

# False River Academy Athletic Handbook



## Mission Statement

**False River Academy is devoted to providing experiences that are academically challenging and personally enriching, thereby enabling students to continue in their personal growth and self-improvement.**



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## Athletic Department Directory

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## **Philosophy**

False River Academy takes pride in providing opportunities for all student athletes through Louisiana High School Athletic Association (LHSAA) sponsored activities. Interscholastic athletics is historically a significant part of the total education program. They offer opportunities for students to be a part of a team, serve their school, enjoy fellowship in a family-like atmosphere, and to develop intellectually, physically, and emotionally.

We believe that False River Academy Athletics provides a unifying influence within our student body and between our school and community. The False River Academy Athletic Department will strive to provide each participant with positive experiences that will help them to develop their own philosophy toward commitment, responsibility, and loyalty, which will guide them for post-school competition in society. We believe that the will to win is a natural human trait and entirely desirable, but this urge whether individual or collective, is not to be attained at the price of unfair advantage or gained through violation of established rules and principles. The desire to win is important, but will never outweigh the welfare of the athlete and will be kept in perspective towards the balance of what is good for the team and the individual.

If athletics are to be sponsored by the educational system, then athletics must be educative. The educative process must continue into the realm of responsibility. We cannot escape the thought that responsibility lies with all of us. Responsibility is a big part of athletics at False River Academy. Responsibility to one's team, self and family is the most important aspects of education within the athletic department.

False River Academy Athletics and spectators can be proud of a program that is helping our athletes become the best that they can be in many aspects. Through the experiences gained through athletics, each student athlete can reach his/her potential both while in school, and later as a contributing member of society.

# Core Values

## 1. Respect

- 1.1. Respect is a polite attitude shown towards someone or something that you consider to be of importance
- 1.2. This includes, but it not limited parents, teachers, coaches, teammates, facilities, and equipment
- 1.3. If you disrespect someone or something, then that person or thing must not be important to you.

## 2. Responsibility

- 2.1. Responsibility is being accountable for your own actions
- 2.2. Athletes (not parents) are responsible for informing the head coach of any absence or tardiness to practice, games, or events.
- 2.3. Athletes should be responsible for their own actions.

## 3. Integrity

- 3.1. Integrity is the quality of being honest and having strong moral principles.
- 3.2. Lies or “half-truths” will not be tolerated
- 3.3. Athletes are encouraged to hold true to their morals instilled by their parents and family members.

## 4. Sportsmanship

- 4.1. Sportsmanship is the quality of showing fairness, respect, and generosity toward the opposing team and for the sport itself when competing
- 4.2. This applies on and off the field

## 5. Servant Leadership

- 5.1. Servant Leadership is putting the good of others and the team before yourself
- 5.2. There should be no classifications or rankings on a team. There are leaders, and a coach can appoint leaders, but these leaders are expected to lead, not boss.
- 5.3. No one is better than another teammate and no one should be treated as such. No one is too good to do a specific job.
- 5.4. In order to lead you must be able and willing to serve.

# Goals and Expectations

## Junior Varsity Athletics' Goals

Junior Varsity athletic programs offer those students who do not yet possess the skills required of Varsity athletes an opportunity to participate in a competitive setting. Junior Varsity athletes are in the process of gaining valuable knowledge, skill and experience required for Varsity competition. Occasionally, Junior Varsity athletes may participate in Varsity contests based on the decision by the coaching staff that the athlete has made sufficient progress. This should not be misinterpreted as an absolute move to the Varsity level.

## Varsity Athletics' Goals

Varsity athletes are those athletes that exhibit the most skill of those that have come out for the team. They will have the opportunity to compete against equally talented athletes from opposing schools. A purpose of Varsity athletics is to refine the skills of the team in an attempt to provide the high school with the best win-loss record possible.

## Athlete and Parent Expectations

False River Academy believes that appropriately conducted high school athletics can be among the most important elements in preparing our students to be fully educated adults. More specifically, our athletic programs exist for the purpose of helping our young men and women meet the high expectations both in society and in athletics. For these reasons, we have established the following codes and expectations for our athletes and their parents.

### 1. Athlete Expectations

#### 1.1. On the field/court

- 1.1.1. Work hard every day. Every day you either get better or get passed up. There is no middle ground.
- 1.1.2. Maintain a positive attitude and encourage yourself and your teammates. Not everyone is going to have the best day every day. Be positive.
- 1.1.3. Be dedicated to the team. If you are dedicated to the team they will be dedicated to you.
- 1.1.4. Be coachable and able to accept criticism. Coaches only want the best for you. We are not correcting just for fun. We want to help you.
- 1.1.5. Put the team ahead of your own goals and aspirations.
- 1.1.6. Push each other to make your teammates better. Iron sharpens iron. Good competition makes for a great team.
- 1.1.7. Adhere to the core values of respect, responsibility, integrity, sportsmanship, and servant leadership

1.2. Off the field/court

1.2.1. To become a better brother/sister, son/daughter, grandson/granddaughter, etc.

1.2.2. Commit to academic excellence.

1.2.3. Do something every day that your future self will thank you for.

1.2.4. Recognize the importance of a healthy lifestyle.

1.2.5. Demonstrate good citizenship around the community.

**2. Parent Expectation**

2.1. Foster a positive attitude with your student athlete. Athletics are difficult and they beat themselves up enough. There is no need to beat them up more about their performance.

2.2. Encourage your student athlete to work hard and do their best in all situations.

2.3. Insist that the student athlete respect the team and school rules.

2.4. Know that the coach is involved in coaching because of his or her sincere dedication and love for the sport and the athlete.

2.5. Realize that at a competition you represent the community and the school; be a positive role model.

2.6. Respect the coaches' decisions. He/She has been hired to coach the team and is with the athletes every day and will make decisions with the goodness of the team in mind.

2.7. Support False River Academy Athletics in its efforts to raise the necessary funding.

2.8. Support False River Academy Athletics whenever possible through volunteer efforts, attendance at athletic events, and participation in booster club.

# Eligibility and Probation

Eligibility is the privilege of participating in interscholastic athletics by complying with the minimum standards established for student-athletes by the LHSAA.

## 1. LHSAA Paperwork

- 1.1. Every student athlete is required to complete LHSAA form for him or her to be eligible. These forms must be completed before a student can participate in practice or games. The following are the required forms:
  - 1.1.1. Parent Permission
  - 1.1.2. Up to date physical
  - 1.1.3. Substance abuse form
  - 1.1.4. Birth Certificate
- 1.2. A file will be kept for each student athlete. This file is subject to inspection by the LHSAA and must contain forms in order for the student to be eligible to participate.
- 1.3. All forms must be turned into the head coach at least 1 month before practice begins.

## 2. Eligibility

- 2.1. First Semester Eligibility
  - 2.1.1. To be eligible for the first semester of the school year, a student shall have earned at least six (6) units from the previous school year, which shall be listed on the student's transcript and shall have earned at least a "C" average as determined by the Local Education Authority when considering all "graded" subjects.
- 2.2. Second Semester Eligibility
  - 2.2.1. To be eligible for the second semester of the school year, a student shall pass any combination of at least six (6) half (.5) units from the first semester.
- 2.3. Promotion into High School
  - 2.3.1. Promotion from the 8th grade into the 9th grade for the first time shall fulfill the scholastic requirements. In this context, elementary schools include grades 1-8; high schools include grades 9-12. Promotion into the 9th grade shall be in accordance with the approved local Pupil Progression Plan.
- 2.4. Seniors
  - 2.4.1. A senior (12th grade) student who has accumulated 20 or more units shall be required to take any combination of at least four (4) half (.5) units per semester, none of which shall be units the student has previously taken and passed. The combination of four (4) required half (.5) units may include college courses that have been approved by the State Department of Education and/or the Louisiana Board of Regents. Under the 4 x 4 block system, a senior must be enrolled in a minimum of two (2) units per semester to be eligible to compete. A senior who experiences an eight-period day or an A/B block and has accumulated

23 credits shall be required to take any combination of at least two (2) half (.5) units per semester, none of which shall be units the student has previously taken and passed. A senior who experiences a 4 x 4 block and has accumulated 23 credits shall be required to take at least one unit per semester, none of which shall be units the student has previously taken and passed. A senior attempting a combination of four half units in the first semester must pass all units to be eligible in the second semester. Likewise, a senior attempting a combination of five half units in the first semester must pass all units, and a senior taking a combination of six or more half units in the first semester must pass any combination of six half units for second semester eligibility.

#### 2.5. Age and Entry Requirement

2.5.1. A student becomes ineligible for interscholastic athletic participation if he/she has reached his/her 19th birthday before August 1 of that school year. If he/she becomes 19 on or after August 1, he/she is eligible for the remainder of the school year, if he/she meets all other eligibility rules. The principal shall have on file at all time's sufficient evidence of the legal birth of each student-athlete and evidence of the student's entry into the 9th grade. Proof of birth shall be available to the LHSAA within 24 hours, if requested.

#### 2.6. 7<sup>th</sup> and 8<sup>th</sup> Graders

2.6.1. 7<sup>th</sup> and 8<sup>th</sup> graders will need to fill out a form stating that they understand this will count as a year of eligibility. This will also state that False River Academy will be their "home school" and if they choose to transfer they must sit out a year.

2.6.2. 7<sup>th</sup> grade athletes will only be used in emergency situations on varsity sports teams, but can play as needed on junior varsity teams.

2.6.3. 8<sup>th</sup> grade athletes may play on a varsity team if needed, but they should not make up the entirety of a varsity team.

2.6.3.1. If more than 50% of the team is 7<sup>th</sup> and/or 8<sup>th</sup> graders this team should be listed as junior varsity.

2.6.3.2. If the entire team is made up of 7<sup>th</sup> and/or 8<sup>th</sup> graders the team should be listed at junior high.

### 3. Probation

3.1. Student athletes who receive an F in any class at any time will be put on probation.

3.2. To be released from probation, the F must be raised to a D, or have permission from the teacher of the subject that there has been significant improvement, even if not shown in the grade yet.

3.3. Student athletes that are on probation will not be allowed to travel with the team, but can attend and dress out at home games.

3.4. Student athletes on probation will be allowed to attend practice, but will be required to work on coursework for the class they are failing, or show that they have completed all coursework assigned up to that date.

# Rules

## 1. Equipment

- 1.1. All school issued equipment is the property of the school and should be treated in that manner. This includes uniforms.
- 1.2. Lost or equipment damaged due to misuse will be the athletes responsibility to replace.
- 1.3. All uniforms and equipment should be returned no later than 1 week after the last game of the season.
  - 1.3.1. An athlete will not be allowed to participate in another sport until all equipment is returned.
  - 1.3.2. A senior athlete that has not returned all team issued gear will not receive a diploma until everything is returned.

## 2. Quitting

- 2.1. A student who quits during a season may not begin to participate in another sport until the prior season is over.
  - 2.1.1. This includes but is not limited to practice, games, and other team activities.
  - 2.1.2. A player is that quits is allowed a 72-hour cooling-off period. If the athlete decides to return they may be expected to make up workouts or serve some type of suspension at the coach's discretion.

## 3. School Attendance

- 3.1. In order to participate in practice or competition an athlete must be present for 3 hours of the school day.
  - 3.1.1. If a doctor's appointment is scheduled on game-day that hinders the student athlete from being at school for three hours he or she will not be allowed to participate in the competition. The only exceptions are as followed.
    - 3.1.1.1. Funeral excuse
    - 3.1.1.2. Doctor's excuse with athletic related reason (for example: MRI, physical therapy, being released from medical supervision, etc.)
  - 3.1.2. If a student is tardy for school they must sign-in at the office in order to participate that day.

## 4. Missing Practice

- 4.1. The head coach is the only individual who will grant permission to miss practice.
- 4.2. Missing practice without a valid excuse may result in mandatory disciplinary action or dismissal from the team at the coach's discretion.

## 5. School conduct

- 5.1. A student athlete with constant disciplinary issues in the classroom will be subject to disciplinary action or dismissal from the team at the coach's discretion.

## 6. Hazing

- 6.1. There will be a zero tolerance of hazing. Any hazing will result in an immediate from all athletic activities.

6.2. Hazing is defined as any action or situation, with or without consent of the participants, which recklessly, intentionally, or unintentionally endangers the mental, physical or academic health or safety of a student.

## **7. Social Media**

7.1. Social media posts may not include smoking, vaping, alcohol, nudity, promiscuity, or vulgar remarks.

7.2. This includes but is not limited to posting, reposting, tagged posts, commenting, liking, or background music.

7.3. Be mindful of who you follow and who follows you on social media.

## **8. Multi-Sport Athletes**

8.1. Student athletes are encouraged, but not required to play multiple sports.

8.2. For those who play back to back sports, the first priority should be the sport that is currently in season.

8.2.1. Coach's will communicate and try to accommodate athletes that play with seasons overlapping.

8.2.2. Athletes are required to try to make it to both practices with the sport whose season started first being the main priority.

8.2.2.1. Off-limit athletes

8.2.2.2. Players on a team with a legitimate chance to advance in the playoffs are off-limits to other coaches. A legitimate chance is defined as a team ranked to enter the playoffs.

8.2.3. No coach should deny a player the right to play another sport or discourage it. Nor should a coach intentionally hinder a player from going to another sport.

8.2.4. Games take first priority over practices.

8.3. If there are any disagreements there will be a meeting held between the principal, athletic director, coaches of both sports, and the athlete.

8.3.1. If there is still a disagreement the final decision will be made by the athletic director and the principal.

## **9. Conduct**

9.1. Student athletes are representatives of False River Academy and the False River Academy Athletic Department and should present themselves in a proper manner at all times.

## **10. Disciplinary Action**

10.1. Breaking any of these rules or team rules will result in punishment to be determined by the coaching staff.

10.2. All cases will be held on an individual basis. With repeat offenders serving a more severe punishment.

## Drug Testing

Since athletics is an extracurricular activity, Pointe Coupee Private School System, Inc. (d/b/a False River Academy) takes added precautions to assure that an athlete shall be accorded reasonable safety measures. Athletics is not an essential part of the educational process and thus is not mandated by Pointe Coupee Private School System, Inc. (hereinafter referred to as False River Academy). Consequently, the parents and athletes in view of optimizing the opportunities to minimize injuries to the athlete and to others who participate in sports freely embrace the safety procedures required of the athlete.

False River Academy's main purpose is not to invade the privacy of the student athlete, but rather its intent is to identify a health problem or controlled substance dependence, which by its very nature would be counterproductive to the safety of the athlete and his/her companions.

Therefore, as required by the Louisiana High School Athletic Association (LHSAA), prior to participating in any sanctioned sport, the student athlete and parent/guardian shall be required to sign the *LHSAA Substance Abuse/Misuse Contract* and the *False River Academy Substance Abuse/Misuse Contract*. Both of these contracts shall be kept on file at the student's school and remain in effect for the remainder of the school year. These contracts state that all student athletes shall be subject to random drug testing, the procedures of which are herein specified. These tests shall be strictly enforced and participation shall be mandatory, since the parents/guardians have freely chosen to allow their son(s)/daughter(s) to participate in athletic programs. No athlete shall be tested unless the parents(s)/guardian(s) and the athlete sign both the LHSAA and False River Academy forms giving permission to have the tests performed. Refusal to allow these tests to be administered shall immediately serve notice that the student may not participate in any interscholastic athletics.

False River Academy hereby declares the administration of drug testing to participants is not and should not be construed as being premised upon the suspicion that a particular student is under the influence of any drugs. This program is a mandatory condition for participation by a student in any interscholastic athletics. The test at issue here is only for drugs and not any other health related condition that participants may exhibit.

A minimum of eight percent (8%) of all student athletes shall be identified through a computerized random selection process and shall be subjected to testing each school year. This testing shall be conducted by a certified laboratory, which shall provide onsite specimen collection and split sample urinalysis. The student athlete's confidentiality shall be protected at all times as the students will be identified by their student identification numbers and no identifying names will be used.

The urine specimens shall be taken to ascertain if there is present any controlled substance, which by its very nature, will impede the motor skills, required in athletic endeavors and thus endanger the athlete and/or others.

Each specimen shall be analyzed for the presence of the following compounds:

AMPHETAMINES	BARBITUATES
BENZOYLECGONINE	MARIJUANA
BENZODIAZEPINES	HYDROCODONE
HYDROMORPHONE	METHAQUALONE
METHADONE	OPIATES
PHENCYCLIDINE	PROPOXYPHENE
METABOLITES	

All costs associated with the administration of the athletic drug-testing program shall be the sole and exclusive responsibility of False River Academy. However, any evaluation or drug counseling, which may be mandated because of positive tests, shall **not**, under any circumstances, be the responsibility of False River Academy. Prescription Medication: Students who are taking prescription medication shall provide a copy of the prescription or a doctor's verification in a sealed envelope to the school official within 48 hours of the drug-screening test. If necessary, that envelope will be forwarded to the testing lab with instructions for the lab to consider the student's use of such medication to assure to accuracy of the result. Such information provided by the student shall not be disclosed to any other school official. Students who refuse to provide school verification and test positive shall be subjected to disciplinary actions specified in this policy.

The following procedures shall be followed upon receipt of a positive result from the drug testing described herein:

**POSITIVE RESULTS:** Both the individual who has tested positive and his/her parents/guardians shall be immediately notified according to the procedures specified.

**1<sup>st</sup> Offense:** The student athlete shall be suspended from practice or games for two weeks (14 days). After the 2-week period, the student can return to practice and he/she will be retested four weeks (28 days) from the date of the original test (at parent's expense). A negative test result will allow the student athlete to return to competition immediately. During this four-week period, the student must also attend eight (8) hours of drug counseling approved by the principal and at the parent's expense. If the second drug test is positive, it will be considered the student's 2<sup>nd</sup> Offense.

2<sup>nd</sup> Offense: The student athlete shall be suspended from the current sport for the remainder of the season. They must also attend an additional eight (8) hours of drug counseling approved by the principal at the parent's expense. He/she will not be allowed to practice or play another sport for a minimum of sixty (60) days and up to one calendar year. A follow-up drug test must be taken with a negative result before the student may be reinstated. (The follow-up test shall be conducted at the parent's expense.)

3<sup>rd</sup> Offense: The student athlete shall be excluded from participation in interscholastic athletics for a period of twelve (12) calendar months. The student shall submit to drug evaluation in an effort to determine the necessity of drug counseling and/or treatment, which, if needed shall be at his/her expense. At the end of the 12-month suspension, the student may return to any school athletic program if he/she submits to another drug test and submits written evidence that the test was negative. This test must be performed at a certified laboratory or testing agency approved by False River Academy, but at the expense of the student and his/her parent(s) or guardian(s).

The Principal of False River Academy or his/her designee shall receive all test results. The responsible person and/or medical review officer shall immediately notify the parent(s) and/or guardian(s) of a student-testing positive. Such notification shall be confirmed in writing. The Principal of False River Academy will immediately notify the school's athletic director. The latter shall then advise the student as soon as possible. Confidentiality of the test results shall be maintained at all times.

Under no circumstances shall any law enforcement personnel be notified in case of positive test results. All test results shall be for school related purposes and addressed in accordance with the terms, provisions, and conditions specified herein.

A student or his/her parent(s) or guardian(s) may request a verification test for the specified testing agency, the cost of which shall be borne by the student and parent(s) or guardian(s), and shall be a test of the same specimen. Should the student request a verification test from another laboratory or testing agency, the cost of the verification test shall be the responsibility of the student and his/her parent(s) or guardian(s), and shall be administered by a laboratory or testing agency approved by False River Academy. Further, the verification test must be of the same specimen previously tested. Moreover, the verification test shall be administered in accordance with the terms, conditions, and provisions of this drug testing policy. Verification of test results will act as the only appeal to the conditions set forth in this policy.

The Principal shall implement guidelines that ensure the fair enforcement of this policy and maintain strict confidentiality. The drug testing guidelines established herein are to be employed in conjunction with and in addition to other policies, which prescribe penalties for the possession of, use of, consumption of, being under

the influence of, and/or distribution of illegal or prohibited substance on school grounds or at any school related functions.

The parent(s) or guardian(s) and the student shall release Pointe Coupee Private School System, Inc. (d/b/a False River Academy), its members (both individually and in their official capacity), as well as any employee, school board member or other school administrator or personnel for any liability in connection with this policy. The administration of the testing procedures and/or test results, any warranties addressing the accuracy of said tests and all medical or laboratory procedures employed by the referring laboratory. It is expressly understood Pointe Coupee Private School System, Inc. (d/b/a False River Academy) assumes no responsibility for the diagnosis or treatment of any disease or condition that may become known because of any laboratory test(s) conducted in the implementation of this drug-testing program.

Revised: June 20, 2018

Ref: La. Rev. Stat. Ann. §§17:81, 40:961, 49:1111  
Vernonia School District 47J v. Acton, 515 U.S. 646 (1995)  
Official Handbook, Louisiana High School Athletic Association  
Board minutes 6-20-18

Pointe Coupee Private School System, Inc. (dba False River Academy)

## Communication

1. Student Athlete to Coach Communication
  - 1.1. There should be an ongoing group message between coaches and players. It is to the coach's discretion whether the players are to talk to each other in that message.
    - 1.1.1. In the case the coach does not want communication from player to player in the group message the players can start a different thread without the coach.
  - 1.2. If there is a concern, a player may call or message the head coach personally. A parent should not handle this.
  - 1.3. Each coach should have an open-door policy to any student who has a concern or issue with athletics, school, or in his or her personal life.
2. Parent/Guardian to Coach Communication
  - 2.1. Parents should not attempt to confront a coach before, during, or after a practice or a game.
  - 2.2. If a parent wishes to speak to a coach regarding his or her student athlete, please follow the steps below:
    - 2.2.1. The parent/guardian contacts the coach by calling the school or emailing the coach to set up a time to discuss the concern.
    - 2.2.2. If the concern is not resolved, call the Athletic Director to arrange a conference.
    - 2.2.3. If a resolution still has not been reached after a conference with the Athletic Director, the parent/guardian should arrange a meeting with the principal.
    - 2.2.4. If this chain of command is not followed correctly, there should be no discussion upon attempt.
  - 2.3. Please note that there will be NO discussions of playing time between parents and coaches at any time.

## Qualifications for Lettering

Lettering is something that should be handled with a great deal of importance, as it is a representation of the student athlete's time and effort put into a specific sport. A letter in a sense is an award that should be shown off with pride throughout the community. A student athlete will only be rewarded letters for a varsity sport. At False River Academy, we will leave it up to the coaches' discretions as to whether or not a student athlete letters in a sport. No athlete should receive a letterman jacket until their 9<sup>th</sup> grade year at the False River Academy Sports Banquet.

In order to become a lettered student-athlete, the student-athlete must play **ONE FULL SEASON** of the **9 VARSITY SPORTS** provided by the school. After **TWO YEARS** of lettering in a sport(s), the student-athlete will then be eligible to receive the False River Academy Letterman Jacket. The athlete must have participated on the varsity level for a minimum of 2 years. 7<sup>th</sup> and 8<sup>th</sup> grade athletes who participate in two varsity sports are eligible for a letterman jacket in 9<sup>th</sup> grade. It will be awarded at False River Academy Sport Banquet.

The minimum requirements for letters are as follows:

1. Football, Volleyball, Boys and Girls Basketball, Baseball, Softball, Track, Cross Country and Power Lifting
  - 1.1. Listed on the varsity roster.
  - 1.2. Must be in attendance of 95% of varsity practices.
  - 1.3. Participate in at least one contest.
  - 1.4. Be in good standing academically
  - 1.5. Start and finish the entirety of the season on the varsity team
2. Cheerleaders and Dancers
  - 2.1. On the Varsity cheer or dance team
  - 2.2. Must be in attendance of 95% of varsity practices
  - 2.3. Must attend an average of 75% of athletic events with cheerleaders or dance performances.
  - 2.4. Be in good standing academically
  - 2.5. Start and finish the entirety of the season with the varsity cheer or dance team.
3. Managers
  - 3.1. Must be attendance of 90% of practices
  - 3.2. Must attend 75% of contests
  - 3.3. Be in good standing academically
  - 3.4. Must start and finish the year with the team

## **Individual Sports' Handbooks**

Each coach will be required to produce an individual sport handbook to go along with the False River Academy Athletic Handbook. An individual sport handbook is not to challenge anything with the general Athletic Handbook, but to be more specific on team rules. The rules stated in Athletic Handbook are the minimum rules to adhere by. A coach is allowed to be stricter but cannot omit or contradict any rule or rules listed in the Athletic Handbook. These handbooks should be distributed before the first practice begins so the student athletes and their respective parent or guardian knows what is expected of them.