

Parent & Student Handbook 2026-2027

Academy of the Sacred Heart Athletics
Student and Parent 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, and within the community.

LHSAA

Academy of the Sacred Heart competes in the Louisiana High School Athletic Association (LHSAA). Every two years, the state requires schools to submit their enrollment data to the LHSAA. A school's enrollment will determine the classification and division in which each sports program will compete.

NOAL

Sacred Heart Middle School teams (5th-8th grades) participate in the New Orleans Athletic League (NOAL) in the sports of volleyball, cross country, basketball, soccer, track and field, softball and tennis. NOAL does not have the formal eligibility requirements that the LHSAA has. In order to participate in NOAL on a Middle School team, an athlete must:

- Not participate in the same sport at the Junior Varsity or Varsity level
- Must meet division's academic criteria to be eligible at Sacred Heart

LHSAA Required Forms:

Five forms must be uploaded to the LHSAA site for a student to be eligible to compete in an LHSAA-sanctioned sport.

- **Student's Cumulative Record/Official Transcript** (required every year, unweighted GPA is used for LHSAA senior awards). The Upper School Division Head must sign the form.
- **Student's Legal and Acceptable Proof of Birth**
- **Student's Medical History-Medical Exam** (required every year, parent and doctor signature/date are required)
- **Student's Substance Abuse/Misuse Contract** (Must be signed by Student, Parent, Upper School Division Head, and Director of Athletics)
- **Student's Athletic Participation/ Parental Permission Form** (Must be signed by Parent and Upper School Division Head). **Note:** Please include the last four digits of the student's Social Security number on this form.

LHSAA New Student Eligibility

Per LHSAA rules, a new student in 7th-12th grade must live in the Sacred Heart Attendance Zone (see below for zip codes) to be immediately eligible for a varsity competition upon enrolling at Academy of the Sacred Heart (Zone 4). Otherwise, a new Upper School student may only participate on junior varsity teams and new Middle School students may only participate on middle school teams. After one year of attendance at Sacred Heart, a student is eligible for varsity competition, but must make the varsity team via tryouts.

ZONE 4:	70115	70125	70130	70112	70113	70116	70119	70118

LHSAA Academic 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.

Sacred Heart Academic Eligibility

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 period in which they are ineligible.

Example: A student earns an **F** on the first-quarter report card and is ineligible for the second quarter. Even if the student's grades improve during the second quarter, they remain ineligible until the end of that grading period. Eligibility is reconsidered based on the next quarterly report card.

Codes of Conduct

Student-Athlete Code of Conduct

Academy of the Sacred Heart Student-Athletes are expected to conduct themselves with the highest degree of integrity and exhibit the highest standards of sportsmanship. It is expected that the student-athlete will excel both in the classroom and on the playing field, emphasizing academic success, good sportsmanship, and a positive attitude. An Academy of the Sacred Heart Student-Athlete must be responsible, reliable, and demonstrate respect for coaches, teammates and opponents.

Specific expectations include:

- **Academic Excellence**: Maintaining good grades, completing assignments on time, and balancing schoolwork with athletic commitments.
- **Sportsmanship**: Showing respect for coaches, teammates, opponents, and officials. Playing by the rules and upholding integrity.
- **Teamwork**: Developing a positive team attitude, being coachable, and contributing to the team's success.
- **Responsibility**: Being on time for practices and competitions, communicating with coaches when unable to attend, and being accountable for their actions. Notify your coach BEFORE practice if you will be absent for any reason. This includes illness, doctor's appointments, major school/academic events or college visits. Communication is the athlete's responsibility, not the parent's responsibility.
- **Positive Attitude:** Demonstrating a winning attitude, embracing challenges, and maintaining a growth mindset.
- **Physical and Mental Health:** Being alcohol and drug-free, practicing self-discipline, and maintaining good personal health habits. Any use/abuse or possession of illegal substances (drugs, alcohol, and tobacco products), theft, vandalism and unethical behavior (in or out of school) is unacceptable. Students showing evidence of such behavior will be subject to meet with the Director of Athletics and Division Head.
- **Respect:** Students shall treat all individuals with respect, regardless of their role, position, or school affiliation.

- **Good Citizenship:** Representing the school and community positively, being a role model for others, and adhering to school rules and policies.
- **Commitment:** Being committed to the sport, team, and school, and making personal sacrifices for the good of the team. The commitment to play a varsity sport requires being available for team activities for the duration of a season, often including weekends and holidays. Please avoid scheduling vacations and other major commitments that could interfere with team competitions. We also understand that many athletes participate in both school and club sports. When scheduling conflicts arise, please prioritize your school sports commitments whenever possible.

Parent Code of Conduct

Expectations of parents of Academy of the Sacred Heart athletes include:

- **Good Sportsmanship**: Parents should model good sportsmanship and respect for all players, coaches, and officials.
- **Support the Entire Program:** Parents should support the athletic program as a whole, not just their own child's individual efforts.
- **Let Coaches Do Their Job:** Parents should let coaches handle coaching and avoid interfering with their decisions.
- **Encourage Communication:** Parents should encourage their child to communicate with coaches and seek their guidance.
- **Be a Positive Role Model:** Parents should be a positive influence for their child, both on and off the field.
- **Attend Required Meetings:** Parents should attend mandatory meetings and review necessary paperwork, such as the Parental Permission Form and concussion awareness materials.
- **Be Aware of Medical Information**: Parents should be aware of their child's medical history and any conditions that may affect their athletic participation.
- **Maintain Appropriate Game Conduct:** Parents should display appropriate behavior at games, avoiding disruptive or unsportsmanlike conduct.

- **Be Respectful:** Parents should be respectful of coaches, officials, opposing teams, and opposing teams' fans.
- **Ensure student-athletes maintain a strong academic commitment:** Parents should ensure their daughter maintains LHSAA and Sacred Heart eligibility and also perform up to the best of her abilities.

Athletic Teams

Upper School Teams at Sacred Heart

Sacred Heart sponsors the following sports in Upper School and Middle School:
High School sports and classifications.

Fall	Winter	Spring
Swimming (Div III) Volleyball (Div IV) X-Country (Div IV)	Basketball (Div III Select) Soccer (Div IV) Indoor Track (Div II)	Golf (Div II) Tennis (Div III) Track & Field (Class 3A) Gymnastics (Class 3A)

Middle School Teams at Sacred Heart

Fall	Winter	Spring
6^{th}-8^{th} grade Volleyball	5^{th}-8^{th} grade Basketball & Soccer	5^{th}-8^{th} grade Track & Field, Softball
5^{th}-8^{th} grade Cross Country		6^{th}-8^{th} grade Tennis

Middle School sports compete in the New Orleans Athletic League (NOAL). Classifications are revised annually based on the size of the school.

Team Selection and Tryout Evaluations

- Upper School 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, fundamental reason for the decision and be available to discuss the selection with the student, if necessary. An agreed-upon date, established with the Athletic Director and Division Heads, will be provided to each coach for sending final tryout emails.
- There is a no-cut policy in MS Athletics, and all students who choose to participate will be placed on a team. Participation, however, comes with a commitment and responsibility to their coaches and teammates.
- Middle School 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.
- Eighth-grade students are the only middle school students eligible to participate in Junior Varsity or Varsity open tryouts for basketball, soccer, and gymnastics. For swimming, cross country, tennis, golf, and track and field, both seventh- and eighth-grade students are eligible to participate in tryouts. For volleyball, no middle school students may participate in a tryout unless approved by the Athletic Director and Division Head.

  Upper School 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.

Varsity/JV Philosophy

For certain sports, Sacred Heart will offer both Varsity and Junior Varsity teams. This will vary from year to year based on participation numbers. The philosophy between **Varsity** and **Junior Varsity (JV)** teams typically reflects different stages of athletic and personal development as well as knowledge of the coach's system within a school sports program. Here's a breakdown of the distinctions in philosophy and purpose:

Varsity Philosophy

The Varsity program is designed to provide the highest level of competition within the school.

Primary Focus:

- Compete at the highest level while representing Sacred Heart with excellence.
- Pursue team success and competitive achievement.
- Prepare student-athletes for advanced levels of competition, when appropriate.

Playing Time:

- Playing time is not guaranteed and is determined by the coaching staff based on factors such as ability, performance, effort, attitude, team needs, and game strategy.

Player Development:

- Continues to refine advanced skills, tactical understanding, leadership, and mental preparation.
- Emphasizes accountability, consistency, and commitment to the team.

Junior Varsity Philosophy

The Junior Varsity program serves as a developmental level that prepares student-athletes for future Varsity competition.

Primary Focus:

- Develop fundamental skills and sport-specific knowledge.
- Increase understanding of team systems and strategies.
- Build confidence, game experience, and competitive readiness.

Playing Time:

- Coaches strive to provide meaningful playing opportunities while balancing player development, team growth, and competitive situations. Equal playing time is not guaranteed.

Player Development:

- Emphasizes skill development, sportsmanship, teamwork, work ethic, and a positive athletic experience.
- Prepares student-athletes to compete successfully at the Varsity level.

Playing Time

Playing time can be a complex and emotionally charged topic involving students, parents, coaches, and school administrators. Here's a breakdown of the key issues and perspectives involved:

Varsity Playing Time

- Playing time decisions are typically at the coach's discretion. Playing time in a Varsity competition is not guaranteed. Multiple factors are considered when making playing time decisions, many of which happen outside of the game, including practice work ethic, leadership and teamwork. Recent performance in both practice and competitions may also be considered when determining playing time. Sacred Heart does support its coaches' authority to allocate playing time as he/she sees fit.
- No Parent/Guardian should approach a coach immediately following a game or match regarding concerns about playing time. Best practice is for student-athletes to first advocate for themselves by communicating directly with the coaching staff. If concerns remain unresolved after that conversation, a meeting may be scheduled with the parent/guardian, student-athlete, coach, and Athletic Director to discuss the matter further. Parental involvement should be kept to a minimum.

JV/Middle School Playing Time

- Playing time will be allocated on a more equitable basis to allow all members of the teams to experience skill development.
- For Junior Varsity sports, no records are maintained and there are no playoffs, so it allows coaches to be more equitable in the distribution of playing time. There may be certain highly competitive competitions where a more merit-based approach to playing time will be implemented for that specific game. However, over the course of the season the focus will be on development and all roster members shall get meaningful opportunities on the field or court.
- For Middle School sports, playing time should be distributed among all student-athletes throughout the season to support skill development, growth, and a positive team experience. During playoff competition, coaches may place greater emphasis on fielding the most competitive lineup to give the team the best opportunity to advance. As a result, playing time during playoffs may be determined more by performance, preparation, position needs, and game circumstances rather than being distributed equally among all team members.

Practice

Upper School practices are held Monday through Friday from 4:00–6:00 PM, except on game days, when practices may be adjusted or replaced by scheduled competitions. 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 Associate Athletic Director.

Middle School Practices are from 3:45 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.

Multi Sport/Same Season Sport Athlete Policies (Upper School Athletes)

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.

A. 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.

B. 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.
C. 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.
D. Student-athletes must discontinue participation in the secondary sport once the priority sport begins its postseason.
E. 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.
F. 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.

G. 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.
H. 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.
I. 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.
J. 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.
K. 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 will be limited to those who can make a meaningful impact on an upper school 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.

- Seventh- and eighth-grade students must participate in a tryout process for consideration. If selected, the student must receive approval from the coach, Athletic Director, and Middle School Division Head. The Athletic Director will confirm the student is in good standing, and Parent/Guardian permission will be obtained.

- The student-athlete and Parent/Guardian must meet with the coach and Athletic Director to review expectations and considerations for participating in Upper School sports. Once all approvals are received, the LHSAA eligibility process will begin. .

- Please note that once a seventh- or eighth-grade student competes at the High School level, they are no longer eligible to compete in the NOAL League in that sport.

School Attendance on Game Days

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.

A. 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 instructions.

Meetings

- Before the start of the first competition of each season, Parent/Guardian and student-athlete attendance at the pre-season meeting is required. This meeting provides an opportunity to review important information, including coach expectations, playing time, practice attendance, code of conduct, Parent/Guardian expectations, and the selection of team parent(s), if applicable. 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.

- At the conclusion of each athletic season, coaches may meet individually with student-athletes to reflect on the season, discuss areas for growth, and develop goals for the off-season and future seasons.

Uniforms and Equipment

Coaches will distribute Upper School uniforms and equipment before the start of each season. Students must return uniforms within two weeks of the season's conclusion.

Middle School coaches will receive uniforms from the Associate Athletic Director for distribution at practice. Middle School students must return uniforms on the designated jersey return day.

Dress Code

- Middle School teams must wear Black Sacred Heart P.E. shorts for games and competitions.(lululemon shorts are not permitted).
- Shirts and shorts must be an appropriate size. Tank tops worn during outdoor sports must not expose the entire back.
- Students are responsible for bringing their complete uniform to each competition. Replacement uniforms or jerseys will not be issued due to student negligence.
- Students are responsible for washing and maintaining their uniforms throughout the season unless otherwise directed. All uniforms and equipment must be returned clean and undamaged within two weeks of the season's conclusion. (Exception MS jerseys see above) Students will be billed for missing or damaged items.

Health and Safety

A. 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. If an Upper School student wishes to use the Fitness Center without adult supervision, they must sign the Favrot Fitness Student Waiver Form. Access to the Fitness Center is limited to students in grades 7–12. Seventh- and eighth-grade students must also have a signed Fitness Center Waiver 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 and supervised workouts to create life long healthy movers.

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

B. Athletic Training- **Sports Medicine and Team Orthopedist**

ASH Athletics is proud to partner with the Orthopedist of Tulane Institute of Sports Medicine (TISM) to provide our student athletes with the best care available.The Orthopedist of Tulane Institute of Sports Medicine (TISM), will be available, as needed, for consultation, evaluation, and treatment of any injured student/athlete. Contact Head Athletic Trainer, via phone at 504.269.1240 (office) to set up an appointment with an Orthopedist at TISM, our athletes will be seen on a priority basis.

Tulane Institute of Sports Medicine
202 McAlister Ext
New Orleans, LA 70118
504.864.1476
Toll Free 877.SPORTEY (877.776.7839)
tulane.edu/tism

Athletic Training Room Hours:

Monday–Friday: 11:00 a.m.–3:00 p.m.

Additional athletic training coverage is provided before and after practices, games, and special events as needed.

Students should not leave or miss an academic class, including Athletic PE, to see the athletic trainer. Middle School students are not permitted to visit the athletic trainer during their lunch period.

Please encourage your student-athlete to communicate with the on-campus athletic trainer if they are experiencing pain, illness, or have concerns about an injury.

C. Concussion protocols and return to play protocols are located in the following link:

Concussion Information

Transportation

If multiple teams require school provided 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. At times, Middle School teams may need to carpool, and families will be notified in advance. Cell phone use on buses is not permitted unless approved by the coach.

School transportation will not be provided for events beginning after 5:00 p.m. or for weekend events. If carpools are arranged, families should have a backup plan in place in the event of a canceled practice or game. Parents/Guardians should arrive on time for student pick-up after practices and competitions.

Upper School

Transportation will be provided to away competitions as available. Students with a valid driver's license may provide their own transportation with written Parent/Guardian permission submitted to the Director of Athletics. Students may only transport themselves and siblings and may not drive other team members. Self-transportation should be limited to competitions in Orleans and Jefferson Parishes.

Transportation will not be provided for off-campus practices. After competitions, students must receive permission from the head coach to leave with a Parent/Guardian.

Awards

Upper School Awards

The ASH Athletic Booster Club will host Upper School Awards at the conclusion of all sports seasons. Awards will recognize Junior Varsity and Varsity athletes only.

At Prize Day, the Ray Grenier Award will be presented to one senior who demonstrates outstanding athletic contribution, character, leadership, and a love of sports.

Middle School Awards

Middle School Awards will take place at the conclusion of each sport season (Fall, Winter, and Spring). The awards assembly is for students only.

Varsity Letters

A student earns a varsity letter by participating in a minimum of two Varsity sports or by earning a letter in the same Varsity sport for two years. Only students who have earned a Varsity letter may purchase a letterman jacket.

Communications/Name, Image and Likeness

Academy of the Sacred Heart Athletic Department celebrates the athletic achievement of all Upper School sport programs through Instagram and Facebook.

Upper School: Completing the NIL link below will allow your daughter to have her first name and last name mentioned in a social media post. If you are not comfortable having your daughter's last name it will simply state first name with last name initial only.

Name, Image and Likeness

Middle School Students on High School Teams

It is the school policy for Middle School students on high school teams to display first name and last name initially only in all athletic releases.

Name, Image, and Likeness

Upper School Acknowledgement

I acknowledge that my daughter and I have read and understand the Parent/Student Athletic Handbook. We agree to be accountable for, to abide by, and to support all of the policies, rules and regulations set forth by the Handbook.

Becoming acquainted with all aspects of the handbook helps the school personnel and families maintain a safe and supportive environment in all Academy of the Sacred Heart athletic endeavors.

Student Name: _____

Student Signature: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____

Middle School Student Acknowledgement;

Middle Student Athlete Contract

Note: Middle Student Athlete may need to sign both upper school acknowledgement and middle school student athlete contract