

John Paul the Great Academy



2016-2017

Guardian Athletic Handbook

“Sport is certainly one of the prominent phenomena which, in a language understandable to all, can communicate very profound values. It can be a vehicle of high human and spiritual ideals when it is practiced with full respect for its rules.”

Pope St. John Paul II
The Face and Soul of Sport

October 28, 2000

Table of Contents

- I. Vision and Philosophy**
- II. Structure of Athletics at JPG**
 - A. Role of Coaches and Administration**
 - B. Role of Athletes and Parents**
- III. League Affiliation**
- IV. Standard Policies**
 - A. Code of Behavior**
 - B. Academic Eligibility**
 - C. Uniform and Dress Code**
 - D. Letterman Jackets**
 - E. Fees**
 - F. Transportation**
 - G. Safety**
 - H. Recognition**
- V. Sports**
- VI. Program Growth**
- VII. Athletic Consent Form, ACEL Medical History , Planned
Absence Form**

I. Vision of JPG Athletics

In accordance with our Family Handbook, JPG Athletics affirms the vital role of physical formation in each student. Whether or not that formation comes through organized sport, its impact on a growing student is invaluable. Properly practiced, athletics have the ability to spark in a young person virtue of all sorts: discipline, an inclination to service, selflessness, camaraderie, joy, magnanimity, self-appreciation, humility, fortitude, graciousness, and prudent leadership, among others. In addition to developing moral virtue, athletics also aid in becoming good stewards of the gift of our bodies, which we know are the “temple of the Holy Spirit.”

Echoing the wisdom of our popes, we believe that “sport, rightly understood, is an occupation of the whole man, and while perfecting the body as an instrument of the mind, it also makes the mind itself a more refined instrument for the **search and communication of truth**” (Pope Pius XII, *Sport at the Service of the Spirit*). As a Catholic, classical school committed to preserving and promoting the sacred traditions of the Church, JPG commits to forming the whole person— body, mind, and soul. The Athletic Department strives to serve the mission of the school by “providing an atmosphere that maintains and fosters the Christian spiritual, intellectual, moral, and physical formation that the students receive at home” (*JPG Family Handbook*, page 1). Athletics at JPG are not isolated from the rest of the school, nor are its goals disintegrated in any way from the mission of the Academy. On the contrary, JPG Athletics will continue to search for the best ways possible to serve the needs of our athletes, their parents, the coaches, and the school community.

In summary, the three goals of JPG Athletics are:

- 1. To affirm the essential role of physical formation in building virtue for every student*
- 2. To serve the mission of the school by providing an atmosphere that maintains and fosters the Christian formation of the human person*
- 3. To identify and address the needs of all those participating in JPG Athletics, especially by building and fostering relationships within the entire JPG community*

II. Structure of Athletics at JPG

While integration and teamwork is of utmost importance in any athletic environment, certain structures must be put into place to avoid chaos and preventable unpleasant situations. If problems arise, in Christian charity, please bring your concern directly to the coach, avoiding gossip at all costs.

A. Role of Coaches and Administration

The role of the Administration is to approve game schedules, resolve parent concerns, and support the coaches in their relationship with the ACEL league.

Coaches are responsible for making decisions about the playing time of each athlete, which could be based on any number of factors, including practice time or individual ability. Coaches must also communicate the season schedule and any schedule changes to parents and/or athletes, usually via the Parent Team Manager.

Each coach must take an online course on concussions: <http://nfhslearn.com/> Coaches must keep the certificate from that course with them at all ACEL contexts.

JPG is a member of the ACEL athletic league (Association of Christian Educators of Louisiana). At the end of each season, coaches will also submit nominations for All-State athletes to the ACEL. Coaches will attend any necessary league meetings in order to properly understand each year's needs. Coaches are also the primary contact for all athlete and parent concerns. Parents and students who have athletic questions or concerns should first speak to the coach of the sport in question.

B. Role of Athletes and Parents

A student-athlete's main priority is to be a student. Second to that, the athlete's role is to be a dedicated member of the team. A dedicated team member exercises heroic virtue: shows up to practice and works hard, encourages other teammates, and always displays good sportsmanship. If practice must be missed, the athlete should communicate with the coach before the missed day. Dual athletes (those who play overlapping sports) finish their first sport's season before needing to report to the later sport's practices.

The parents of JPG athletes have already proven to be a great support to the coaches. Parent support of the coach and the team is critical for an overall successful season. Parents play a key role in helping the team flourish as it should, whether by positive encouragement of the athletes or offering a helping hand to the coach. One ideal example of this helping hand is serving in the role of Team

Manager. This parent takes charge of travel coordination, communication with other team parents via email, text, etc..., coordinating volunteer assignments for home games Each team has different needs, but the supportive role of parents is consistently important.

During athletic competitions, parents role is support their children with encouragement and applause. Parents must avoid (a) drawing excessive attention to themselves, (b) playing the role of coach by giving specific advice for players on the field or court, or (c) complaining about, addressing, or arguing with the referees or other coaches.

III. League Affiliation

John Paul the Great Academy is a member of the **Association of Christian Educators of Louisiana (ACEL)**. This league's membership comprises over 30 schools and homeschool associations across the state that have the common goal of Christian formation. The league mission states: *"ACEL is established to bring honor and glory to the name of our Lord Jesus Christ, through athletic and academic competition, to protect the Christian bond of our member schools, to promote pure, amateur athletic sports, and to foster Christian leadership and fellowship among our students."* All JPG athletes are expected to adhere to the philosophy of this mission.

IV. Standard Policies

A. Code of Behavior

Athletes and parents must read and sign the **Athletic Consent Form** each academic year they play a sport. John Paul the Great Academy expects all student-athletes to adhere to a high code of conduct because of their prominence in the school community.

Coaches and administration work together to make final decisions regarding the appropriateness of students' conduct during competitions, practices, and even non-athletic academic time.

B. Academic Eligibility

1. League Requirements

Each student athlete must maintain at least a 2.0 GPA in their core classes in order to be eligible to play sports for JPG in any ACEL sanctioned competition. JPG will provide grade reports at the conclusion of each academic quarter to the ACEL.

2. Travel

In order for student athletes to miss class to travel to an athletic competition, the student must be in good academic standing. If the student has a D or F in the class to be missed, s/he may not have permission to leave school early, but may compete that day with coach's approval.

C. Uniform and Dress Code

Each athlete will be provided the necessary uniform for each sport. At the end of each season, the uniforms must be returned to the school in good condition, or else the athlete will be financially responsible for replacing a lost or badly damaged uniform. Normal wear and tear of uniforms is to be expected, and will be addressed by the school on an as-needed basis.

Competing athletes are expected to be dressed out in proper uniform before any contest begins, and to ensure modesty and appropriateness throughout practices and competitions. A uniform is, by definition, consistent in appearance across players. Therefore, alterations such as rolled shorts (making them appear shorter) or un-tucked shirts (if the rest of the team wears shirts tucked in) are not permitted. The finger-tip length rule for shorts applies to all uniforms, practice attire, and other attire worn at JPG public events. Depending on body type, some students will need to have shorts longer than "finger-tip length" to be appropriately modest.

D. Letterman Jackets

Students in grades 9-12 may letter after playing a varsity sport for two years (football, letter after playing a **varsity** sport for two years (football, volleyball, track and cross country, soccer, and cheerleading) or participating in Speech and Debate for two years. Freshman are eligible to letter if they have participated in a varsity sport or speech and debate in both the 7th and 8th grades.

E. Fees

The standard fee per sport, per athlete, is **\$100** each season. This fee covers costs of uniforms, equipment, referees and officials, league fees, and field reservations.

Football exception: Due to the increased equipment needs for safety and reliability, football fees are significantly higher for first year athletes. Athletes participating in football for the first time pay a fee of **\$400**. For subsequent years, football athletes are charged the \$100 fee.

F. Transportation

1. Early Check-out

All student-athletes who are eligible to travel *must* sign out in the front office before leaving campus if they leave to travel before the afternoon dismissal. A student who fails to do so will be charged with an unexcused absence for the day.

2. Safe Environment

Due to Safe Environment policies, athletes may not ride alone in staff, faculty or coaches' personal vehicles. Parents should coordinate all travel plans, including carpooling details.

G. Safety

Physical safety of student-athletes is of vital importance. Therefore, JPG requires that each athlete submit a **current medical physical** each year of participation. Physicals are valid for one year from the date of examination, and must be valid for the entirety of the season in which the athlete competes, including post-season and championship contests. Should an athlete's physical expire mid-season, that athlete will not be allowed to compete until a new physical is turned in to the school.

If an injury is sustained mid-season, the athlete is expected to communicate with the coach, especially if play is affected. Student safety is much more important than playing time, and the coach may choose to sit the player until the injury is healed. Any coach's decision on this matter will be made in the best interest of the student-athlete.

H. Recognition

Coaches determine how and when teams are recognized for accomplishments, including a senior's commitment to the team over the years, any postseason advancement, and any All-District or All-State selections. JPG encourages a "Senior Night" at or near the end of the regular season in each sport. This may include a presentation of the seniors at halftime and any special recognition as decided on by the coaches.

To promote team spirit and increase attendance at their games, each team will be allowed two "jersey days" during their athletic season. With the approval of the headmaster, team members will be allowed to wear their respective jerseys with usual uniform pants/skirt to school. In addition, any team that advances to postseason play may wear their jerseys on those gamedays. Jerseys are not allowed on Mass days.

V. Sports

John Paul the Great Academy currently offers the following sports. Teams participate in ACEL competition and Clubs do not, as those sports are not currently offered in the league.

- A. Boys' Football
Head Coach: Barrett Richard brichard@jpgacademy.org
- B. Girls' Volleyball
Head Coach/Team Manager: Danielle Wyatt (chriwyat@yahoo.com)
- C. Girls' Cheerleading
Coaches: Tammy Weil (weil@lusfiber.net), Madeline Salvatierra (msalva4@yahoo.com), Shelley Gallet (sgallet@jpgacademy.org)
- D. Cross Country Club
Varsity Head Coach: Damon Cudihy dlcudihy@gmail.com
JV Head Coach: Lauren Cudihy dlcudihy@gmail.com
- E. Soccer
Varsity Head Coach: TBA
JV Head Coach: TBA
- F. Basketball
Boys Head Coach: Marcus Brown (mbrown@jpgacademy.org)
Girls Head Coach: Jenna Landry (jennalandry@yahoo.com)
- G. Track and Field
Head Coach: TBA
- H. Tennis Club
Head Coach: Maureen Perks

VI. Program Growth

The future of the JPG Athletics Program is an important consideration as the administration plans for the future of our school. However, we adopt a “quality over quantity” ideal to shape the direction of any expansion. Just as our academic curriculum promotes depth rather than breadth of content, our athletic program strives for excellence in all things— *omnia in excellentia*. For this reason, effective organization of existing sports will be prioritized over the creation of new teams.

VII. Athletic Consent Form, ACEL Medical History , Planned Absence Form

The JPG Athletic Consent Form and the ACEL Medical History Evaluation must be completed each academic year. These forms must be completed for all athletes, Varsity, Junior Varsity, and Club sports. Birth certificates must also be provided for each athlete.

ACEL MEDICAL HISTORY EVALUATION

PART I: INFORMATION *(To be filled out by parent or guardian only)*

Name: _____ Grade: _____ School: _____
 Sex: M / F Age: _____ Date of Birth: _____ Home Telephone #: _____ Sports: _____
 Social Security Number: _____ Address: _____ City: _____ Zip: _____
 Parent's Name: _____ Parent's Employer: _____ Work Telephone #: _____
 Insurance Company: _____ Policy #: _____ Family Doctor: _____

PART II: MEDICAL HISTORY *(To be filled out by parent or guardian)*

Has or Does this athlete **Circle & please explain all "yes" answers below**

1. Have a medical problem or injury since his/her last evaluation? YES NO
 Ever not been allowed to participate in sports for a medical reason? YES NO
2. Ever been hospitalized? YES NO
 Ever had surgery? YES NO
 Have any missing organs? *(eye, kidney, testicle, etc.)* YES NO
3. Presently take any medication? YES NO
4. Have any allergies to medicine or insect bites? YES NO
5. Passed out during or after exercise? YES NO
 Been dizzy or passed out during or after exercise? YES NO
 Have chest pain during or after exercise? YES NO
 Tire more quickly than his/her friends during exercise? YES NO
 Have high blood pressure? YES NO
 Been told he/she has a heart murmur? YES NO
 Have racing of the heart or skipped heartbeats? YES NO
 Have a family member that died of heart problems or sudden death before age 50? YES NO
6. Have any skin problems? YES NO
7. Ever had a head or neck injury? YES NO
 Ever been knocked out or unconscious? YES NO
 Ever had a seizure? YES NO
 Ever had a sting, burn or pinched nerve? YES NO
8. Ever had heat cramps? YES NO
 Ever been dizzy or passed out in the heat? YES NO
9. Have trouble with breathing or coughing during or after activity? YES NO
10. Use any special equipment? *(pads, braces, neck rolls, eye guards, kidney belt, etc.)* YES NO
11. Have any problems with vision? YES NO
 Wear glasses or contacts? YES NO
12. Ever sprained/stained, dislocated, fractured or had repeated swelling of any bones or joints? YES NO
13. Have any medical problems listed below? *(Please check off)*

_____ High Blood Pressure	_____ Rheumatic Fever	_____ Diabetes	_____ Hepatitis
_____ Mononucleosis	_____ Abnormal Bleeding	_____ Tuberculosis	_____ Asthma
_____ Sickle Cell Disease/Trait	_____ Other (list) _____		

14. List dates for last Tetanus Shot: _____ Measles Immunization: _____
 15. Female athletes, list dates for: First menstrual period: _____ Last menstrual period: _____

Longest time between periods last year: _____

Please explain all "yes" answers from above:

PART III: SIGNATURES

(You must answer these questions and sign for your child to be examined)

1. The information on the reverse is current and correct to the best of my knowledge YES NO
2. I give my permission for my child to be examined for school-related activities YES NO
3. If, in the judgment of a school representative, the named student athlete needs care or treatment as a result of an injury or sickness, I do hereby request, consent and authorize for such care as may be deemed necessary YES NO
4. I recognize the evaluation to be done on my child is a standard pre-participation screening examination, and that no in-depth testing, x-rays, lab work, or cardiac testing will be performed YES NO
5. I understand that if the medical status of my child changes in any significant manner after his/her physical examination, I will notify his/her principal of the change immediately YES NO
6. I give my permission for the athletic trainer to release information concerning my child's injuries to the head coach/athletic director/principal of his/her school YES NO

Signature of Parent/Guardian: _____ Date: _____

Signature of Student Athlete: _____ Date: _____

PART IV: PHYSICAL *(To be filled out by a licensed physician/licensed nurse practitioner in collaboration with doctor or a licensed physician's assistant under the supervision of a licensed physician)*

SYSTEM	Height	Weight		Blood Pressure	Pulse
	NORMAL	ABNORMAL	INITIALS	COMMENTS	
Heart					
Lung					
Other					
Abdominal					
Genitalia					
Neck					
Shoulder					
Elbow					
Wrist					
Hand					
Back					
Knee					
Ankle					
Foot					
Eye	Right 20/	Left 20/	Corrected?	YES / NO	

CLEARANCE:
 A. Cleared
 B. Cleared after further evaluation/treatment
 C. Not cleared for: Collision Contact Non-contact

RECOMMENDATIONS:

NAME OF MD/NURSE PRACTITIONER: _____ DATE: _____

ADDRESS: _____ TELEPHONE: _____

JPG ATHLETIC CONSENT

2016-2017

TO BE COMPLETED BY THE ATHLETE:

I, _____, commit myself to this Sports Honor Code. I realize that according to Luke 9:62, God expects me to live up to my commitment.

1. I will faithfully attend and be involved in a local church.
2. I do not expect any preferential treatment regarding grades, hair, and dress standards, conduct, detention, etc. I will set a good example for others to follow.
3. I will never question my coach in public. If I have a legitimate question, I will ask him/her in private.
4. I will follow all school policies as a leader of my peers.
5. I am a representative of the Lord, my school, and my coach.
6. I should always be in control of my emotions. I should never lose my temper over a game.
7. I will attend all practices unless a prior commitment requires the practice to be missed. I will notify my coach when I cannot attend practices.
8. I will treat all athletic equipment with respect and responsibly.
9. I have read and agree to abide by the policies set forth in the JPG Athletic Handbook.

ADDRESS: _____

TELEPHONE: _____

DATE OF BIRTH: _____

SIGNATURE OF ATHLETE

TO BE COMPLETED BY THE PARENT:

I, hereby, give my consent for _____ to engage in the JPG Sports Program. I have read and agree to abide by the policies set forth in the JPG Athletic Handbook. I am committed to have my athlete attend every practice and game. I will notify the coach before practices or games of any circumstance that would prevent my athlete from attending.

I authorize JPG to provide medical care that may become reasonably necessary for my athlete in the course of athletic activities or travel. I also agree not to hold the school or anyone acting on its behalf responsible for any injury occurring to the above named athlete in the course of such athletic activities or travel.

DATE: _____

SIGNATURE OF PARENT: _____

INSURANCE COMPANY: _____

POLICY NUMBER: _____