**SOUTHSIDE SHARKS**

**ATHLETIC HANDBOOK**

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# MISSION STATEMENT

Every student athlete is encouraged, supported, and challenged to achieve the highest levels of knowledge, skills, and character in order to achieve success not only in our community but in our global society.

# PHILOSOPHY

Southside High Athletic Department feels our program is an important part of a student’s total education. Athletics offers students an opportunity to develop and grow physically, intellectually, emotionally, and socially. We feel student athletes can learn values associated with competition and benefit from the experience of both winning and losing. Southside High Athletic Department encourages students to participate in various sports and school activities.

# SPORTS PROGRAMS

Students must have a current physical for tryouts. All paperwork must be turned in to Coach/Athletic Director prior to first practice.

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# LEVELS OF PARTICIPATION

**Varsity Level**

The commitment here is to field the best team for competition. Varsity selection is based on skill and maturity of the athlete. Playing time considerations are based on what best serves the team and overall success of the program.

**Freshman / Junior Varsity**

The commitment here is to develop and prepare the athlete to hopefully achieve varsity status at a future date. Focus is on skill development and allowing the athlete the best possible opportunity to participate.

# DISCIPLINARY PROCEDURES

Personal Conduct

Participation on an athletic team is a privilege not a right. Any conduct contrary to the ideals, principles, and

policies of the LPSS, LHSAA, or in violation of the student handbook is prohibited. Any student athlete whose conduct is judged to reflect a discredit upon themselves, the team, or the school will be subject to disciplinary action(s) as determined by the coach, Athletic Director, and/or Principal. LPSS policy may supersede any policies in the Southside Athletic Handbook.

Conduct Unbecoming of an Athlete

Including but not limited to:

* OSS / ISS

 **Consequences**: To be determined by coach

* Unsportsmanlike Conduct - Any act that provokes ill will to an opponent, official, or to the image of the game.

**Consequences:** To be determined by coach

* Social Networking - Student athletes are high-profile representatives of Southside High School and their behavior is subject to scrutiny by their peers, the campus, the community, and the media. The actions of a single student athlete can reflect positively or negatively not only on the individual but also on their team, coaches, athletic department, and the entire school. Student athletes are expected to represent themselves and their school with honor, dignity, and integrity at all times, including when interacting on any form of social media or online environment. Any use of social media to disparage any person’s character or speak negatively about our school or athletic department will be deemed inappropriate.

 **Consequences:** To be determined by coach

* Harassment/Hazing - Any activity that recklessly or intentionally endangers the mental or physical health or safety of a student for purpose of initiation with any athletic team. LPSS policy will be followed along with additional consequences to be determined by the coach.

**Consequences:** To be determined by coach

* Chemical Use / Presence of - Same as LPSS policy stated in paperwork packet.

 **Consequences:** Same as stated by LPSS policy

* Criminal Behavior - Acts that result in or could have resulted in the student athlete being arrested by law enforcement will not be condoned. There is no obligation on the part of Southside High School to wait for the judicial process to run its course before making a decision. Therefore, while charges are pending adjudication the student athlete will be suspended and participation denied.

 **Consequences:**

First Offense - suspension for 10% of regular season games

 Second Offense - suspension from all athletics for one calendar year

Appeals Process

The student and/or parent(s) shall have the right to appeal any decision to suspend or expel a student from the athletic program. A request for appeal must be submitted to the head coach within three days of the suspension/expulsion.

* An athlete remains ineligible throughout the appeal process.
* Upon receipt of the appeal, the Athletic director will arrange a hearing with the Athletic Council within three days.
* Athletic Council shall consist of two coaches and one faculty member who does not coach.
* The Athletic Director will present their decision and the information that led them to that decision to the Athletic Council. The student may bring their parent(s)/guardian(s) to the Athletic Council Hearing and present their information. The Athletic Director and student will not be present during the council’s deliberation. Once a decision has been made, it will be presented to the student athlete.

# DEPARTMENT POLICIES

Coaches may have additional regulations pertaining to their sport. It shall be the coach’s prerogative to suspend any student from a team whom they consider a demoralizing influence or a detriment to that program. These regulations will be discussed at the beginning of each season.

Tryouts / Participation

A student must have a valid physical in order to attend tryouts for any sport. All LPSS and LHSAA paperwork must be turned into Athletic Director before student athletes will be allowed to practice.

Eligibility

In order to represent Southside High School as an athlete, you must be a bonafide student who meets all LHSAA eligibility requirements.

Travel

In the interest of building and maintaining team spirit and unity and limiting athletic program liability, all members of a team traveling on the bus to a contest will return with the team on the bus. If there are extenuating circumstances, athletes can be released to their parent(s)/guardian(s) provided the parent/guardian personally approaches the coach and signs the department release form. Athletes who miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances. When transportation is not provided to an athletic event, it is the responsibility of the parent to provide transportation.

Awards & Lettering

In order to letter, you must be on a varsity team and satisfy the requirements of the head coach. A participant may letter at the coach’s discretion if the participant is considered to have been of exceptional value to the team. A student athlete will not be allowed to receive their jacket until their junior year.

NOTE: Any student who has qualified for a letter but has been dismissed from the team for disciplinary reasons will not receive an award and must follow parish policy.

Quitting/Dropping a Sport

There will be times when some athletes find it necessary to quit playing a sport before, during, or after the season. Whatever the reason, an athlete must follow the steps listed below:

* The athlete should think the whole situation through before reaching a final decision.
* The athlete should talk to the coach and see if a solution can be reached without having to quit.
* If an athlete decides to quit, he/she must check out of the sport. All equipment must be turned in clean. The athlete must pay for any equipment not returned.
* If the athlete decides to quit one sport and join another, the athlete must receive permission from the coach of the sport he/she is leaving in order to join the other sport. If the coach does not give permission, the athlete must wait until the first sport has completed its regular season before joining the new sport.

**Sports Medicine Procedures / Injury / Illness**

* Report all injuries to your coach and the Athletic Trainer as soon as possible. The Athletic Trainer will determine if participation is appropriate. A player should not simply decide not to go to practice because they are injured. If the athlete is ill, the coach should be contacted before practice.
* Any athlete unable to complete a practice due to injury will be required to obtain clearance from the Athletic Trainer before returning to play. Parental permission to return to play may also be required.
* An injured athlete is still considered part of the team and expected to be present at practice and games. All athletes must report to practice each day unless released by the Athletic Trainer or Head Coach. Players unable to participate due to an injury will be given alternate conditioning and rehabilitative activities as part of their treatment. Appropriate clothing must be worn.
* Athletes are expected to be at practice on time regardless of their need to see the Athletic Trainer. *Plan ahead and report to the training room early.* If an athlete requires extensive treatment, the Athletic Trainer will inform the coach why the athlete was late.
* Injury care after school will be “first come, first served” without priority given to players with away games and those able to practice.
* Except in an emergency, all athletes should notify the Athletic Trainer before seeing a doctor for sports-related injuries. It is important that the Athletic Trainer be notified to inform the parents and coach of the athlete’s status. Proper medical forms should be picked up in advance of the appointment.
* Report all dangerous and/or broken equipment to your coach immediately. Do not use any safety equipment (helmets, pads, etc.) that is not functioning properly or do not fit properly. It is your responsibility to check your safety equipment daily.
* The Athletic Trainer may continue to hold out an athlete from practice or games even if an athlete is cleared by a doctor when such action will result in a faster/safer return to full competition.
* The Athletic Training Room is a medical facility and should be treated as such. DO NOT touch or remove any items/materials without permission. Athletes must sign in to receive any medical treatment. Proper behavior, attire (shirts and shorts) and language will be required at all times.

Weight Room / Gym / Training Room

For safety and liability reasons, athletes are not allowed in the gym, weight room, or training room unless supervised by a coach or trainer.

# COMMUNICATIONS PROCEDURE

To build independence and responsibility we encourage student athletes to resolve problems on their own by speaking with the coach first. We encourage the 24 hour rule after a conflict occurs before addressing it.

The chain of communication should follow these steps:

1. Athlete speaks with the coach.
2. Parent(s) speaks with the coach.
3. Parent(s) and athlete speak with the Athletic Director.
4. Parent(s) and athlete speak with the Principal.

Coaches will not discuss coaching strategy, playing time decisions, or other members of the team with parents at any time. If a meeting needs to take place, please arrange a time and place where there can be privacy.

# SPECTATOR EXPECTATIONS

Parents need to keep the activity in perspective. High school athletics is an extension of the school’s academic program and is designed to build the athlete’s character, values and ethics and is not designed to be the avenue for an athletic scholarship. Parents and spectators must keep the game in perspective and support the coaches, players, and officials in a positive manner. Please recognize that attending a high school athletic contest is a privilege, not a right. Continued abuse of these expectations can result in a spectator being banned from attending athletic events.

* Respect the integrity and judgment of game officials.
* Be respectful of all players, coaches, officials, and other spectators.
* Never target anyone for abuse whether it be physical, verbal, or emotional.
* Never engage in name calling, taunting, harassment, obscenities, or any other disrespectful language or gestures.
* Always be a positive role model for other spectators and your child.
* Be good ambassadors for Southside High.

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# AGREEMENT OF UNDERSTANDING

The Southside Sharks Athletic Policy is a detailed reference of organizational guidelines and activities. It is essential that student athletes and parents follow these guidelines and also make a personal commitment of time and effort in both academics and athletics. It should be understood that each sport may have additional policies that must be adhered to by the student athlete.

I have read, understand, and agree to abide by the policies of the Southside Sharks Athletic Policy.

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Student Athlete Name (Please Print) Sports

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Student Athlete Signature Date

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Parent/Guardian Signature Date