

**OPELOUSAS**

**CATHOLIC**

**ATHLETIC**

**HANDBOOK**

Revised May 2014

# ATHLETIC HANDBOOK

## JACKETS:

### ATHLETIC JACKET REQUIREMENTS:

1. Eligibility is limited to sophomores, juniors, and seniors.
2. To receive a jacket, a student athlete must meet one of the following requirements:
  - a. Receive two letters in the same varsity sport.
  - b. Receive three letters in any combination of varsity sports.
  - c. Participate at least three years in one sport including their senior year.
  - d. Managers/Trainers must receive two letters in one sport or three letters in any combination of sports.
  - e. Spirit group members must have been in pep-squad, a cheerleader, a vikette, or drum line/band for two years of high school.

### How do I receive a letter?

1. Baseball, softball, basketball, football, and soccer. A player must have an appearance in at least one-half of the games played by the varsity team.  
(At coach's interpretation)
2. Track/Cross Country
  - a. A player must have participated in at least one-half of the meets throughout the year.
3. Golf
  - a. A player must reach and play in the regional tournament. This does not include the alternate.
4. Tennis
  - a. A player must reach and play in the regional tournament. This does not include the alternate.
5. Swimming
  - a. A player must reach and swim in the regional tournament. This does not include the alternate.
6. Managers/Trainers
  - a. A manager/trainer must complete the required responsibilities for a particular sport the entire season.
7. The Principal, coach, and the athletic director must approve any exceptions to the above. Exceptions can be due to illness, injury, or other unforeseen happenings.
8. Letters earned at another school by a transfer student will be honored at Opelousas Catholic.

### Cost of Letter Jacket

1. The school will pay \$50.00 for each jacket. The student is responsible for the remaining balance.

### **Viking and Lady Viking**

1. An athlete must have participated in at least two or more sports three out of four high school years and lettered in at least two sports his/her senior year.  
\*If no athlete meets the above requirement, a one-sport athlete will be considered.
2. An athlete must have at least a 3.3 G.P.A.
3. An athlete must exemplify character, responsibility, and pride for O.C. He/she should be a positive role model for others both on and off the field as well as in the classroom.

### **Athletes and their sport:**

1. Once an athlete starts a sport he or she will be expected to finish that sport.
2. If an athlete quits or is thrown off a sport he or she may not participate in another sport at school until the aforementioned sport is over.
3. Once an athlete starts a sport he or she will not begin another sport until the first sport is over.
  - a. EXAMPLES:
    1. Football players will not start soccer or basketball until football season is over.
    2. Basketball and soccer players will not start softball or baseball until their seasons are complete.
    3. The following sports are exceptions. These sports may be played at the same time.
      - a. Track/Cross Country
      - b. Golf
      - c. Baseball
      - d. Softball
      - e. Tennis
      - f. Swimming
4. If an athlete quits or is dismissed from a team he/she will not be allowed to return to that sport the remainder of his/her high school years.  
EXCEPTION – a new head coach for that team is hired.  
(At current coach's discretion).
5. A sport officially begins after tryouts and the team begins practice, or for teams without tryouts, on the team's first practice after the end of the last season.
6. SPRING SPORTS ONLY: If an athlete begins two simultaneous spring sports and he/she quits or is disqualified from one sport, he/she may continue in the other sport.

### **CECP Coaches:**

1. Must meet the requirements set by the LHSAA.
2. Must understand that they are under the O.C. guidelines and therefore must adhere to the policies set forth by the Opelousas Catholic administration.
3. Complete Safe Environment course required by the Diocese.
4. Any money spent must first be approved by the administration and correct procedure must be followed.
5. Money spent in an unauthorized manner will become the responsibility of the spender and will be cause for immediate reprimand or termination.
6. All CECP coaches must be in direct contact with the A.D. on a regular basis.
7. All coaches will be appointed by the administration. Only those coaches approved by administration may assume any coaching responsibilities. THIS INCLUDES ALL PRACTICES AND GAMES.

**\*JUNIOR HIGH COACHES MUST ABIDE BY THE ABOVE RULES ALSO.**

### **Athletic Banquet:**

This is a varsity function therefore in order for a Jr. High athlete to be invited he/she must have lettered in a varsity sport.

### **Fields:**

1. Any use during the summer must be approved by head coach, athletic director, and principal.
2. The football, baseball, and softball fields are not to be used if damage will occur due to weather conditions.

Example: After heavy rains which will cause the grass to be uprooted and damaged from cleats. Therefore if this occurs practices and games will either be held elsewhere or cancelled.

### **Logo:**

The official Opelousas Catholic logo to be used by ALL sports is as follows:



**Note: Principal and Athletic Director have final authority on all decisions.**

I have read the above athletic handbook and will adhere to its contents fully and without argument.

\_\_\_\_\_  
Parent or Guardian

*John A. Cavallari*  
\_\_\_\_\_  
Principal

\_\_\_\_\_  
Student

*J. Thomas Tate*  
\_\_\_\_\_  
Athletic Director

\_\_\_\_\_  
Date