

2020 - 2021
Our Lady Academy



Handbook
For
Student-Athletes

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ATHLETIC STATEMENT

This athletic handbook is designed to inform student athletes and their parents of the rules, regulations and information that helped develop the rich tradition of competition at Our Lady Academy.

Participation in athletics is a privilege, which carries with it varying degrees of honor, responsibility and sacrifice. Since competition is a privilege and not a right, those who choose to participate shall be expected to follow the rules established by the Athletic Department and other specific coach's rules for their sport. Each student athlete represents her school and student body. It is the student athlete's duty to conduct herself in a manner becoming the student athlete, her family, school and the community.

While an attempt has been made to answer as many questions as possible and provide information on all aspects of athletic participation, it is possible that you may have some questions that are not answered here. Please contact the principal and/or athletic director for this information.

The athletic department will enforce all rules and regulations as described in this Athletic Handbook. Parents and athletes are asked to sign an acknowledgement document located at the end of this handbook stating that they have read and understand the information included in the Handbook and that an athlete is subject to disciplinary measures should she violate the rules and regulations set forth in this Athletic Handbook.

DEPARTMENTAL PHILOSOPHY

The goal of the Athletic Department is to provide the best opportunities for student athletes to excel in teamwork, sportsmanship, self-discipline and character. In addition to developing skill in a sport, the purpose is to provide each participant with experiences that will be positive and memorable, and help develop the capacity for commitment to a cause, acceptance of responsibility and loyalty toward any chosen endeavor.

CRESCENT ATHLETIC SUPPORT

Each sport maintains an active group of parents and alumnae whose sole purpose is to help make individual sports successful. Please participate in all team sponsored efforts that are organized to assist your daughter's team.

SPORTSMANSHIP

The following policy statement from the **National Federation of State High School Associations** expresses the concept of sportsmanship as follows:

The ideals of good sportsmanship, ethical behavior, and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be

defined as those qualities of behavior which are characterized by generosity and genuine concern for others. Further, awareness is expected of the impact of an individual's influence on the behavior of others. Good sportsmanship is viewed as a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity.

One of the main goals of the athletic program is to teach the concept of sportsmanship. Good sportsmanship requires that everyone be treated with respect. This includes members of the opposing team, officials, coaches and spectators.

Good sportsmanship includes showing courtesy and kindness toward your opponent as well as fellow team members. The contest is judged by the effort of the participants and not by putting down your opponent.

Winning is exciting, but winning at any cost is not the goal. Negative treatment of any participant is outside the spirit and interest of the contest.

All MHSAA sanctioned events are a reflection of our community and school. The conduct of the team is extended to parents and fans before, during, and after athletic events.

Assault of Sports Officials, Coaches, or Administrators (SB-16): This bill became law on March 31, 2002, and creates new crimes of harassing, menacing and assaulting sports officials, coaches and administrators. The punishments are harsher than normal for convictions of harassment, menacing and assault. For example, a second-degree assault can carry a sentence of up to 10 years in prison, but under the new law, a second-degree assault of a sports official, coach, and administrator could result in a sentence of up to 20 years.

MISSISSIPPI HIGH SCHOOL ATHLETIC ELIGIBILITY

A student must meet the following minimum scholastic requirements at each three week progress report and at the end of the year if the pupil is to be eligible for the next year:

ACADEMIC RULE

JUNIOR HIGH (7th and 8th Graders)

To be eligible for participation as a seventh grader, a student must be promoted from sixth grade; and for participation as an eighth grader a student must be promoted from seventh grade. A pupil must pass the classes of his/her grade level and achieve at least an overall average of 75. Eligibility is verified every three weeks.

A pupil who is not eligible at the beginning of the school year may become eligible the second semester only once during the student's junior high school career by passing the four basic first

semester courses with a 75 in each course.

(9th - 12th graders)

To be eligible to compete in MHSAA sanctioned activities (band, cheer, and all sports), a student must meet certain criteria each semester. They must have an overall 2.0 GPA (or 75 avg.) each semester. The student's academics will be checked every three weeks. If the academic standards are not met, a probation period of three (3) weeks will be issued. The student may become eligible after a successful progress report. A total of six (6) credits must be earned by the end of the year and an overall 2.0 GPA must be maintained.

OUT OF SCHOOL ONE OR MORE SESSIONS:

If a pupil who is eligible for a given session drops out of school for one or more sessions, she is then ineligible until she passes all subjects during a semester.

OLA PROGRESS REPORT GRADE EXPECTATIONS:

ANY STUDENT WHO IS ON THE FAILURE LIST FOR ANY SUBJECT IS NOT ALLOWED TO PARTICIPATE IN ANY SPORT INCLUDING CHEER FOR A THREE-WEEK PERIOD OR UNTIL THE NEXT PROGRESS REPORT WHICHEVER COMES FIRST.

SEMESTER EXAM EXPECTATIONS:

NO ATHLETIC COMPETITIONS DURING SEMESTER EXAMS. ALL PRACTICES MUST COMPLETE BY 5 P.M.

GENERAL ELIGIBILITY RULES AND ATHLETIC POLICIES

***These are general rules; athletes are expected to abide by the rules of each individual sport in which they participate.

- A. Be a bona fide student, having enrolled not later than the 15th day of any semester of participation, and deport herself satisfactorily.
- B. Any pupil who becomes 19 years of age prior to August 1st, shall be ineligible for interschool competition.
- C. Those children whose parents or guardians are teachers/administrators of the district, may attend the school where the parent/guardian is employed. If the child transfers back to their home school, he must sit out a year before becoming eligible, unless the parent/guardian is no longer employed by the school system the child attended. Eligibility in a sport will not be granted to a student at another school once the season of a sport has begun. This will only be granted if the parents have made a bona fide move, or the season at the home school has been completed.

D. The eligibility age of a 7th - 9th grader is as follows:

1. 7th grader must not have reached 14 prior to August 1st
2. 8th grader must not have reached 15 prior to August 1st
3. 9th grader must not have reached 16 prior to August 1st

E. 7th, 8th & 9th graders must provide a certified copy of their birth certificate.

F. All athletes must have been examined by a physician and have been declared physically fit before participating in any OLA extracurricular activities.

G. Players cannot be transferred back to a middle school team once they compete on the high school or junior varsity level.

H. Varsity Players may not participate on a non-school team or in an outside sport activity in their sport(s) during their school's specific season with the exception of a tennis, golf, swimming, track, or cross country team member, who may participate as an independent in two outside activities on non-school days during the season of that sport.

I. Student athletes allowed to wear hats by their coach shall wear them correctly at all times. Hats are never worn backwards or tilted at any time! Sunglasses may be worn only during appropriate times as deemed by the coach of a sport.

L. You must not have participated in any non-sanctioned all-star game.

M. You may not dress in uniform for an athletic contest or sit on the bench in a game uniform or be on the field or court as a player if you are not eligible.

N. Any student with outstanding balances (tuition, lunch, incidentals, etc.) of more than 30 days is ineligible to participate in athletics.

O. No diplomas or final report cards will be issued to students without all OLA sports equipment being returned.

MHSAA SUMMER COMPETITION RULES

The following rules and regulations govern participants in athletic activities following the close of their school's sports season

A. Athletes may participate in any activity during the summer months.

****** Summer is defined as the time following the last competitive event of any sport at a given school. Once all teams have concluded regular and post-season play, summer workouts may begin.

B. During a school's sports season an independent team can be made up of no more

than 60% of the number that makes up the starting number of varsity players. The penalty for violation is loss of high school eligibility for all participants.

(Example: 4 varsity baseball/softball, 2 basketball, 5 soccer, 3 volleyball).

The Calendar Committee and the MHSAA Executive Committee have recommended and passed the following regulations for summer activities:

1. Limit the number of games played during the summer months as indicated below. (These dates do not include the two approved team camps mentioned in the MHSAA Handbook.)

All Sports - 12 dates for games plus 2 approved team camps

2. Designate a dead week whereby no school athletic activity (including weightlifting) should occur. This date will be set by OLA and is MHSAA sanctioned.

MHSAA Overall Participation Rules

SPECIFIC SPORT'S RULES

BASKETBALL -A player will be limited to 6 quarters of play per evening. A max of 26 games may be played.

TENNIS - 18 tennis matches may be played with a maximum of 2 per week.

CROSS COUNTRY - The max number of meets will be 11. One event per week is allowed.

GOLF -A team will consist of 3 players and the top 2 will be used. The max number of golf matches will be 16. The max golf matches per week will be 2.

TRACK - The max number of track meets will be 12. Two per week.

VOLLEYBALL - The maximum number of matches played shall be 22 playing dates including 4 tournaments on weekends only. The maximum number of matches played per school week (Monday through the end of school day Friday) will be 2. Players are limited to 5 sets per night.

SOFTBALL - Two playing dates may be used per week, with max of 26 games. Players are limited to 9 innings per night with the exception of extra innings to win a game.

SOCCER - One game may be played per week (Mon. - Thurs.) with a max of 21 games allowed (tournaments included).

SWIMMING - One meet may be played per week (Mon. - Thurs.) with a max of 8 meets per season allowed (tournaments included).

**** Junior High sports have a different number of games allowed in a sports season. This information can be found in the MHSAA handbook at <https://www.misshsaa.com/>.

**** Cheerleaders**** have specific MHSAA Manuals describing their rules.

BEFORE THE FIRST PRACTICE

The following things are required by the student athlete **before the first practice** with any team:

1. Meet academic eligibility requirements
2. Take and pass physical examination
3. Obtain parental signature on physical exam
4. Parent information and emergency consent form
5. Copy of Insurance Card
6. Participation form.

The necessary forms may be found at the back of this handbook.

ACADEMIC ELIGIBILITY

Severe academic problems may result in a long-term suspension from athletic competition. Such suspensions may prevent a student from trying out for a sport. A student who is uncooperative, i.e., sleeps in class, disrupts, refuses to complete work, etc., will be considered a discipline problem which could result in suspension from athletic competition and/or removal from athletics as possible punitive options.

ATTENDANCE ELIGIBILITY

In order for a student to participate in athletic events and extra-curricular activities, she must be present at school no later than 10:20 am on the day of the event. Students who arrive to school later than 10:20 am will not be able to participate in athletics and/or extra-curricular activities that day. Exceptions to this policy may be made at the discretion of, and with the specific approval of, the principal or her designee. Situations such as visits to the doctor, or attending a funeral would be examples qualifying as exceptions. If the athletic event or extra-curricular activity occurs on a Saturday, students must be in school no later than 10:20 am on the previous Friday.

An athlete must be in school on a regular basis in order to be eligible to participate in athletics. An athlete who accumulates an excessive number of absences or tardies as designated in the student handbook will be placed on probation for a specified period of time. If absences continue during this time, the athlete will then be suspended from athletic participation until it is clear that the attendance problem is resolved.

An athlete who has excessive tardies to school and/or classes will be subject to restriction from athletic participation.

AWARDS

An athletic award is a symbol of athletic accomplishment, good sportsmanship and observance of athletic policies. Student athletes, managers & trainers are eligible to earn awards. No student athlete may receive an award in a sport for which she is academically ineligible at the completion of the season or if under suspension for an athletic violation.

Candidates must complete the season's play; however, this requirement may be waived in cases of physical injury. Athletes will not be allowed to attend post-season banquets or recognition celebrations nor receive post-season awards if they do not meet these conditions.

ATHLETIC CONTESTS

This is where we show what we are made of. People will judge you, our coaches, school and community by the way we play and act during a contest. All the long, hard hours of work can pay off if you are mentally ready to compete. Be mentally tough and ready to accept any challenge that arises during competition. Compete and act as a champion!

Competition Appearance - Student athletes will wear school issued uniforms only! Uniforms, wind suits, and warm-ups will be properly fitted and worn appropriately (no sagging, pants legs up or down, etc.). During competition student athletes will wear jerseys tucked in their shorts unless the jersey is designed for being worn outside. Athletes will be well groomed to the coach's satisfaction.

Always remember when you are at a contest in an Our Lady Academy uniform, you are no longer an individual, but a representative of your team, school and community. Always show Pride and Class!

INFORMATION FOR ATHLETES

Accidents/Injuries

All accidents or injuries, at home or away, are to be reported to the trainer and/or coach immediately.

Athletic Seasons

Fall Season:

Volleyball,
Cross Country, Swimming

Winter Season:

Soccer & Basketball
Archery

Spring Season:

Tennis, Fast Pitch, Track & Golf

**Please see MHSAA calendar for specific dates

Changing a Sport/Quitting a Team

If a student athlete is cut from a team, she may join another team or program in that sport season. A student athlete cannot quit one sport to join another sport until that sport season is concluded; i.e., one cannot quit volleyball to go out for basketball until volleyball season is completed. However, athletes will be allowed to transfer from one sport to another during a given season upon mutual agreement of both coaches.

Conflicts between Activities

Students are sometimes involved in concurrent activities, and there may be conflicts in schedules. Communication between coaches and sponsors of conflicting activities is vital. Consideration must be given to the importance of the event and the role the student athlete will play in it.

Doctor Visits

Written verification from the doctor is required when a physician/ER removes an athlete from practices or games.

Written verification from the doctor is required to return to athletic competition.

- ****It is best to see the trainer before going to the doctor.** Our trainers are properly prepared to evaluate injuries and determine the need for further medical analysis. Also, the trainer can get you in to see a doctor or physical therapist usually the same day. The trainer is employed through Bienville Orthopedics and Encore Rehabilitation

Dress

Participation in OLA athletics is a privilege, not a right. To be successful, the participant must be well-disciplined and willing to put aside individualism for the benefit of the team. Conforming to a dress code is part of this process. It is very important to our team/school reputation that our student athletes dress appropriately during the school day and at all school functions.

The following rules are additional to those included in the student handbook:

1. All athletes must wear appropriate clothing to practice. No cut off or mutilated clothing will be allowed.
2. Individual coaches may add additional rules related to the dress code for each sport.

Equipment

Equipment checked out by the athlete is her responsibility. It is to be kept clean and in good condition. Loss of issued equipment will be the athlete's/parent's financial obligation. The athlete will not be allowed to participate in other athletic programs or receive awards until this obligation is met.

NOTE: Equipment includes any issued supplies from the training room.

Participation in Two Sports in One-Season

Student athletes may participate in more than one sport during one season. Students will be required to declare a Primary and a Secondary Sport for games. If contests conflict, students will be bound to attend the primary sport in which they have made declaration; secondary sport games will take precedence over practice scheduled for primary sports. If practices for primary and secondary sports are scheduled simultaneously, the student will attend the primary sport practice. The student athlete must realize that extra time for practice is necessary to compete in two sports in one season. The student athlete must meet the requirements of both sports. If the requirements of one or both sports are not met, the student athlete may be cut from the sport(s).

Team Tryouts Policies

Each coach of varsity sports has his/her own policy on how he/she will choose his/her team. Coaches will explain their team selection policy at the first meeting. Arrangements for tryouts must be made for athletes involved in overlapping sports seasons. It is the responsibility of the student athlete to contact the coach and discuss possible conflicts well in advance of tryouts. A student athlete may be cut from a team anytime during a season for appropriate reasons.

Athletic Letters

A varsity letter is earned - not given. A player must participate in 50% of contests in a sports season. All team expectations must be met, athletic fees paid, and team-issued equipment must be returned.

Lettermen Jackets will be fitted after the second year lettering for two consecutive years in the same sport on a varsity team (examples: two consecutive years volleyball, or two consecutive years fast pitch softball) –and after the completion of the students sporting season as a freshman (or any year thereafter). If an athlete letters in more than one sport, she must pick the sport that will be sewn onto the letter. All other sports and service bars will be issued as pins to be placed on the letter.