

ST. MARY'S DOMINICAN HIGH SCHOOL ATHLETIC PROGRAM

Statement of Philosophy

The Dominican Athletic Program exists to foster the traditions set forth by the Dominican Sisters of Peace, Congregation of St. Mary in regard to a commitment to prayer, study, community, and service. The Athletic Department strives to foster personal growth and development through the student athlete's dedication to sport in an atmosphere of education. The Athletic Department seeks to promote "Veritas" by fostering self-discipline, a sense of respect in others, and by providing the opportunity to demonstrate leadership. The Athletic Department provides role models who, through their word and deed, affirm the dignity of each athlete, challenge each athlete to reach her potential, and develop the knowledge, skills, and actions which foster "Veritas", sportsmanship, athleticism, and Catholic values.

The coaches at St. Mary's Dominican High School should personify "Veritas", the charism of Jesus Christ, and the philosophy of Dominican High School. At all times, they should serve as Christ affirming role models for the athletes who seek their direction in the athlete's personal development within the confines of the Athletic Department.

Athletes, parents, and spectators are expected to adhere to the philosophies of St. Mary's Dominican High School and the Athletic Department through their conduct on and off of the competitive arena. They are expected to model Christian behavior as well as display behavior appropriate to that of athletes and spectators of a Catholic secondary school athletic program.

Statement of Goals

- 1. To promote physical fitness and encourage habits which promote good health.**
- 2. To offer experiences and the structure through which athletes learn to use leisure time in a constructive manner.**
- 3. To guide athletes toward the realization that self discipline and personal responsibility go hand in hand with the achievement of personal goals and the realization of personal success.**
- 4. To instruct athletes in the Dominican motto: "To Praise, To Bless, To Preach" in order that they may exemplify the values of young Christian women.**
- 5. To encourage the parents, the students, and other fans to conduct themselves in**

a manner appropriate for members of a Catholic community.

Athletic Directives

LHSAA

All student athletes are required to adhere to all guideline set forth by the Louisiana High School Athletic Association which include but are not limited to: athletic eligibility, athletic participation, athletic competition, and athletic conduct.

Physicals

Each athlete is required to receive a physical examination by a licensed medical physician once every calendar year as per the Louisiana High School Athletic Association by-law 1.7. Note that a licensed medical physician is not a nurse, chiropractor, or medical student. It is necessary that the attending physician fill out the Louisiana High School Athletic Association physical examination form which will be provided by the coach. The examination should be completed before the athlete's first competition once the previous calendar year has expired.

Substance Abuse / Misuse Contract

Each athlete and her parent or guardian are required to submit a copy of the LHSAA substance abuse contract as per the Louisiana High School Athletic Association by-law 1.9. This form needs to be turned in to the coach before the athlete's first competition.

Athletic Participation Form

Each athlete and her parent or guardian is required to submit a copy of the LHSAA athletic participation form as per the Louisiana High School Athletic Association by-law 1.8. This form, which will be provided by the coach, should be turned in to the coach before the athlete's first competition.

Grade Release Form

As per the Louisiana High School Athletic Association by-law 1.10, St. Mary's Dominican High School is required to submit each athlete's grade point average and earned credits to the Louisiana High School Athletic Association. Each athlete is required to submit a grade release form, signed by the athlete's parent or guardian, provided by the coach, to the coach before the athlete's first competition.

Athletic Requirements

Eligibility

As per LHSAA by-laws 1.4, 1.5 and 1.12.4, for an athlete to be eligible for secondary school varsity athletic competition, the athlete must either: 1) Live in the Dominican High School district, 2) have the LHSAA conduct an eligibility ruling request. If you have any questions please feel free to contact the athletic director's office – Extension 5011

Further, an athlete must meet the scholastic requirement of maintaining a 2.0 grade point average throughout the scholastic year. If an athlete does not maintain a 2.0 grade point average, she will be placed on suspension for the semester following the scholastically inadequate semester. She will remain ineligible until the seventh day of the semester following her suspension provided she either meets or exceeds the 2.0 grade point average requirement. A student who has become ineligible for the second semester shall remain ineligible until the seventh calendar day following the end of the grading period of the first semester of the new school year.

A student becomes ineligible if she has reached her 19th birthday before September 1st of that school year. If she reaches her 19th birthday on or after September 1st of that school year, she remains eligible provided that she meets all other eligibility requirements.

As per LHSAA by-law 1.25, an athlete must remain an amateur in order to be eligible for athletic competition. The following acts shall be considered violations of the amateur rule: 1) Directly or indirectly receiving pay of financial benefit for participation in a sport, any public competition, or disposing of prizes for personal gain. 2) A student who signs a contract for any kind of pay for either participation in or as a reward for an athletic appearance or competition. 3) Participation by a student, during the school year, in any public competition as a team member or against a team made up of one or more members who are professionals or are former professionals in some sport without having obtained consent, in writing, form from the principal of the school she attends before participating.

Off Campus Activities

Athletes who are scheduled to participate in activities off the Dominican campus must have their parent or guardian fill out and sign a parental permission form requesting that Dominican High School allow the athlete to participate in the aforementioned event which will be provided by the coach. This form must be turned in to the coach before the athlete leaves Dominican's campus for that day's event. In the event a campus activity takes place on a Saturday, the athlete should turn the form in to the coach before she leaves school on Friday.

In the event the student must miss class because of an athletic contest, she needs to obtain the signature of each teacher of any class which she will miss. These

signatures must be obtained one day before the day which the athlete will miss class. If it is necessary that the athlete check out of school, she must sign out in room 109 (attendance office). The athlete may not sign out before the time prescribed by the coach, nor may she leave campus before signing out in the attendance office.

A teacher has the right to disallow an athlete from missing class because of a scheduled test or inadequate scholastic performance in that class.

Each athlete must adhere to the conduct expected of a Dominican student as outlined by the Dominican Student Handbook. An athlete is considered to be participating in an athletic event both during an athletic competition, and before and after competition, while she is wearing a Dominican athletic uniform.

Parents and athletes are expected to adhere to the transportation directives set forth by the coach.

Alcoholic Beverages and Illegal Drugs

Athletes, like all Dominican students, are prohibited from consuming or using alcohol or illegal drugs. Further, parents and spectators are prohibited from consuming or using alcohol or illegal drugs at a practice or competition in which Dominican athletes participate. Athletes, parents and spectators may not exhibit the effects or influence of alcoholic beverages or illegal drugs at any practice or competition in which Dominican athletes participate.

NCAA Clearing House

Any athlete who is interested in participating in college athletics should see the Athletic Director or the College Guidance Counselor to obtain a NCAA Clearing House Form. All interested athletes need to complete this form and pay the registration fee before becoming eligible to participate in college athletics. It is suggested that athletes register with the Clearing House before the end of their junior year. It is further suggested that parents and athletes avoid signing with a recruiting service agency. In some cases, the services provided by these agencies may cause the athlete to forfeit her amateur status. Parents can contact the Dominican Athletic Department or the College Guidance Counselor concerning information about recruiting student athletes.

Athletic Teams

At or before the beginning of each season the coach of each sport will hold an open tryout. Any eligible student is permitted to tryout for any varsity sport. In order for a student to become a member of a team, she must participate in every aspect of the tryout administered by the coach unless prior permission has been granted by the coach of that sport. All coaching decisions as to team selections are made at the discretion of the coach and are final.

Athletic Participation

Once a team has been selected a parents' meeting will take place before the first event of the season. Each team member must have a representative present at this meeting. At this meeting, the coach will review the rules pertaining to the participation in that sport. Athletes are required to adhere to the rules set forth by the coach. Any athlete who does not adhere to the rules set forth by the coach and the athletic department is subject to dismissal from that team with the loss of all rites and privileges there unto. Athletes are dismissed from the teams at the coach's discretion. Parents will be notified of the dismissal.

If an athlete participates as a member of an athletic team, she is prohibited from attending any tryout for another athletic team until the original sport has completed its season unless permission has been obtained from her original coach. Any athlete who has been selected as a member of an athletic team is prohibited from participating in another sport until the original sport has completed its season unless permission has been obtained from the original coach.

Students will not be allowed to miss any disciplinary action for the purpose of participation in an athletic event unless prior permission has been obtained by the Assistant Principal – Dean of Students.

Any student who is presently under suspension will not be allowed to participate in any athletic event for the duration of the suspension unless prior permission has been obtained from the Assistant Principal – Student Activities.

Students are not allowed to miss any after school makeup work or tests unless prior permission has been obtained from the Academic Assistant Principal.

Instructional Time

As per LHSAA rule 1.10, a student shall not be allowed to miss any class that she is presently failing. This does not mean that the athlete is ineligible for competition, but she may not miss the class for the purpose of participation in an athletic contest. Athletes may only miss classes which they are currently passing for the purpose of participation in an athletic contest.

As per Dominican High School guidelines, when a student is absent from any portion of the school day (unexcused absence), she may not be allowed to participate in any Dominican extracurricular activity or athletic event on that day.

Lettering

The lettering system developed by the Dominican Athletic Department strives to foster competitive athleticism and sportsmanship. This is an award presented to those athletes who have directly contributed to the competitive success of the team. At the beginning of each season, the team will be made aware of the rules pertaining to lettering in that particular sport. All letters are awarded at the discretion of the coach. The coach's decision is final and may not be disputed.

All letter jackets or sweaters must be ordered through the Athletic Department and purchased by the athlete. Jackets or sweaters ordered through a different entity will not be considered part of the school uniform and athletes will

not be allowed to wear them during the school day. In the event an athlete chooses not to order a jacket or sweater, she may order a letter plaque. Dominican letters may not be worn on any sweater or jacket which has not been approved by the school administration.

Athletic Awards

Dominicanite Award – This award is presented to the senior who has participated in the most athletic teams throughout her Dominican career.

Scholastic Award – This award is presented to the senior who has participated in at least 2 sports each year and has the highest cumulative GPA.

St. Sebastian Award – This award is presented to the outstanding senior in athletics, leadership, and academic excellence. This award is voted on by the entire coaching staff of Dominican High School.

Lou Reilly Award – is presented in memory of a wonderful Dominican graduate. For many years she had served the community as an educator with a special love for athletics and student athletes. She saw athletic competition and sportsmanship as an important part of the Dominican High School spirit. In presenting this award, we wish to recognize the athlete who continually tries to improve her skills and who has listened to her coaches and teammates. This is an athlete who encourages those playing while she is not in the game, and while playing herself, gives her full effort at each moment. The student athletes themselves have a nominating vote in the selection of this award. The final decision is left up to the discretion of the coach.

Lolita Fernandez de la Reguera Pittman Award - Mrs. Lee Fernandez de la Reguera Pittman '51 has demonstrated extraordinary support of Dominican's Athletic Program. From her own participation in Dominican athletics as a member of the State Championship Basketball Team of 1951, to her present day game attendance and her extraordinary financial support of the athletic program, Mrs. Pittman's dedication and commitment to Dominican exemplifies the highest level of Dominican team spirit. This award is presented to the overall varsity athlete who exhibits great athletic ability, strong character, and a positive attitude. She is a leader by example through her passion, encouragement, and true love of the game. This award is voted on by the entire coaching staff of Dominican High School.

Athletic Trainer

Through the cooperation of Tulane Institute of Sports Medicine, Dominican High School has on staff a fulltime athletic trainer. The trainer's responsibilities include: tending to the medical and physical ailments of our athletes, speaking at our team parents' meetings, attending all home athletic events, and providing medical advice to the athletes, coaches and parents.

**St. MARY’S DOMINICAN HIGH SCHOOL
ATHLETIC PARTICIPATION CONTRACT**

As an athlete, I understand that I must fulfill all religious and academic responsibilities to St. Mary’s Dominican High School, and conduct myself as a committed Christian in school, outside of school, and in particular at any activity involving athletic competition representing St. Mary’s Dominican High School. I agree to be bound by the rules and regulations regarding athletics and submit myself voluntarily to the application of the rules.

As a parent of a St. Mary’s Dominican High School athlete, I understand my responsibility and obligation to see that my child fulfills her religious and academic responsibilities and complies with the rules and regulations for participation in St. Mary’s Dominican High School athletics. I further agree that as an adult I will conduct myself in a responsible and mature Christian manner at all athletic practices and games, that I will show respect for authority, and will engage in no activity or conduct which is disrespectful, combative or confrontational, or questions the jurisdiction of St. Mary’s Dominican High School.

As an athlete and parent we acknowledge that a violation of the rules and regulations may result in forfeiture of ability to participate in athletics representing St. Mary’s Dominican High School.

The rules and policies for St. Mary’s Dominican High School’s athletic department are outlined in this handbook and are the agreement between the school, the student, and her parents/guardians. The Principal and the Athletic Director have the authority to use their discretion in making decisions regarding unforeseen circumstances regarding the policies of the athletic department of St. Mary’s Dominican High School. The Principal and the Athletic Director may also amend the athletic handbook for just cause, and parents and students will be given written notification if changes are made.

I hereby acknowledge that I have read and understand this handbook, and I agree that I am accountable for the rules and regulations contained therein.

Student Signature

Date

Parent/Guardian Signature

Date

NOTE: The student athlete must return this form to the coach properly signed within one week of her acceptance to any athletic team.