

# Mount Carmel School

“Knowledge and Faith in Action”



## Athletic Policy

2019-2020

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# Mount Carmel School Athletic Policy

## **ATHLETIC PROGRAM MISSION and PURPOSE**

The mission of Mount Carmel School is to form a faith-filled community, which follows the teachings of Jesus, provides excellence in education and encourages a zealous commitment to prayer and service.

The mission of Mount Carmel School is to teach our students Catholic values in an environment of academic excellence. We are motivated by our founder Mother Therese Chevrel who calls us to “teach minds and touch hearts” and to “love one another ...uphold one another.” In keeping with the traditions and the mission statement of Mount Carmel School, the goal of the Athletic Program is to teach Catholic moral values, teamwork, and sportsmanship through participation in athletic programs. The purpose of the program is to develop competitive teams and to provide students an opportunity to be involved in the athletic teams offered at Mount Carmel School.

The mission of the school and the purpose of the athletic program shall always be used as a guide when developing policy and making decisions. The objective of the Mount Carmel Athletic Program is to give students an opportunity to participate in organized sports. The Athletic Director will exhibit a good faith effort to obtain the appropriate facilities, coaches, and other resources required to implement the athletic program consistent with the philosophy.

The actions of each of our individual stakeholders - students, coaches, parents, spectators - determine the overall reputation of the athletic program and school. Through our individual and collective actions, we will strive to be a school community recognized for having the highest level of sportsmanship and Catholic moral values. It is with this in mind that we encourage priority participation in Mount Carmel activities. The first priority of the school is the overall development of each of its students; therefore, the school will utilize a progressive, age appropriate approach in the determination of team size and number of teams.

## ELIGIBILITY REQUIREMENTS

The following is the **Revised Policy** for eligibility for extra-curricular activities at Mount Carmel:

1. Any student receiving more than one **“F”** on their Report Card is not eligible for participation in any extra-curricular activity until the next report card and all failing grades are raised to 70% or above.
2. Any student receiving **one “F”** on their Report Card will be placed on academic probation:
  - The student will not be allowed to participate in any school practices, games, and activities while on academic probation.
  - If the student removes the **“F”** at mid-quarter with a passing grade (70%) then the student may return to participation in the scheduled practices, games, and activities; providing another **“F”** is not acquired in another subject. If the student is out of any activity for the entire grading period then he/she cannot return to the extra-curricular suspended from.
  - If the student maintains the **“F”** at Report Card time then he/she will be removed from any activity until the next Report Card.
  - Any two (2) academic probations in one year warrants the removal of the student from representing Mount Carmel in any school sponsored activity for the remainder of the school year.
3. The fourth quarter grades will affect the first quarter eligibility for the next year following the above regulations.
4. Any student transferring to Mount Carmel with **one “F”** in the last grading period will be placed on academic probation until mid-quarter of the next nine weeks. If the student has **two “F”s**, then he/she will be on academic probation until the first Report Card.
5. Any student being ejected from a game will be unable to finish that game, unable to attend practices, and will not be allowed to play the following game. After sitting out for one game, the student will then be allowed to practice and play the next game.
6. Any student receiving a first (1<sup>st</sup>) suspension for disciplinary reasons will not participate in any school sponsored activity for (7) calendar days. The second (2<sup>nd</sup>) suspension will result in the removal of the student from representing Mount Carmel in any school-sponsored activity for the remainder of the school year.
7. The Administration has final say in all other unforeseen circumstances.

Students are eligible to participate in all extra-curricular activities if they meet all of the following standards:

1. Maintains a minimum grade of 80% in conduct on report cards.
2. Eligibility or ineligibility begins upon receipt of the mid-quarter grades and report card, respectively. The Athletic Director notify the students and coaches regarding ineligibility status.

3. Upon receipt of the report card or mid-quarter grades, the Athletic Director will inform all coaches of student eligibility and/or ineligibility. If a student is declared ineligible on two consecutive occasions, then he/she will be restricted from athletic participation for 45 school days beginning at the time of notification. If a student misses more than half of the school day (4 hours), he/she cannot participate in any extracurricular activities that day. (Administration has final say in unforeseen circumstances)

It is impossible to anticipate all future problems; therefore, any unacceptable behavior at Mount Carmel School or off-campus when representing Mount Carmel may disqualify or prevent a student from participation in the extra-curricular activities listed below.

## **PARTICIPATION IN ATHLETICS**

Mount Carmel has always played in strong competitive leagues. Our membership in competitive leagues and limitations imposed by our available facilities, allow for only our top athletes to make the cut. For our coaches, selecting teams is a difficult process. Certain game situations call for athletes with certain attributes and abilities. Decisions concerning when and how much each athlete plays will be at the coaches' discretion. Our coaches offer every opportunity at practices for each athlete to show his/her ability to perform in game situations.

A student's self-esteem should not be gauged by playing time but instead tied to the contribution they make to the team as a whole. Athletes will generally play according to their level of ability and as game situations dictate. Every attempt will be made to allow each player some playing time each game. In the case of large leads, players generally rotate on a fairly even basis. In the fifth and sixth grade, a greater emphasis is placed on giving the participants playing time. Individual sports may be divided into Junior Varsity and Varsity teams, depending on the number of players available.

## **TEAM TRY-OUT SELECTION PROCESS**

At least one week prior to the first tryout, the Athletic Director will announce the dates and times for all tryouts. A make-up day will be scheduled for emergency situations with a signed excuse from a medical professional. If, at the time of tryouts, the student does not meet eligibility requirements, he/she may not try out. If the student becomes ineligible before the team has been chosen, he/she will not have a chance of making the team's roster.

The coach, along with the Athletic Director, will make the final decisions involving the selection of the team. Parents/Family Members are NOT allowed to observe tryouts. The Athletic Director, along with an advisor of his/her choosing, will select the players of a team if the coach is in a conflicting position. (Example: Being related to a student who is trying out.) After the final try-out, the Athletic Director and the coach will post on the Parents' RenWeb homepage at a designated time the roster of those players who made the team. Once the season has begun for individual sports, students will not be allowed to join the team.

## **ALL - SPORTS POLICY**

1. All volunteers MUST be Safe-Environment trained. This includes coaching, assistant coaching, etc. Continuing Education training can be completed online. Verification of training must be submitted to the Safe Environment Coordinator before participating.
2. All parents will be required to work either concessions, clock, or gate for their child's games. It is the parent's responsibility to find a replacement for their assigned time if they are unable to fulfill their responsibility.
3. Players who miss a practice or a game without a valid excuse may not play in the next game. Coaches, along with the athletic director, will decide if the excuse is valid or not.
4. For a scheduled practice, parents should drop off their child only 5 minutes before the scheduled practice time unless indicated otherwise by individual coaches.
5. Parents should check the gym, field, or track to make sure the coach is present before dropping off a child for a practice or game.
6. Parents are responsible for picking up their child on time at the end of a practice or a game.
7. If a player misses more than half of the school day (4 hours), he/she cannot participate in any extra-curricular activities that day. (Administration has final say in unforeseen circumstances).
8. Parents will pay a penalty of \$10.00 after each 15 minutes that the child is present after the practice has ended.
9. Siblings of athletes may not remain in the gym for scheduled practices. Siblings should either be picked up from school or sent to Carmel Care.
10. Students participating in sports may not remain on campus unsupervised waiting for their practice to begin. Any student found on campus will be sent to the Carmel Care program at the parent's expense.
11. Unsportsmanlike conduct by any player will not be tolerated and may result in removal from the game. Severity of the infraction could lead to removal from the team.
12. A parent should not shout instructions to his/her child. The coaches have instructed the team of their game plan and shouting instructions to your child only confuses your child.
13. Mount Carmel students and families are to be courteous to the referees. They should not shout insults or verbally abuse the referees. It is difficult for a child to learn respect for the referees or other officials when parents set a poor example. The referees have the power to stop the game if the crowd becomes discourteous. Coaches will handle all situations.

14. School rules apply not only to the school day, but also to field studies, sporting events, and extra-curricular activities. Mount Carmel students should remember they represent the school at all times and should always behave in a Christian manner. The students should strive to live by the school philosophy at all times.

15. If you or your child have a complaint about any team situation or sport, please allow for the 24 Hour Rule (below) and follow this chain of command:

- Coach
- Athletic Director
- Administration-Principal/President of Mount Carmel School

Upon notification, the complaint will be investigated and the appropriate action will be taken.

16. The 24 Hour Rule: NO MCS coach should ever be confronted before, during, or after a practice or game. A wait time of 24 hours is required to avoid situations that might have a negative impact on a student athlete. The issue may then be discussed wisely and prayerfully in the proper setting. In case of confrontation, a parent can be suspended from one or more games.

17. NO Sunday events - This includes practices, games, tournaments and meets.  
(Diocesan Policy: DP 4001)

18. Athletic events will not be held during mid-term or final exams.

19. Practices and athletic events will be allowed during the week of ACT testing.

20. Alcohol is not permitted at any Mount Carmel sanctioned event, including pre-game and/or post-game events.

21. Sport teams and individual pictures will be taken during the school day. Fall Sports will be taken during the fall and spring sports will be taken during the spring. Parents will be notified of the dates ahead of time.

Students will be required to turn in uniforms when requested by Athletic Director or immediately after pictures. If students do not turn in their uniforms on the day of pictures, a \$15.00 late fee will be assessed.

## **PARENT EXPECTATIONS**

An integral part of the educational philosophy of Mount Carmel School is the conviction that the school assists the parents/guardians in carrying out their primary responsibility of providing for the religious and secular education of their children. An ongoing positive working relationship between the

parents/guardians and the school is critical to the success of the school and the students.

As part of that working relationship, parents/guardians are expected to be involved as much as possible in the educational process, to refrain from conduct which thwarts the orderly administration and operation of the school, to support and participate in school activities, and to provide instruction to and set positive examples for their children both at home and in the community.

While Mount Carmel School encourages the constructive exchange of ideas, feedback, and suggestions intended to foster the continued growth and improvement of the school, Mount Carmel School is ultimately responsible for the orderly administration and operation of the school, including the policies and procedures implemented to achieve the school's goals. Mount Carmel School reserves the right to terminate the enrollment of any student(s) in the event that it is determined by the school's administration that:

- (1) a positive working relationship between the school and the parents/guardians no longer exists and/or is irreparably damaged; or
- (2) that the parents/guardians have failed to provide the support, assistance, and example necessary for the religious and secular education to which each child is entitled.

Furthermore, failure on the part of any student and/or parent/guardian to abide by the rules, regulations, and policies as outlined in the school handbook may result in termination of the student's enrollment from the school.

## **SELECTION OF COACHES**

Coaches serve at the discretion of the administration and are selected by the Athletic Director, with the approval of the administration. The primary factors considered in the selection of coaches are:

- ☛ Evidence of Christian values
- ☛ Depth of character and personality
- ☛ Ability to communicate with athletes
- ☛ Technical knowledge of the sport
- ☛ Fingerprint / Background Check
- ☛ Safe-Environment Training

At MCS we rely on volunteers to coach our teams. Every effort will be made to provide outside coaches. MCS will not allow parents to act as head coach of a team in which that parent may have a son or daughter participating. There are, however, exceptions to every rule. If we do not have a coach, we cannot have a team; therefore, a qualified parent may be asked to coach his/her daughter's or son's



team. In the event the coach is in a conflicting position, the Athletic Director, along with the advisor of his/her choosing, will select the players of a team.

## **LHSAA HEALTH EXAMINATION FORM**

A completed medical exam form must be on file in the school office for every student who practices or participates in athletics during a school year. All athletes must have a completed physical and signed “Concussion Statement” before he/she can try out for any sport (please see document page). Every athlete, therefore, must receive a medical exam by a licensed physician prior to the sports season or at least every 365 days. The official LHSSA Health Examination Form will be distributed at the all-sports parent athletic meeting and made available online on our MCS website.

## **LHSAA BASIC CONCUSSION RULE**

Any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional.

***A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness to have suffered a concussion.***

### **Common Symptoms of Concussion include:**

Headache, fogginess, difficulty concentrating, easily confused, slowed thought processes, difficulty with memory, nausea, lack of energy, dizziness or poor balance, blurred vision, sensitivity to light and sounds, mood changes—irritable, anxious, or tearful.

### **LHSAA Adopted Concussion Management Protocol:**

1. No athlete shall return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion shall be evaluated by an appropriate health-care professional that day. If one is not available, the Head Coach shall make the determination.
3. Any athlete diagnosed with a concussion shall be medically cleared by a Medical Doctor or a Doctor of Osteopathic Medicine, each of which must be licensed to practice in Louisiana, prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions as determined by a Medical Doctor or Doctor of Osteopathic Medicine, each licensed to practice in Louisiana, for delayed RTP based upon return of any signs or symptoms.

### **Definitions Associated With New Concussion Rule:**

Appropriate Health-Care Professional – an individual {s} from the following professions who are designated as the persons to diagnose whether an athlete has or does not have a concussion:

- MD – A medical doctor licensed to practice medicine in Louisiana
- DO -- A doctor of Osteopathic Medicine licensed to practice in Louisiana
- PA – A physicians’ assistant licensed to practice in Louisiana
- NP – A registered nurse practitioner licensed to practice in Louisiana
- PM – A paramedic licensed to practice in Louisiana
- AT – An athletic trainer licensed nationally or by the State of Louisiana

On-site appropriate health-care professional – an individual from one of the above named categories that are in attendance at an athletic event or practice.

RTP [Return to Play] – term used to describe the action when an athlete who has had a concussion is released by an MD or DO to return to practice or competition.

Responsible Individual – the term which designates the Head Coach as the individual to make the diagnosis whether his/her athlete has or does not have a concussion in the absence of an appropriate health-care professional.

Contest Official’s Role – to recognize the symptoms consistent with that of a concussion and remove the athlete from the contest until he/she has been diagnosed by an appropriate health-care professional. [*Officials shall always rule on the side of caution with the health and safety of the athlete being his primary and foremost concern*].

**NOTE:** ONLY AN MD or DO SHALL RELEASE AN ATHLETE, DIAGNOSED AS HAVING A CONCUSSION, TO RETURN TO COMPETITION.

### **High School Eligibility Rule: Rule 1.31.12**

A "hold-back repeat student" is a student who has successfully completed the academic requirements or failed to meet the academic requirements due to excessive absences (as defined by the Louisiana State Department of Education) that have been established for 6th, 7th and/or 8th grade students and who repeats one or more of these grades prior to entering the 9th grade. A student who successfully completes all requirements of the 8th grade and who does not enroll in and attend a high school the next school year after completing the 8th grade shall be classified as a "hold back repeat student."

When a “hold-back repeat student” enters the 9th grade for the first time, he/she shall be eligible to participate in interscholastic athletics in the LHSAA for only the next ensuing six consecutive semesters or terms of 90 days.

<b>MALE SPORTS ATHLETIC ACTIVITY</b>	<b>GRADE LEVELS</b>	<b>NUMBER OF ATHLETES</b>
Football	5th, 6th, 7th, 8th	No cut
Basketball	5th*, 6th, 7th, 8th	Up to 15**
Tennis	5th, 6th, 7th, 8th	No cut
Golf –pending a coach	5th, 6th, 7th, 8th	No cut
Track	6th, 7th, 8th	No cut
Baseball	5th & 6th team	Up to 15 **
Baseball	7th & 8th team	Up to 15**
Cross-Country	5th, 6th, 7th, 8th	No cut
Soccer	6th, 7th, 8th	Up to 22 **

\*only if needed

\*\* team size does not have to include this many members

<b>FEMALE SPORTS ATHLETIC ACTIVITY</b>	<b>GRADE LEVELS</b>	<b>NUMBER OF ATHLETES</b>
Volleyball-pending a coach	6th, 7th, 8th	Up to 14 **
Basketball	6th, 7th, 8th	Up to 15 **
Tennis	5th, 6th, 7th, 8th	No cut
Golf	5th, 6th, 7th, 8th	No cut
Track	6th, 7th, 8th	No cut
Softball	5th, 6th, 7th, 8th	Up to 15 **
Cross-Country	5th, 6th, 7th, 8th	No cut
Soccer	6th, 7th, 8th	Up to 22 **
Cheerleading	7th, 8th	Up to 20**

\*\* team size does not have to include this many members.

<b>ATHLETIC FEES ATHLETIC ACTIVITY</b>	<b>ELIGIBLE GRADE LEVELS</b>	<b>FEES</b>
Football	5th, 6th, 7th and 8th	\$100.00
Volleyball	6th, 7th and 8th	\$75.00
Basketball	5th,6th, 7th and 8th	\$50.00
Tennis	5th, 6th, 7th and 8th	\$50.00
Golf	5th, 6th, 7thand 8th	\$50.00
Track	6th, 7th and 8th	\$50.00
Baseball	5th,6th, 7th and 8th	\$50.00
Softball	5th, 6th, 7th and 8th	\$50.00
Cross-Country	5th, 6th, 7thand 8th	\$50.00
Soccer	6th, 7th and 8th	\$75.00
Cheerleading	7th and 8th	\$50.00

All of the above fees are subject to change based on league fees.

Revised 11/30/17

## ATHLETIC PERMISSION / AUTHORIZATION FORM

(Use a separate form for each child)

Name of Student \_\_\_\_\_ School Year \_\_\_\_\_

Student's grade: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

What sport(s) do you give your child permission to play this school year? Please circle the sport(s):

Cheerleading    Football    Basketball    Soccer    Track    Cross-Country

Golf    Softball    Baseball    Tennis    Volleyball

I request permission for my child to participate in all practice sessions and practice games as decided by the coaches. I further request my child be permitted to participate in all games, including but not limited to home, away, make-up, and tournament games as decided by the coaches.

I understand the rules and regulations of athletics at Mount Carmel School and I request permission for my child to participate in the programs circled above. I understand athletics involves some degree of risk and injury is possible. I release Mount Carmel School, the Diocese of Lafayette, and Mount Carmel School administrators, coaches, and staff from responsibility for accidental injury that may occur as a normal part of the athletic program.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

HEALTH INSURANCE: (Students must have health insurance to be eligible for sports.)

Name of Insurance Company: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

POLICY NUMBER: \_\_\_\_\_ GROUP NUMBER: \_\_\_\_\_

\*\*Attach photocopy of insurance card

Member of Acadian Ambulance: YES    NO

Medical Information: \_\_\_\_\_

\_\_\_\_\_  
\*Please explain any medical condition that would affect your child's ability to participate in the selected sport(s).



# MOUNT CARMEL SCHOOL

## Parents/Players Concussion Statement

I have read and understand the NCAA/CDC Concussion Fact Sheet.

I have reviewed and understand the NHFS online course “Concussion In Sports-What You Need to Know.”

After reading the NCAA Concussion Fact Sheet and reviewing the NHFS online course, I am aware of the following information:

\_\_\_\_\_ A concussion is a brain injury which athletes should report to the coaching staff.  
Initial

\_\_\_\_\_ A concussion can affect the athlete’s ability to perform everyday activities and affect  
Initial reaction time, balance, sleep, and classroom performance.

\_\_\_\_\_ You cannot see a concussion, but you might notice some of the symptoms right away.  
Initial Other symptoms can show up hours or days after the injury.

\_\_\_\_\_ I will not knowingly allow the athlete to return to play in a game or practice if he/she  
Initial has received a blow to the head or body that results in concussion-related symptoms.

\_\_\_\_\_ If I suspect the athlete has a concussion, it is my responsibility to inform the coaching  
Initial staff and to refer that athlete to the appropriate medical staff.

\_\_\_\_\_ I will encourage the athlete to report any suspected injuries and illnesses to the  
Initial coaching staff, including signs and symptoms of concussions.

\_\_\_\_\_ Following the concussion, the brain needs time to heal. Concussed athletes are much  
Initial more likely to have a repeat concussion if they return to play before their symptoms resolve. In rare cases, repeat concussions can cause permanent brain damage, and even death.

\_\_\_\_\_  
Signature of Parent

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Athlete

\*\*\*Please sign and return to the MCS Athletic Director, Mr. Erik Lege.