and a head coach will be given access at the discretion of the Athletic Director and the Marketing Director if needed. Coaches should notify the athletic department for any All-District, All- Metro and All State award winners along with any special awards.
- Please CC the Athletic Director cward@ashrosary.org and Associate Athletic Director- jkepper@ashrosary.org on email communication to families/students.

Practice

Upper School practices are held Monday through Friday from 4:00–6:00 PM. The exception is Swimming, which practices from 7:30–8:45 PM due to pool rental obligations. Any practice times outside of the schedule listed above must be approved by the Athletic Director. Morning and weekend practices must also receive approval from the Athletic Director. No practices may be scheduled on Sundays without prior approval from the Head of School and the Archdiocese. Holiday Practice requests should be submitted to the Athletic Director and the Associate Athletic Director.

Middle School Practices are from 3:30 PM-5:00 PM. At least twice a week per team. No Middle School Practices will be held during the holiday breaks.

All practices are closed to parents or guardians unless notified otherwise.

Competition Schedules/Rosters

Competition Schedules

The Varsity Head Coach is responsible for scheduling game competitions. The LHSAA provides each sport with guidelines on the minimum number of games required for eligibility for post-season play. Varsity coaches should confirm weekly competitions with opposing schools. All Upper School schedules must be approved by the Athletic Director and the Upper School Division Head to ensure there are no conflicts with academic requirements or mandated retreats. Middle School schedules must likewise be approved by the Athletic Director and the Associate Athletic Director. Upper school coaches should submit competition schedules at least one month prior to their first competition so that transportation and school calendars can be updated accordingly. If this is not possible due to the nature of the sport (Swimming, Cross Country, Track & Field, Golf), the schedule should be submitted to the Athletic Director and the Upper School Division Head before the first day of the competitions. Middle School schedules will be provided to coaches through the NOAL and the Athletic Department.

Rosters

A completed roster must be submitted to the Athletic Director by the end of the first week of practice, unless otherwise discussed. If a player leaves for any reason please notify the Athletic Director and the Associate Athletic Director.

Game Day Operations

Coaches are responsible for setting up their facility for competitions and breaking down the venue after the game. Coaches should also have a documented schedule of who is working the gate and concessions for each home contest.

Multi Sport/Same Season Sport Athlete Policies

The Academy of the Sacred Heart provides students with opportunities to participate in a variety of sports. Coaches and stakeholders must work together to create the best possible experience for student-athletes.

- The LHSAA dictates the official start date of every sports season. When seasons overlap, the student-athlete will designate a **priority sport by signing a priority sports form** which will be the sport whose postseason (playoffs/state championship) occurs first on the athletic calendar.
- Student-athletes may participate in pre-season training twice a week for their off season sport. A student participating in multiple sports on the same day **may not exceed two hours of practice or training per sport as regulated by the Sacred Heart Athletic Department,** unless otherwise approved by the Athletic Director and Athletic Trainer.
- Priority sport coaches reserve the right to deny an athlete the opportunity to attend off-season training the night before a significant game, match, or meet. If necessary, the athlete shall meet with the impacted coaches as well as the Director of Athletics and athletic trainer to determine the most fair and equitable solution.
- Student-athletes must discontinue participation in the secondary sport once the priority sport begins its postseason.
- Student-athletes participating in two sports during the same season must complete a **Schedule Management Priority Form**, signed by head coaches, Athletic Director, the Athletic Trainer, the student-athlete, and a parent/guardian.
- Head coaches, in collaboration with the Director of Athletics, will establish a practice schedule that may include alternating sports practices or another mutually agreed-upon participation plan.
- A student participating in two different sports on the same day **may not exceed two hours of practice or training per sport, as regulated by the Sacred Heart Athletic Department,** unless otherwise approved by the Athletic Director and Athletic Trainer.

  Purpose: Regulating practice time for students participating in multiple sports is important to support student-athlete well-being, promote proper recovery, and help prevent excessive physical and mental demands. Establishing limits ensures that students can balance their athletic commitments while maintaining academic responsibilities and reducing the risk of fatigue or injury.

- Game and competition priorities will be documented on the Schedule Management Priority Form to ensure all parties understand the student's participation

expectations. Any conflicts or necessary adjustments will be resolved collaboratively by the student-athlete, parents/guardians, coaches and the Director of Athletics.
- The Athletic Trainer has the authority to restrict or suspend a student-athlete's participation when necessary to prevent overuse injuries or protect the student's health and safety.
- Middle school student-athletes may participate in two sports simultaneously. The Associate Athletic Director and coaches will work together to coordinate schedules, minimize conflicts, and develop reasonable solutions when conflicts arise. Students and parents should notify the coach at least 24 hours in advance if a game or practice will be missed, except in emergency situations.

  2026-2027- Multi-Sport Season Priority Form
  2026–2027 Same-Season Schedule Management-Priority Form

Middle School Athletes Playing on High School Teams

According to the LHSAA, only students in 7th grade and above are eligible to participate in high school sports. Our classification in each sport is determined every two years by our upper school enrollment. In addition to our total population of 9th through 12th graders, all 7th and 8th graders on a high school roster are included in that enrollment number. Therefore, high school athletic participation by 7th and 8th graders should be limited to those who can make a meaningful impact on a varsity team. Rostering middle school athletes on high school teams who do not significantly impact the team may adversely affect our classification in future years.

On a limited basis, qualified 7th and 8th-grade students have the opportunity to participate in Upper School sports.

- 7th and 8th grade students must try out
- If a student is selected, the Athletic Director will make sure the student is in good standing with the school. Parent permission will be asked after the approval of the coach, the Athletic Director and the Middle School Division Head.
- Parents and Middle School athletes will be required to meet with the coach and the Athletic Director to go over the pros and cons of participating in High School Sports.
- Once all approvals are obtained, the LHSAA eligibility process will commence.
- Note that once a 7th or 8th grader competes on the High School level, they **are ineligible** to compete in the NOAL League in that sport.

Travel and Transportation

If multiple teams require transportation at the same time, the Upper School team will have priority over the Middle School teams.

Middle School- When possible, students will travel to games and matches in school vehicles. On occasion, the Middle School team will need to carpool to games and matches, and a notification will be sent in a timely manner. Cell phone use on buses to games is not allowed unless the student has permission from the driver or coach. School transportation will not be provided if the scheduled game begins after 5:00 p.m. or on weekends. If carpools are arranged but the practice or the game is canceled, each girl should have a secondary plan in place.

Upper School- Transportation will be provided to away competitions as available. If a student with a valid driver's license wishes to provide their own transportation, a parent must provide written permission to the Athletic Director. Students may only provide their own transportation to contests played within Orleans and Jefferson Parishes. The consent is for the student and her siblings only, and a student may not drive other team members to the competition. Transportation to games during school holidays should be requested in advance. After the competition, a student must obtain permission from her head coach to leave with their parents. Transportation will not be provided to any off-campus practices.

Health and Safety

Strength and Conditioning

Academy of the Sacred Heart will offer after-school training throughout the school year, as well as summer strength and conditioning training. Head Coaches should coordinate at minimum twice a week off season strength training prior to the start of your season or whenever summer rules begin. In season training schedule needs should be scheduled with the strength coach. Head Coaches should make an effort to schedule a minimum of one in-season session per week. If an Upper School student wishes to work out without adult supervision, they must sign the following waiver. Access to the Fitness Center is limited to students in grades 7–12. Seventh- and eighth-grade students must also have a signed Favrot Fitness Student Form. on file; however, **they may not use the Fitness Center without adult supervision at any time**. The waiver does not permit unsupervised use for students in grades 7 and 8.

The goal of the Fitness Center is to develop, teach, and provide evidence-based, supervised workouts that promote lifelong healthy habits. The development of an in-season Strength and Conditioning program will be team- and athlete-specific, based on the most up-to-date research, with the goal of enhancing performance and building resilient athletes. Head coaches are encouraged to provide suggestions regarding their team's needs, schedule, and

performance goals, which will be considered in the development and implementation of the program. The Strength and Conditioning coach will be available for sessions in the fitness center, on-court, on-field, and off campus upon request.

Favrot Fitness Center School Year Hours:
The Fitness Center will be open each day during the school year 3:30-5:30pm.
The Fitness Center can be accessed by any student during these hours. The space will be shared between in-season teams, out-of-season student-athletes and students at any given time. The Strength and Conditioning Coach will be providing daily workouts, individualized fitness plan creation and monitoring. If the Strength and Conditioning Coach is not on-site, a Fitness Center Waiver must be signed and on file. Weekly and Monthly schedules will be posted.

Summer Hours will provided prior to the start of summer

Athletic Training/Emergency Action Procedures

Standard athletic training, concussion, return to play, and emergency procedures are located in the following links, **PLEASE REVIEW** - EAP Procedures Concussion Information

CPR

Every head coach is required to complete CPR and First Aid Training through the American Red Cross. The certification is good for two years and can be completed at Academy of the Sacred Heart, led by a member of the ASH faculty. The course fee is waived for all coaches. If you need to become certified, please contact Leslie Schroth at lschroth@ashrosary.org

Financial Matters

- Tournament Entry Fees - All tournament entry forms shall be submitted by the coach to the Athletic Director on a timely basis before the event. The Athletic Director will submit a check request so that the fee can be either delivered by hand by the coach or mailed to the host school.
- All purchases requiring reimbursement must be approved by the Athletic Director prior to purchase. Once the approved purchase has been completed, submit your receipt and check request form within one week. Complete the following sections on the form:

☐ **Vendor Name**
☐ **Vendor Address**
☐ **Date**

- ☐ **Description/Explanation**
- ☐ **Amount to Pay**

Check Request Form

Awards

At the Athletic Awards Ceremony, the coaches may give out the following awards (Not required to give out all four awards).

- Banquet Awards
    - ☐ **Rookie of the Year:** Presented to the most outstanding first year Varsity player on each team
    - ☐ **Most Improved Player**: This award is given to the player who is considered to have made the most improvements from the beginning of the season to the end of the season.
    - ☐ **Most Valuable Player:** Presented to the most outstanding Varsity athlete on each team. The recipient of this award had the most significant positive impact on the team, both on and off the court/field/pool/track, through her commitment and contribution to the team's success.
    - ☐ **Cardinal Award:** Presented to a varsity student-athlete who best demonstrates the true spirit of Cardinal Athletics. The recipient of this award displays the highest level of leadership, sportsmanship, attitude, effort, performance, and commitment to the team.
- At Prize Day, the **Ray Grenier Award**
    - ☐ This award is given to one member of the senior class for outstanding athletic contribution, character, love of sports, leadership, and support of her teammates.
    - ☐ Each coach can nominate one student-athlete for consideration. If necessary, a vote of the coaches will be conducted by the Athletic Director.
- Middle School Awards will take place after the conclusion of each sport season beginning Fall, Winter, and Spring. The assembly is student only
- Varsity Letterman
  A student earns a varsity letter rostering in a minimum of 2 varsity sports. Or two years of the same varsity sport. The coach should submit a list to the athletic director at the end of each season. Only actual letter winners are eligible to purchase letter jackets.

Staff Directory			
Administration			
Gretchen Kane	Head of School	gkane@ashrosary.org	(504) 269-1202
Courtney Ward	Athletic Director/Head Basketball	cward@ashrosary.org	(504) 382-0089
Joseph Kepper	Associate Athletic Director	jkepper@ashrosry.org	(504) 400-2947
Julie Boyd	US Division Head	jboyd@ashrosary.org	(504) 269-1222
Laurie Friedrichs	MS Division Head	lfriedrichs@ashrosary.org	(504) 269-1226
Leslie Schroth	US PE, PE Department Chair	lschroth@ashrosary.org	(504) 376-4150
Mindy Matrana	School Nurse	mmatrana@ashrosary.org	(504) 756-0912
Maili Aki	TISM Athletic Trainer	maki@tulane.edu	(425) 351-8780
Scott Corcoran	Director of Facilities	scorcoran@ashrosary.org	(504) 247-6261
Albert Taylor	Bus Driver	abd1419@aol.com	(504) 442-6163
Ashley Zito	Director of Admissions	azito@ashrosary.org	(504) 952-9024

Strength and Conditioning			
Phil Rowe	Strength & Conditioning & US PE	prowe@ashrosary.org	(616)566-7176

Fall Sports			
Volleyball			
Jay Jay Juan	Head Volleyball Coach	jjuan@ashrosary.org	(504) 339-6164
Alex Welsh	Assistant Varsity Coach	awelsh@ashrosary.org	(504) 952-2052
Eva Bertucci	Head JV Coach	ebertucci@ashrosary,org	(504) 352-5503
JP Garnier	Assistant JV Coach	jpgarnier@ashrosary.org	(504) 939-6917
Tara Scott	Assistant JV/Varsity Coach	tscott@ashrosary.org	(314)393-7223
Kristy Doby	MS Contact	kdoby@ashrosary.org	(504) 610-7596
Swimming			

Kara Martin	Head Swim Coach	kmartin@ashrosary.org	(504) 717-6610
Cross Country			
Greg Caro	Cross Country Head Coach	gcaro@ashrosary.org	(504) 421-6329
Jenny Caro	MS Contact	jcaro@ashrosary.org	(504) 874-0236
Cheer			
Kris Blamphin	Co-Head Coach	kblamphin@ashrosary.org	(504) 913-1360
Jodi Price	Co-Head Coach	jprice@ashrosary.org	(504) 402-0062

Winter Sports			
Basketball			
Courtney Ward	Head Basketball Coach	cward@ashrosary.org	(504) 382-0089
Taylor Lionnet	Assistant Varsity Coach	taylorlionnet@gmail.com	(504) 717-3158
Danielle Malley	Head JV Coach	dmalley@ashrosary.org	(504) 915-4514
Kristi Hardy	MS Contact	kdoby@ashrosary.org	(504) 610-7596
Soccer			
TBD	Head Soccer Coach		
Jarrod Champagne	Assistant Varsity Coach	jarrod@cajunboy.net	(504) 914-5353
Madison Milano	JV Coach	mmilano@ashrosary.org	(504) 908-9780
Joseph Kepper	MS Contact	jkepper406@gmail.com	(504) 400-2947

Spring Sports			
Tennis			
Chris Dazet	Head Tennis Coach	cdazet@cox.net	(504) 442-9263
Allison Surhen	Assistant Varsity Coach	asurhen@ashrosary.org	(504) 236-2195
Tracey Lightfoot	MS Contact	tlightfoot@ashrosary.org	(504) 427-2507

Golf			
Jenny Caro	Head Golf Coach	jcaro@ashrosary.org	(504) 874-0236
Nolan Lambert	Assistant Golf	nolambert24@gmail.com	(504)220-3560
Track and Field			
TBD	Track & Field		
TBD	Assistant Track & Field		
Greg Caro	MS Contact	gcaro@ashrosary.org	(504) 421-6329
Gymnastics			
Leslie Schroth	Gymnastics Coach	lschroth@ashrosary.org	(504) 376-4150

Appendix:

Pre-Season Checklist

- Review and finalize rosters
- Complete the LHSAA Online Coaching Clinic (Head Coaches Only)
- Review and submit competition schedules to the Athletic Director, Associate Athletic Director, and LHSAA website.
- Identify and plan season travel needs and submit them to the Athletic Director.
- Verify CPR certification requirements are completed
- Complete the State of Louisiana Mandatory Reporting Training Course
- Conduct parent meeting

Mid-Season Checklist

- Review and update team statistics
- Confirm deadlines for All-Star nominations
- Verify dates for upcoming sport-specific awards and recognitions

Post-Season Checklist

- Complete uniform inventory
- Prepare end of season summary

- Complete coaching evaluation (will be distributed prior to the start of the season)
- Submit all-district, all-metro, and all-state awards to the Athletic Director and Associate Athletic Director
- Attend end-of-season meeting with the Athletic Director and Associate Athletic Director (within 3 weeks of season completion)