

Destrehan High School

Fighting Wildcat Athletic Handbook

Athletics at Destrehan High School is an integral part of student and school life.

The school holds the traditional belief that much can be learned about cooperation, competition, and character through athletic participation and it seeks to honor this commitment by sponsoring a variety of sports on all levels.

These include football, volleyball, wrestling, swimming, basketball, soccer, baseball, softball, tennis, golf, track, gymnastics, cheerleaders and dance team

Destrehan High School recognizes the differences in the skill levels of all of our students and has implemented freshman, junior varsity, and varsity programs in most of our major athletic teams. This will allow each student to improve his/her skills throughout their participation.

Athletics at Destrehan High School reflects the school's goals and objectives for education for each student. We seek to provide an athletic program that is beneficial for all of our athletes and an athletic program that is beneficial for all individuals who participate.

Our athletic program has the following ideals:

1. A strong moral and ethical code of conduct.
2. Building self-discipline and establishing team and personal goals for success.
3. Developing pride, confidence, self respect in the team and school.
4. Establishing appropriate physical and mental health habits to develop a successful athlete.
5. Striving for academic excellence in each athlete.



Responsibility of our Athletes



CONDUCT IN SCHOOL:

Destrehan High athletes are to show courtesy, respect, and pride in their school. Academics should always take precedence over athletics.

CONDUCT ON THE PLAYING FIELD OR COURT:

Good sportsmanship is not just expected, IT IS REQUIRED!!!!

Poor sportsmanship (foul language, fighting, personal fouls, etc.) will result in removal from the game(s) and/or team.

Consequences from the school (ADAPT / ISD) may be enforced for such behavior.

CONDUCT OFF THE FIELD:

Destrehan High athletes are to demonstrate courtesy, honesty, respect, and pride in their school at all times.

Misconduct off the playing field can result in either temporary or permanent suspension from the team. Athletes should be aware that their actions fall under the rules of the Student Handbook at all times that they represent Destrehan High School. Any major infractions outside of school (arrest, witnessed socially unacceptable behavior, etc.) could lead to the dismissal from any athletic team.



DISCIPLINE PROCEDURES for STUDENTS:



It is a privilege to represent DHS in athletics.

This privilege can be revoked by a coach or school administrator.

Any suspension from school will restrict the student from participating with the team.

If a student is ejected from a game because of unsportsmanlike conduct, then the student will be suspended from the next game that team plays and will be put on probation.

Under probation, the student will sign a contract, with a parent, informing him/her that if this occurs a second time, the student will be permanently suspended from that sport for the rest of the season.

Also, the LHSAA fine of \$100 for the occurrence will be paid by the student's family.

The Louisiana High School Athletic Association (LHSAA) nor Destrehan High School accepts this type of behavior from any of its students participating in Athletics.

The following are the guidelines from the LHSAA dealing with ejections from Athletic Contests:

- 1st Offense:** The player may receive an official written contract through the school.
The student will take the NFHS online class "Sportsmanship..Its up to YOU. "
- 2nd Offense:** The school shall be fined \$100 (payable by the student's parents) and the student shall be placed on probation.
- 3rd Offense:** The school shall be fined \$200 (payable by the student's parents) and the student shall be suspended from participating in Athletics for the remainder of that school year.

TEAM RULES AND PENALTIES

In addition to the aforementioned rules, policies and guidelines, individual coaches shall set and publish team rules and penalties, which will be distributed to athletes and parents/guardians.

Team rules and penalties must be approved by the Athletic Directors, District & Destrehan High Administration and will be presented to the athletes at the beginning of the season.

Team rules will be on file in the Athletic office.

Athletic Facility Rules

- **Training Room :** Not a meeting place. Only those athletes who are there for a specific reason are allowed to enter. Coaches are responsible for Supervision of the Training room.
- **Training Room Supplies:** Athletes are not allowed to get training room supplies or keep them in their lockers or equipment bags
- **Locker Room:** Athletes are responsible for making sure both the locker room and facility are clean after practices and contests – Coaches will assign duties and supervise the cleaning of these areas
- **Coaches Office:** Athletes are not allowed in the coaches office unless given permission
- **Gym and Weight Room:** No one is allowed in the gym or weight room unless a coach or staff member is present
- **Personal Items:** Athletes are encouraged to not bring large sums of money or valuable items to school. If so, they should lock their belongings in their lockers during practices and games. It is an unfortunate fact that theft does occur. Precautions should be taken at all times.



ADDRESSING CONCERNS; (Parents & Students)



Chain of Command

- Athlete should talk directly with the coach. This should always be the first step.
- Parents – After the athlete has spoken with the coach and you feel further clarification is needed, please then contact the coach to discuss the issue.
- Athletic Director – If after meeting with the coach and the issue has not been resolved, the Athletic Director should be contacted.
- Assistant Principal – If the issue is still has not been resolved, contact the Assistant Principal in charge of athletics.
- Principal
- District Athletic Director

Parents can expect Coaches to Communicate:

- **Expectations:** For the athlete and team.
- **Locations and Times:** of all practices and contests.
- **Team requirements:** Practices, special equipment, out of season conditioning, etc.
- **Injury Protocol:** Procedure followed if student athlete is injured during participation.
- **Team Rules** and Procedures.
- **Discipline:** Consequences that may result from various incidents during the season.

Appropriate Concerns To Discuss With Coaches:

- **Treatment of athletes:** mentally and physically.
- **Improvement:** Ways to help your child to improve.
- **Behavior:** Concerns about your child's behavior.

Issues Not Appropriate To Discuss With Coaches:

- Playing time
- Team strategy
- Play calling
- Other student athletes





Philosophy & Guidelines for Parents



The philosophy of the Destrehan High School Athletic program is grounded in the belief that hard work, discipline, dedication and sacrifice are the cornerstones of success in athletics and should be a lesson every student learns before leaving high school.

These cornerstones will provide the basis for future success in life.

Participation in athletics provides an excellent opportunity where these valuable life lessons can be learned.

Besides athletic performance, our coaches, parents and various school staff are the backbone of any successful program.

The purpose of this handbook is to provide all players and parents with essential information that will make their experiences at Destrehan High School a positive one.

It is also the goal of the Destrehan High School Athletic Department to make all pertinent information available to the general public.

Thank you in advance for taking time to review this important information. Communication is the key to success.

Parental Involvement in sporting events and athletics:

1. Sportsmanship:

Treat others as you would want to be treated and exhibit the qualities of fairness, courtesy and grace in winning and defeat.

This is not about not doing certain things at contests; it is about doing those things which reinforce the concept of educational athletics.

Cheer for your team, respect the opponents and officials, make all involved feel like guests in your home.

2. Goals for Sportsmanship include:

- (1) Developing a sense of dignity under all circumstances
- (2) Respecting the rules of the game
- (3) Respecting the officials who administer the rules
- (4) Respecting the opponents
- (5) Acknowledging opponent's efforts to do their best
- (6) Refraining from disrespectful behavior

3. Your Actions and Reactions:

A parent's reactions to situations can have a significant impact not only on your child, but the program. Your responsibility to your child and the school needs to reflect careful consideration of the possible consequences of your actions.

4. Parents & Officials

1. We do not hire poor officials
2. All people can have a bad day – we all make mistakes
3. Officials do what they do because they love to be involved with sports and kids
4. When something happens you disagree with remember that the official has a better view than you.
Take a deep breath and sit back before opening your mouth to say something which may embarrass you, your child, and the school.

5. Positive Athletic Parenting: (emphasize the following):

1. Play the sport for the enjoyment of the experience
2. Do not make the focus scholarships for college
3. Encourage participation in as many sports as your child wants to play
4. Specialization has led to decreased enjoyment, burnout, and dropout.

6. Guidelines for the Parent and Student Athlete:

1. Be realistic about your child's ability
2. Be a positive motivator
3. Don't be envious of other athletes' ability or skill
4. The coach sees all the athletes at practice every day, in competitive drills, etc. They know the abilities at this stage of development, not how good someone was in the past...
5. Emphasize commitment to the program
6. Never sacrifice academics for athletics
7. Be a good role model for your child
8. Encourage good decision making
9. Encourage your child to be a leader. All team members have leadership responsibilities
10. Do not degrade the coach or his staff – all of us make mistakes, including coaches

7.) The 24 Hour Rule

- b. This rule applies to parent coach interactions.
If something is bothering you about your child's status on a team, etc., give yourself 24 hours before you contact the coach (Never contact a coach after a contest).
The time away from the situation will give you a chance to search for perspective that may give you a new way to look at the circumstances.
Discussion with the coach will be much more meaningful with two calm adults sharing their thoughts about someone they both are trying to reach adulthood.
- c. If necessary, further contact/discussion can be made to the Athletic Director

Appropriate Concerns To Discuss With Coaches:

- **Treatment of athletes:** mentally and physically.
- **Improvement:** Ways to help your child to improve.
- **Behavior:** Concerns about your child's behavior.

Issues Not Appropriate To Discuss With Coaches:

- Playing time
- Team strategy
- Play calling
- Other student athletes

8.) LHSAA / DHS Unsportsmanlike Consequences:

The Louisiana High School Athletic Association (LHSAA) nor Destrehan High School accepts this type of behavior from any of its FANS attending an Athletic event.

The following are the guidelines from Destrehan High School dealing with Unsportsmanlike Conduct during Athletic Contests:

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|--------------------------------|--|
| 1st Offense: | Fan will receive a VERBAL WARNING at game... (if Unsportsmanlike Conduct continues, the fan will be escorted out of the Athletic event and 2 nd offense will be administered.) |
| 2nd Offense: | Fan will be escorted from the Athletic Event. The Fan will also be scheduled for a conference and receive a WRITTEN CONTRACT along with scheduling the NFHS Online Sportsmanship Course . (If unsportsmanlike conduct continues at the next attended game, the fan will be escorted out of the Athletic event and suspended) |
| 3rd Offense: | Fan will be INDEFINITELY SUSPENDED from DHS Athletic events (time of suspension at the discretion of DHS Administration) |



Athletic Awards / Lettering

Each head coach establishes requirements for team awards and lettering requirements.

Athletes will receive in writing at the start of the season the requirements for lettering and the earning of other awards.

Athletes must complete the entire season in good standing and follow all team, school and LHSAA policies to be eligible for awards.

At the conclusion of each season, athletes who finish in good standing will be eligible and invited to an awards presentation.

Athletic Award Ceremonies

Each sport will be responsible for planning their Award Ceremony.

The Destrehan Athletic Department will handle the costs of ALL Lettermen and Participant Certificate awards.

Each Sport will be responsible for the cost of Senior Plaques and \$40 per each Jacket ordered by the sport's players.

The head coach of each sport will determine the dress and grooming expectations for their athletes attending the award ceremony.

Multiple Sports / Activities:

Destrehan High School believes that a student should be able to do as many different sports / activities as they are able to handle.

- A sport / activity in season will take precedence over an out-of-season sport / activity.
- If an athlete is a member of two in-season sports / activities, the coaches / sponsors should mutually agree upon practice time for the athlete. Contest will take precedence over practice in this case.
- Any conflicts between coaches / sponsors that can't be settled between the two will be settled by the Athletic Directors and the Assistant Principal / Principal in charge of athletics.

Quitting a Sport / Activity:

- Any student that wishes to quit a team must talk to the **Coach**, report the situation to the **Athletic Director**, and check all equipment in with the coach or athletic department.
- Parents are encouraged to be active and supportive during this process.
- Any student quitting any sport **may not participate in another sport** / activity, including practices, and post season playoffs during the same season until acknowledgment is given to the head coaches / sponsors of the two sports involved and approval granted by an administrator.
- Any student quitting a team cannot return to that team during that season without meeting the requirements of an administrator and coach of that team (i.e. team rules, team penalties, etc.).



Student Eligibility:

1. Students must be 19 years old or younger before September 1 of that school year in order to be Eligible to participate in Athletics. All athletes must have passed a physical exam and must have parental permission before they can practice.
2. A student must be in school at least 2 class periods in order to participate in a Game, Practice, Banquet, or any other school activity that occurs after school on that particular day. If a student is in **ADAPT**, then that is considered an absence and the student would be **ineligible** on that particular day.
3. Academic Requirements:
 - a. **Fall Semester:**
The student must have passed 6 classes in the previous school year and maintained a 1.5 GPA for that School Year.
 - b. **Spring Semester:**
The Student must pass 3 classes (earn 3 credits) in the previous Fall Semester.
4. LHSAA eligibility rules will be followed for all athletes.
Any changes made by the LHSAA will take precedence over any above stated rules.

Student Eligibility Forms

ALL students must have the following Athletic Eligibility paperwork signed and submitted in order to participate or practice.

The Coach will collect and submit to the Athletic Directors through each coach. The forms must include the following:

- An LHSAA Physical Form must be obtained each school year and valid for 1 calendar year)
- An LHSAA Parental Permission Form
- An LHSAA Drug Test Permission Form
- A DHS Handbook Agreement Form
- A DHS Media Release Form (optional)
- A DHS Concussion Information Form

All forms must be signed in order to be valid.





Traveling:

When traveling to an "Away" contest, students must be aware of the following:

- Students must be in school at least 2 class periods that day to participate
- Students are required to ride the bus to and from all athletic events and practices. **Parents may take their own son/daughter home if they notify the coach in person.**
- Coaches will have in their possession – Copies of all of their athletes and trainers' Physicals information when traveling to an away contest.
- Coaches are to know the location of the nearest medical/emergency facility when traveling.
- Students are not allowed to ride in their own vehicles to and from away contest or practices unless authorized by the school Athletic Director..

Team Pictures

Team pictures will be taken at the beginning of each sport season.

The Head Coaches are responsible for setting up dates and times with the photographer and handing out picture packets to the athletes.

Tryouts:

A coach / sponsor will establish guidelines and procedures for trying out for their team / activity. In the guidelines they will stipulate the criteria for making the team and the procedures in place to make sure that the tryouts are fair for everyone involved. The coach / sponsor will submit their guidelines to the school Athletic Directors for approval. Once approved, the coach will distribute the policies and procedures to all of the students who wish to try out for their sport / activity. A copy of the guidelines will be on file in the athletic office and the district.

Uniforms

- A student-athlete shall be totally responsible for any uniform, practice gear, jacket, etc. issued to him/her by the Destrehan High School Athletic Department. The player/parents shall reimburse the Athletic Department for any lost, damaged or stolen equipment.
- All uniforms will be worn as designed. Shorts and any other bottoms will be worn around the waist; wearing pants below the waist will not be tolerated and could lead to removal from the contest or practice by a coach or an administrator. Alterations will not be allowed to the uniform.
- The student- athlete shall be responsible for returning all issued equipment/apparel to the appropriate coach. Upon completion of the season or termination (for any reason) from the team, the student is responsible to turn in the uniform/equipment within one week.
- A student-athlete may not receive any awards until his/her responsibility toward issued equipment/uniform has been met.



Destrehan High School Fighting Wildcat Athletics

Athletic Responsibility Acknowledgment

As a Destrehan High School student participating voluntarily in interscholastic athletics, I understand that during the school year I will:

1. Abide by all Destrehan High School Athletic Code of Conduct, rules of the school, follow all of the guidelines set forth by the LHSAA, and abide by all of the laws of the State of Louisiana.
2. Conduct myself in an exemplary manner that will not bring discredit to me, my family, my team, my school or my community.
3. Be responsible for all athletic equipment issued to me throughout the year; I will return such equipment at the conclusion of the season or at the termination from any team and pay the current replacement cost for any issued uniform or equipment that is not returned.
4. I will wear my uniform as designed. I acknowledge the fact that I am representing my school, my family, my community and myself; I will not embarrass any of them.

Participation in interscholastic athletics is a privilege, not a right.

As an athlete, I am an ambassador of Destrehan High School and my behavior will reflect this at all times.

I will conduct myself with class and dignity, in victory and defeat, and practice good sportsmanship in Athletic competition.

I also understand that Academics takes precedence over Athletics at all times.

I have read, either from the school's web site or from a hard copy, and understand Destrehan High School's Athletic Code and the team rules provided by the coach.

I understand that if I violate any of these rules, guidelines, and/or expectations, that I am subject to disciplinary measures and/or dismissal from my respective team.

This signature form must be turned into the coach before the season start date set by the LHSAA.

I understand that I am restricted from participating in any athletic competition and practices until this form is on file. Unless the Destrehan Athletic Department receives notification, this signature form is valid for the four years of enrollment of each student-athlete.

Student: _____
Print Name
Signature
Date

Parent: _____
Print Name
Signature
Date