

OPELOUSAS CATHOLIC JR. HIGH ATHLETIC HANDBOOK

INTRODUCTION

This handbook is designed to provide for a successful experience for student athletes and the efficient operation of the OCS Jr. High Athletic Program. The athletic handbook is designed to coexist with the OCS Student Handbooks and the OCS Student Code of Conduct. Student athletes in grades 6-8 are accountable and responsible to the rules and requirements contained within this handbook. It should be noted that different sports might have additional rules and regulations that go beyond what is listed in this athletic handbook. These rules may be in addition to this athletic handbook, but they shall not alter the rules of this handbook.

PURPOSE OF JUNIOR HIGH ATHLETICS

The purpose of junior high athletics is to prepare OCS students to compete in varsity athletics. OCS junior high athletic programs are not intended to be recreational, rather feeder programs for our varsity sports.

RESPONSIBILITIES

Participation in athletics is a privilege that carries with it responsibilities to the school, to the sport, to the student body, to the community, and to oneself. They must be certain they present to their peers, teachers, and community respect, sincerity, and honesty expected of a young lady or gentleman.

Specific Responsibilities Expected of OCS Athletes:

1. Maintain a satisfactory citizenship and behavior record in the classroom and on campus by treating teachers, administrators, and fellow students with respect.
2. Exercise self-control and display positive actions during competition and other school activities.
3. Have respect for the decisions of the officials during competition.
4. Be a law-abiding citizen both at school and away from school.
5. Display sportsmanship and class when representing OCS.
6. Be committed to attend practices, contests, and meetings of any sport that they choose to participate in.
7. Abide by training rules established in this handbook and by their coach.
8. Complete required school paperwork prior to participation.

SPORTS OFFERED

OCS offers football, boys and girls basketball, baseball, and softball

SPORTS OFFERED BY GRADE LEVEL

FOOTBALL- 6TH GRADE TEAM, 7TH/8TH GRADE TEAM

BASKETBALL- 6TH/7TH GRADE TEAM, 7TH/8TH GRADE TEAM

BASEBALL- 6TH GRADE TEAM, 7TH GRADE TEAM, 8TH GRADE TEAM

SOFTBALL- 6TH GRADE TEAM, 7TH GRADE TEAM, 8TH GRADE TEAM

***IF THERE ARE NOT ENOUGH STUDENT ATHLETES INTERESTED IN PLAYING IN ANY GIVEN AGE GROUP, THERE WILL BE NO TEAM FOR THAT YEAR. WE WILL NOT PULL FROM OTHER GRADE LEVELS TO FILL TEAMS.**

For softball, baseball and basketball there shall be twelve players selected. For football, every student is eligible to participate. There is no guarantee of playing time to any participant. Playing time is left to the complete discretion of the head coach.

The school principal and the athletic director reserve final judgment on team rosters.

***THE VARSITY COACH'S OF OCS' SPORTS TEAMS RESERVE THE RIGHT TO MOVE JR. HIGH STUDENT ATHLETES TO THE VARSITY SQUAD/ JV SQUAD AS NEEDED. THIS WILL NOT HAPPEN EVERY YEAR.**

GAME LIMITS

There may be several games in a weekly period, however, there will be no more than two games Monday-Thursday. Games preceding school days will start no later than 7:30 PM.

FEES

Any sports fees mandated by the sport or coach shall be paid as a condition precedent to the student athlete's participation. The head coach shall give an estimate prior to the student athlete trying out for the team.

COACH'S

Coaching duties will be handled by the school athletic department whenever possible. In the event that outside coaches are needed, their selection will be left to the sole discretion of the OCS administration. Volunteer coaches will be required to attend Diocesan Safe Environment training, and adhere to all rules set forth by the OCS administration.

ATTENDANCE

It is the obligation and responsibility of team members to attend scheduled practices, contests, and meetings regularly and on time. If an excusable conflict arises with a practice or contest, one of the coaches shall be notified before the workout or game. Failure to make contact prior to the practice, contest, or meeting may result in the absence being considered unexcused.

Excused Absences:

Excused absences will be made up. The make up for an excused absence is not punishment but is administered so that the athlete can make up missed work and conditioning. Examples of excused absences are illness, a death in the family, school sponsored activities, or emergency situations. **Athletes should understand that when they have to miss, it is imperative that a coach be notified prior to the absence, if at all possible, or the coach may consider the absence as unexcused.**

Unexcused Absences:

Athletes and parents should understand that failure to notify the coach prior to an absence will usually result in the absence being considered unexcused. Some extenuating

situations will be considered an excused absence without prior notification. If there is a question as to whether it is excused or not, the head coach and/or athletic director will make the decision. Unexcused absences will be made up and disciplinary action will be taken also. Disciplinary action for unexcused absences will be as follows:

1st unexcused absence – make up work plus additional suspension from the next contest

2nd unexcused absence – make up work plus suspension from the next contest

3rd unexcused absence – dismissal from the sport

Unexcused absences will accumulate on a per sport/per season basis.

School Detention/Suspension is considered unexcused absence.

Injured Athletes:

Injured athletes who cannot actively participate in the workout must still follow all attendance policies. Being injured is not an excuse to miss practice. The injured athlete will be expected to dress out and participate mentally.

Ineligible Athletes:

Ineligible athletes shall attend and participate in workouts unless excused by the head coach. By attending and participating in workouts, the athlete may represent the team again at the end of the ineligible period.

School Suspension:

An athlete placed in school suspension is not allowed to participate in a game or contest during his/her placement, but he/she is allowed to practice after school. Failure to report to after school workout will result in an unexcused absence for the athlete unless prior notification is given that the athlete is missing for a justifiable reason. It is the athlete's responsibility to find out if their team is working out after school and find out the time of the workout.

Tardy:

It is also very important for a team member to be on time and to remain at a practice for its duration. Any team member who arrives late to practice or who leaves early is disruptive to the team's improvement and game plan. Athletes that are tardy or that leave practice early will be expected to do make up work for the time they missed. Habitual tardiness will result in disciplinary action including possible suspension or dismissal.

ACADEMICS

All guidelines set forth in the OCS student handbook will be enforced.

TRYOUTS

OCS athletic staff will be responsible for tryouts. All students will be given a fair, impartial, tryout for sports requiring a maximum number of student athletes. Tryouts will be conducted under the direction of the Jr. high athletic director and varsity head coaches. OCS will not answer specific questions regarding tryouts, or give explanations regarding their outcome. If students feel that not making the team would cause a difficult or embarrassing situation, then they should not try out for the sport.

CONDUCT

Athletes may face disciplinary action, including possible suspension or expulsion, for demonstrating behavior that is detrimental to the team. Examples of unacceptable behaviors include, but are not limited to:

1. Inappropriate language

2. Unwilling or lazy attitude, poor work ethic
3. Disrespect to the coaching staff
4. Disrespect to a game official
5. Display of temper
6. Not responsive to a coach's request
7. Argumentative attitude
8. Habitual disregard for rules
9. Negative effect on team morale
10. Unsportsmanlike behavior

QUITTING A SPORT

Quitting is an intolerable habit to acquire. Athletes that quit are also “giving up” on themselves and those that depend on them. Commitment to being a team member is one of the most valuable lessons learned in athletics. Concerns and frustrations can often be worked out with proper communication between the athlete and coach. If an athlete quits a sport after two weeks, he/she will not be allowed to start another sport until the first sport is completed.

TEAM TRAVEL

The school may provide transportation for away contests. If transportation is provided, than athletes will be required to travel as such. Some contests will require travel from their parents/guardians. Parents/guardians will be responsible for delivering student athletes to all practices and/or events.

EQUIPMENT

Team uniforms, warm-ups, and equipment belonging to OCS should be treated with care. The use and wear of the school equipment outside of athletic sponsored activities is prohibited. Team uniforms are the responsibility of the student athlete. All uniforms shall be returned as instructed to the appropriate coach within one week of the completion of the season. Any lost, stolen, damaged, or non-returned uniforms are the financial responsibility of the student-athlete and their parents. Student athletes are restricted from participation in all extra-curricular activities until the uniform is returned or reimbursement for same is made.

INSURANCE

OCS will provide insurance coverage for interscholastic activities for the school year. The coverage provided is secondary to any medical insurance that you may already have. Benefits are intended to supplement other collectible insurance by assisting with balances left unpaid by your primary carrier. **If you have no other insurance, the benefits will not be adequate to cover the full cost of medical treatment.**

Claim forms must be sent within 7 days of the date the athlete first receives medical care. In order to expedite payment of claims, parents/guardians of athletes who have sustained an injury as a result of athletics should obtain a claim form from the coach or athletic director as soon as possible. Filing claims is the parent's responsibility.

COMMUNICATION/PARENT CONFERENCES

At times, a conference or discussion with the coach may be needed. Please understand that there are appropriate issues to discuss and there are issues not appropriate to discuss.

Appropriate issues to discuss with coaches:

1. Treatment of your child
2. Ways to help your child improve
3. Concerns about your child's behavior

Issues not appropriate to discuss with coaches:

1. Team strategy
2. Play calling
3. Other student-athletes

Conference procedures and guidelines:

1. Please do not attempt to confront a coach before, during, or after a contest or during a practice. This can be an emotional time for both the parent and the coach. Meetings of this nature do not promote resolution. Productive meetings require calm, rational attitudes in a private setting. may then set up an appointment with the Athletic Director.
2. After discussing the issue with the head coach and the Athletic Director, you may then contact the Principal if you feel the situation has not been justly attended to. Following the above order of contacts will generally get your concerns answered in the best fashion. If you prefer to have a conference with a combination of the individuals above, attempts will be made to accommodate your request.

*IMPORTANT NOTE: THE ATHLETIC DIRECTOR AND PRINCIPAL WILL MAKE CHANGES TO THE ABOVE GUIDELINES, AS NECESSARY, TO ENSURE THAT THE BEST INTERESTS OF OUR STUDENT ATHLETES ARE BEING SERVED.

OCS HANDBOOK

ACKNOWLEDGEMENT OF RECEIPT

I have received a copy of the OCS Athletic Handbook. I understand that I will be held accountable for the information outlined in this handbook.

Athlete's Name (Print) _____

Athlete's Signature _____

Date _____

I have received a copy of the OCS Athletic Handbook. I understand that all athletes will be held accountable for the information outlined in this handbook. I give my approval for _____ to participate in the athletic program at OCS under the guidelines of the OCS Athletic Handbook.

Parent/Guardian Name (Print) _____

Parent/Guardian Signature _____

Date _____