

LYCÉE FRANÇAIS  
DE LA NOUVELLE-ORLÉANS



**ATHLETICS HANDBOOK**  
**2018-2019**

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# I. General Information

## A. Letter from the Athletic Coordinator

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Welcome to Athletics!

We are excited about your participation and hope that your experience is one to remember.

2018-2019 School year we will be participating in the *Metro Middle School League of New Orleans*.

The contents in this Handbook are designed for you, the student, and your parent/guardian. It answers many questions you may have regarding this second year endeavor, along with providing you with rules and guidelines required for your participation in this program. **Both you and your parent/guardian must complete the LFNO Participation Contract and Physical Examination form and return it to the Athletic office before you will be allowed to engage in practice or participation.** Signing these forms indicates that you and your parents/guardians have had an opportunity to familiarize yourselves with the contents of this Athletic Handbook and agree to abide by LFNO policies governing athletics.

Lycée Français de la Nouvelle-Orléans will continue providing all students with the best possible opportunities for a very positive experience.

Time to Shine My Loups-Garoux!

Coach Ashley Aucoin  
Coordinator of Athletics  
Lycée Français de la Nouvelle-Orléans

# I. General Information

## B. Mission Statement

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*“To provide and maintain a quality athletic environment, striving for excellence while focusing on leadership and character development, allowing student athletes the opportunity to grow and develop successfully in a healthy wholesome atmosphere”*

## C. Sports Offered

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It is important to build a strong foundation in Athletics for current and future students, along with providing student athletes with the fundamentals within their chosen sport. In order to provide a strong and successful Athletic Department in the future, it is crucial that we take the time now, to grow and prosper gradually.

Athletics at LFNO are offered as an opportunity for student-athletes to learn good sportsmanship, discover athletic skills, and develop habits that will enable the student-athlete to succeed in scholastics and athletics. Athletics are an opportunity for each student-athlete to develop these skills through individual and team competition.

2018-19 School Year, the following sports are offered to 5<sup>th</sup> through 8<sup>th</sup> graders only:

<b>FALL</b>	Cross Country Spirit Team	Flag Football Girls' Volleyball
<b>WINTER</b>	Girls' Basketball Boys' Basketball	Coed Soccer
<b>SPRING</b>	Tennis	

**Remember that Middle School Athletics are a time for learning the game and developing skills!**

## D. Statement of Equal Opportunity

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LFNO does not discriminate on the basis of race, color, religion, gender, sexual orientation, disability, family situation, socio-economic differences, intellectual or athletic ability, status as a handicapped person, or any other basis that would be illegal, in administration of its educational policies and other school-administered programs.

## II. Eligibility

Students will be eligible to participate in athletics (practices and competitions) only after complying with all the requirements in subsections A through D, below, as well as those set forth in Section III.

### A. Physical Examination

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A student participating in extracurricular athletics must be physically fit, and this fitness must be based on a physical examination by a licensed physician and verified in writing. This documentation will be maintained in the athletic office and last through the 2016-17 school year. Parents/Guardians are responsible for arranging for the student's examination by a Physician and for paying any costs associated with the examination. Students who qualify for free and reduced lunch can contact the Coordinator of Athletics if assistance is needed.

The purpose of this examination is to determine the student's general fitness for athletic participation. If any significant medical change occurs during the school year for which the examination results may be valid or possibly invalid, the student may be asked to obtain a new physical examination from his/her physician prior to returning to participation or practice.

### B. Participation Contract

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In addition to a Physical Examination form, a student and his/her parent/guardian must submit to the athletic office a signed Participation Contract, in order for the student to be eligible to participate in LFNO Athletics.

### C. Academics

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Academics come first and foremost. LFNO requires that all students be academically eligible to participate in athletics. In order to be academically eligible:

1. Student must be staying on task within the classroom, and not show a decline in his/her academics.
2. Teachers will be contacted regularly by individual sport coaches to check on student-athlete's progression within the classroom. Consequences can occur in the event that a student-athlete is off task.
3. A special education student who is making adequate progress in meeting the goals and objectives on the individualized education plan, as assessed by his/her teacher and/or interventionist, will be academically eligible.

**Remember, your responsibilities as a student-athlete must be focused on academics first.**

## II. Eligibility

### D. Attendance & Participation

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In order to be eligible to participate in Athletics:

1. A student must adhere to the attendance regulations of LFNO.
2. Student-athletes are expected to attend all practices. If a student-athlete must miss a practice, arrangements should be made before practice by contacting the coach directly, by e-mail or phone. Arrangements should not be made through a teammate. Individual coaches will have established policies on missed practices and the consequences resulting from unexcused absences. An excessive amount of absences, depending on the reasoning, can result in suspension or possible loss of eligibility.
3. Depending on the circumstance, if a student wants to join a team after its commencement, it is the decision of the head coach and school principal as to whether eligibility will be permitted or not.
4. Students must be in attendance for a full day in order to participate in practice or a game.

## III Code of Conduct

### A. Student Code of Conduct

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Participation in athletics at LFNO is a privilege, not a guarantee, extended to every student who is eligible under regulations established by LFNO. It is important, therefore, that athletes representing LFNO should, at all times and in all places, carry themselves as shining examples of good character.

As an LFNO Athlete, your behavior is to be above reproach at all times. Respect and proper behavior is expected at all times from student-athletes, whether in uniform or not. The coach and administration may render necessary discipline when infractions do occur. Serious offenses may result in dismissal from the team and/or suspension from the school.

**Athletes are to refrain from the following:**

- Disrespectful behavior and actions
- Abusive language/ profanity
- Destruction/ vandalism of school property
- Fighting
- Malicious gossip
- Stealing
- Cheating
- Bullying
- Violating other school policies & team policies

## B. Parent/Guardian Responsibility

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Parents of student-athletes serve a vital role in their children's success and the success of the team. Please promote good sportsmanship, as this is a collective responsibility.

### **Parents are expected to:**

- Support each student-athlete with positive reinforcement, both your athlete and all the others.
- Remember that student-athletes at this level are in the learning process.
- Applaud both teams for their efforts at the end of the game.
- Be prompt in picking student-athlete up after practices and/ or events, games, or matches
- Be gracious hosts and respectful guests at all events.
- Respect the coaching staff and game officials even when you disagree with a call or a decision.

Violation of this policy may result in removal from the athletic event and further action by LFNO administrators. Understand the policies of this Code and encourage your student-athlete to abide by these policies.

## C. Sportsmanship

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### **Sportsmanship is the "golden rule" of sports.**

It is a great tradition in sports and competition that means playing clean and handling both victory and defeat with grace, style, and dignity. You demonstrate good sportsmanship when you show respect for yourself, your teammates, and your opponents, for the coaches on both sides, and for the referees, judges, and other officials.

### **Sportsmanship is defined as:**

- Playing fair
- Following the rules of the game
- Respecting the judgment of referees and officials
- Treating opponents with respect

Sportsmanship isn't just reserved for the people on the court/field. Parents/Guardians, and fans also need to be aware of how they behave during competition. Sportsmanship is a style and an attitude, and it can have a positive influence on everyone around you.

Any student-athlete who is ejected from a game is ineligible for the next contest. If the player is ejected for fighting, he/she is ineligible for the next two contests. In either case, further discipline by the coach and administration may be warranted.

# IV Equipment

## Use & Return

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All student-athletes will be issued equipment necessary to participate in that specific event, including uniforms. Parents/Guardians will be responsible for supplying particular items for their student-athletes and may vary depending on the sport chosen. In the event that a parent/guardian cannot supply these items, please contact the head coach or Athletic Coordinator and LFNO will do its best to make accommodations.

**It is the responsibility of the athlete to do the following:**

- Personally return all equipment to the coach at the end of the season for evaluation of equipment.
- Each student-athlete is financially responsible for the equipment issued at the beginning of the sport season. All lost or damaged equipment must be paid for at the rate of replacement cost.
- School athletic equipment is not to be worn except for practices or games, unless authorized by the coach.
- Uniforms must be laundered regularly.
- Jewelry is not to be worn during contests or practice.

Please take care of, and respect all equipment distributed to you

# Highlights

## A. Important Documents for Participation

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The following documents need to be completed and returned to the Athletic Office before participation in LFNO Athletics will be granted.

- Physical Examination Form
- Emergency Contact Form
- Participation Contract
- Student-Athlete Handbook Confirmation (Last Page of Handbook)
- Concussion Information Confirmation

**LFNO Student-Athlete Handbook Confirmation**

Sign and return to the coach within five days of making the athletic team. This is required for participation.

**We have received a copy of the LFNO Athletic Handbook.**

**We have read the rules and expectations and agree to abide by them.**

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Student-Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

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Print Name \_\_\_\_\_

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Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

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In order to stay after school for athletics, students must have parental permission. Parents may use this form below or write a note to the school. Student-athletes will not be allowed to stay after school if a record of parental/guardian permission is not on file.

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Date \_\_\_\_\_

I give permission for \_\_\_\_\_ (athlete) to stay after school, when required, to participate in \_\_\_\_\_ (sport).

After the game or practice I will be (please check all that apply):

- Picking my student up promptly
- Allowing my student to go home with \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Sincerely,

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Parent/Guardian Signature

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Print Name