



Crusader Athletics  
Handbook

## **Carencro Catholic Athletic Program Philosophy**

Carencro Catholic holds as its basic purpose the Christian development of the whole child. The School recognizes the need to provide a comprehensive athletic program for all interested students at all ability levels. This program strives to foster the self-fulfillment of all participants as individuals and as members of the community.

Athletics should promote discipline and responsibility towards oneself and others. Further, the need for sportsmanship is inherent in promoting attitudes of fair play, teamwork and leadership. To this end, we recognize that supportive and involved parents are of paramount importance.

Athletics should provide an opportunity for fun and enjoyment along with teaching the fundamental skills to all participants.

### **Code of Ethics**

#### ***Purpose of Athletics***

1. The teams shall promote and uphold school spirit.
2. Teams shall encourage good sportsmanship among students and adults.
3. Teams shall promote unification of the team's involvement during athletic events.
4. Teams shall strive to build better relationships between schools promoting Christianity and good sportsmanship.
5. Teams shall strive to uphold the highest personal, as well as team, standards.

## **Athletic Goals and Objectives**

**Our Goal.** The student shall become a more responsible and compassionate individual.

**Our Specific Objectives.** The student athlete shall learn.

1. **To be successful.** The athlete must learn how to compete. Athletes do not always win, but succeed when they continually strive to do so. They learn to accept defeat only by striving to win with earnest dedication. Athletes should develop a desire to be the best they can be.
2. **To work with others.** The athlete must learn to develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed above personal desires.
3. **To develop sportsmanship.** Students should accept defeat like a true athlete, knowing they have done their best. Athletes must learn to treat others as they would have others treat them and learn to develop desirable social traits, including emotional control, honesty, cooperation and dependability.
4. **To improve.** Continual improvement is essential to good citizenship. An athlete must establish a goal and constantly try to reach that goal. Athletes try to better themselves with the skills involved and those characteristics set forth as being desirable.
5. **To enjoy athletics.** It is necessary for athletes to enjoy participation, to acknowledge all of the personal rewards to be derived from athletics, and give sufficiently of themselves in order to preserve and improve the program.
6. **To develop desirable personal health habits.** It is important to obtain a high degree of physical fitness through exercise and good health habits and to develop the desire to maintain physical fitness after formal fitness has been completed.

## Participants General Guidelines

1. Players will only be allowed to use the Coach's Office phone with permission from a coach or the athletic director.
2. If a player is dropped off at a game without parental supervision he/she **"must"** remain in the gym at all times. If a player is found anywhere outside the gym, he/she will be asked to call his/her parents to be picked up. Failure to adhere to this policy warrants disciplinary action.
3. When your game is over, you may remain for the next game as a spectator; however, you will be required to remain in the gym. No exceptions.
4. All players are required to help maintain restrooms and locker rooms after usage during practice or games. (i.e. toilets flushed, throwing paper on floors, empty trash and, informing the coach of supplies needed, etc.)
5. Players will be assigned light maintenance duties to include, but not limited to, keeping up the gym floor before and after practices and/or games.
6. Team members will not be allowed inside the gym after school for any reason without your coach present. No exceptions. You must remain a car rider until your coach arrives.
7. Attendance at all practices and games is expected and required. (A written excuse for a practice missed will be required prior to being allowed to attend the next practice or game.) Students who miss practice due to dancing, piano, art, karate, etc. will be excused from practice only once that week. Understand that the student may not be guaranteed to start or have full playing times for such missed practices. A missed practice because of a behavior clinic will not be considered an excused absence.
8. All players are to be on time for practice and are to be prepared to participate. Coaches must inform parents of practice as soon as possible.
9. A player that is suspended or expelled will not be allowed to participate in a game/practice during the suspension.
10. Students **MUST** be in attendance at school in order to practice, play or participate in athletic contests that day unless a valid reason is determined by the Administrator.
11. Players must arrive no more than 10 minutes and no less than 5 minutes prior to the time designated by the coach or Athletic Director. Students must be supervised by a guardian if his/her coach is not present.
12. Every player must participate for the entire season or he/she will not be allowed to participate in any other sport for the remainder of the school year, unless a valid reason is determined by the Coach, Athletic Director, Administrator and/or parent.
13. Players must be picked up timely at the end of any school activity. (within 15 minutes)
14. Death of any immediate family member is automatically excused. No written excuse is required. (includes parents, guardian, grandparents, sibling, aunts, and uncles)
15. Players shall cooperate with the coaches, the game officials, and other team members.
16. Players shall remain in the designated areas and not leave their team until the coach has dismissed the team.
17. Only positive, supportive, encouraging language is to be used by the players, coaches and parents.
18. A player should not eat or chew gum during any competition or practice.
19. A player must contact the Athletic Director as soon as possible if he/she is going to miss a practice or a game.
20. The use of alcohol, tobacco or any illegal drug/substance is strictly forbidden

### **Student Eligibility:**

1. All participation forms and fees must be returned:

- Athletic Participation/Parental Permission form
- Concussion Preseason Student & Parent Education Form
- Sport Cautionary Statement

2. If a student makes an “F” in any subject for their overall grade or a “D” in conduct starting at the mid way point of the first nine weeks, he/she will be put on probation from the current team or may not participate in any athletic activity until he/she gets their overall grade back to passing.

3. If a student receives a suspension ( out of school) he/she may not participate in practice or games for that day(s).

4. The Athletic Director will review all grades in regards to eligibility during the course of the sport activity. Parents will be notified of any decisions.

5. In the event an undesired behavior of an Athlete warrants the discipline committee to issue a probationary period then he/she will not be able to practice or play in the existing sport for a specified length of time.

### **Disciplinary Actions:**

1. Reasons for being benched:

- Players who do not exhibit positive attitudes.
- Missed practice/game/tournaments
- If a player is ejected from a game, he/she will be benched for the next game.
- Use of profanity
- Improper uniform
- Vicious or malicious acts toward another player.
- Being disrespectful to other players and/or coaches (i.e. name calling, refusing to shake hands, etc.)
- Disciplinary action from behavior at school.

### **Athletic Fee's:**

#### **Middle School :**

**Football: \$100.00**

**Any other Sports: \$50.00**

**\$100.00 Max athletic fee per a year.**

#### **Elementary:**

**Fall Soccer uniform/equipment fee of \$15**

**Spring Soccer uniform/equipment fee of \$10.00.**

### **Uniforms and Appearance:**

Players should take pride in their appearance and realize that they are representatives of Carencro Catholic School when in uniform.

1. Each player is responsible for their uniform and equipment the school provides. If the uniform and/or equipment is lost or damaged, the player will be billed for the cost of replacement.
2. Players are allowed to wear their uniform only in conjunction with school events.
3. A player is required to keep their hair out of their face and well groomed at all times.
4. Jewelry, hair accessories, and makeup are not allowed.
5. Players shall wear only the uniform assigned by the coach for each sport.

### ***Parent's Job:***

- Let the coaches do the coaching.
- Cheer the teams on and let the officials do their job.
- See that the athletes get to and from practices on time.  
Remember the coaches volunteer their time.
- ***If your child is on a team, you will need to work your scheduled concession/gate time set by the Athletic Director or find someone to take your place. If this is not taken care of, your child will not play the game scheduled for that day.***

### **Parent - Coach Communication:**

Parents and coaches are two of the most important role models in a child's life, and clear communication between these individuals is essential.

### ***Communication that parent expect from coaches:***

- What expectations the coach has for your child and the team.
- The location and times of all practices and games
- The team requirements, i.e. practices, special equipment, etc.
- Disciplinary action that may result in your child being denied the right to participate.

### ***Communication that coaches expect from parents:***

- Notification of any illness or injury.
- Notification in advance of missed practices and/or games.
- Prompt arrival for practices and games.
- Prompt departure from practices.

It is very difficult to accept that your child is not playing as much as you had hoped. Coaches make decisions based upon what they believe is the best for all students involved. There are certain things that can and should be discussed with your coach. Other matters, such as those listed below, must be left up to the discretion of the Athletic Director. Any concerns should privately be discussed with the Athletic Director and/or Principal and Parents only!

\* Schedule an appointment with the coach by contacting the **Director of Athletics, Keith Bergeron** at 277-6541 or email him at [kbergeron@carencrocatholic.org](mailto:kbergeron@carencrocatholic.org).

\* Do not attempt to confront the coach before or after a game or practice. These times can be emotional for both parents and the coaches. Meetings of this nature do not promote resolution.

**Issues that are not appropriate to discuss with the coach:**

1. Playing time
2. Team strategy
3. Play calling
4. Other student/athlete

**Middle School Practices:**

1. As mandated by the Diocese of Lafayette, there will be no practices, games or athletic activities or meetings on Sunday.
2. The maximum practice time per week is 8 hours including weekends.
3. Practice sessions must end no later than 6:30.
4. Practice schedules and game information will be given in a timely manner.
5. Practice may be canceled only for serious reasons at the earliest time possible.
6. All practices are closed to parents and visitors.
7. Students who miss practice due to dancing, piano, art, karate, etc. will be excused from practice only once that week. Understand that the student may not be guaranteed to start or have full playing times for such missed practices. A missed practice because of a behavior clinic will not be considered an excused absence.

**Elementary School Practices:**

(PreK3 and PreK4) 5U - max of one practice per week for up to 45 minutes

(K and 1st) 7U - max of one practice per week for up to 1 hour

(2nd and 3rd) 9U - max of two practices per week for up to 1 hour each

(4th and up) 11U - max of two practices per week for up to 1.5 hours each

**Teams Composition:**

If there are not enough players to make a team, then there will be no team.

Playing time will be based upon performance, attitude, and coach's discretion.

A) Volleyball

A minimum of seven (7) players is needed to make a team.

B) Basketball

A minimum of eight (6) players is needed to make a team.

C) Baseball

A minimum of eleven (10) players is needed to make a team.

D) Fast Pitch Softball

A minimum of eleven (10) players is needed to make a team.

F) Football

A minimum of fifteen (15) players is needed to make a team. Football is open to grades 4,5,6,7,8. Players cannot turn 15 years old until September 1.

**Emergency Information:**

Parents must provide coaches with information listing the parent's home and business address and telephone numbers or additional information to be used if the parent(s) cannot be reached. In addition to the above, the parent(s) must provide the name, address, and telephone number of another person who has agreed to assume the responsibility when the parent(s) cannot be reached.

This information must be kept on file with the team coaches and must always be current.

This handbook is a guide for parents, students, faculty, and coaches of Carencro Catholic School, Carencro, Louisiana.

All guidelines, rules, and policies contained herein are subject to change at any time by the governing bodies of the school. Parents will be notified of significant changes should any occur.

This handbook has been reviewed and approved by Carencro Catholic School, September 2023-2024.

*Dr Sonya Louiere*

**Principal**

*Keith Bergeron*

**Athletic Director**

**PLEASE COMPLETE AND RETURN TO SCHOOL**

**CARENCRO CATHOLIC**

**200 W ST PETER**

**CARENCRO LA 70520-3900**

**ATHLETIC HANDBOOK CONTRACT**

**School Year 2023-2024**

This contract must be signed by the parents, students, and coaches and returned to school within 5 days of receipt thereof

My child(ren) and I have received, read (online), and discussed the contents of the Carencro Catholic Athletic Handbook for the 2023-2024 school year.

\_\_\_\_\_ Please check here: My(child(ren) and I have read the 2023-2024 Carencro Catholic Athletic Handbook .

**We understand and agree to abide by these policies (and any amendments which may be forthcoming during the year) during the term of this contract:  
School Year 2023-2024**

_____	_____
<b>Parent</b>	<b>Date</b>
_____	_____
<b>Student</b>	<b>Date</b>