

# **St. Ignatius School Athletic Handbook 2021-2022**



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## **MISSION STATEMENT**

The mission of the Athletic Department of St. Ignatius School is to provide an athletic program that helps develop the whole person through education and competition, to stimulate a lasting attitude of discipline, sportsmanship, integrity, leadership, and social responsibility, and to make the athletic program an enduring source of pride for the student population, student-athletes, alumni, and community.

## **VISION STATEMENT**

The vision of the Athletic Department of St. Ignatius School is to provide student-athletes an environment that promotes and supports academic, athletic and personal achievement, to field athletic teams to perform at competitive levels in competition, and to prepare student-athletes to make transitions to the next level of participation academically and athletically.

## **PHILOSOPHY**

St. Ignatius School strives to educate the total child spiritually, intellectually, morally, emotionally, socially, and physically. The athletic program shall be an extension of the school curriculum used to educate the total child.

## **OBJECTIVES**

- Participants shall realize that athletic competition is a privilege and that specific responsibilities accompany the privilege of participation.
- Participants shall have the opportunity to learn games and improve playing skills.
- Participants shall have the chance to observe and exemplify good sportsmanship.
- Participants shall have the chance to learn that violation of a rule of the game brings a penalty, and that this same sequence follows in the game of life.

## **EXPECTATIONS**

- Athletic programs should be made available to as many students as possible.
- Sportsmanship, fair play, and good school citizenship are to be objectives of all athletic programs.
- To show respect and courtesy to visiting teams and officials.
- To respect the integrity and judgment of sports officials.
- To eliminate all possibilities which tend to destroy the best values of the game.
- To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
- To remember that an athletic contest is only a game – for player, coach, official, fan, and school.

SIS players, coaches, parents and faculty agree to abide by all Middle School Athletic League rules in addition to the St. Ignatius Athletic Handbook policies.

## REFER TO 2021-2022 SIS PARENT-STUDENT HANDBOOK FOR ADDITIONAL COVID 19 POLICIES

THE FOLLOWING COVID POLICIES PARTIALLY OR IN ITS ENTIRETY WILL BE IMPLEMENTED AS NECESSARY AND COMMUNICATED BY THE ATHLETIC DIRECTOR AND SCHOOL ADMINISTRATOR.

- ALL PLAYERS AND COACHES MUST BE TEMPERATURE CHECKED, PRACTICE SOCIAL DISTANCING WHEN NOT ON THE COURT OR FIELD PLAYING, WEAR A MASK UNTIL PRACTICING/PLAYING AND USE HAND SANITIZER.
- IF A PLAYER OR COACH HAS A TEMPERATURE OF 100.4 °F, THE PLAYER/COACH MUST LEAVE CAMPUS/FIELDS AND THE PRINCIPAL AND/OR AD MUST BE NOTIFIED. THE PLAYER/COACH MAY NOT RETURN TO PRACTICES OR GAMES FOR 24 HOURS FEVER FREE WITHOUT FEVER REDUCING MEDICATION.
- COACHES ARE RESPONSIBLE FOR SANITIZING EQUIPMENT, RESTROOMS, HIGH TOUCH AREAS; SANITIZING PRODUCTS WILL BE PROVIDED BY THE SCHOOL.

## SELECTION OF COACHES / COACHES RESPONSIBILITIES

The athletic director will announce vacant coaching positions and interview candidates. Following the interviews, the athletic director will recommend his/her selection to the principal. We will try to find non-parent coaches for all sports at all grade levels except youth soccer. If we cannot find a non-parent coach, we will then ask an interested parent as soon as possible before practice for that particular sport is scheduled to start.

The head coach will recommend prospective assistant coaches to the Athletic Director for approval. We always need youth soccer coaches and if no one wants to coach then the children cannot play that particular sport.

**All Coaches and Assistant Coaches must be Safe Environment Trained and fingerprinted.** Call the office for details or visit the Diocese of Lafayette website at [www.diola.org](http://www.diola.org). Click the Safe Environment tab to find location and times of classes. Only individuals who are safe environment trained are allowed to work with students during practice and games. ***A parent can NOT help at practices if they are not Safe Environment Trained. A parent can NOT be an assistant coach if they are not Safe Environment Trained AND fingerprinted.***

Excluding football, we will have one head coach and one assistant coach per team. The head coach will be given credit for six service hours and the assistant coach will be given credit for six service hours as long as coaching responsibilities have been fulfilled for the entire season; the person was officially named head or assistant coach by the athletic director and

was fingerprinted/safe environment trained. A coaches meeting will be held prior to each sport's season.

**Coaches must go through the Athletic Director to schedule all games and scrimmages. All communication with Athletic Directors of other schools pertaining to St. Ignatius Athletics should be addressed by the SIS Athletic Director. Should a coach feel the need to communicate with the AD at another school, the coach must arrange a meeting with our AD prior and then the appropriate steps will be taken.**

### **Coaching Conduct and Etiquette**

In order to truly fulfill the mission of the athletic program, coaches must be of strong moral character. Coaches must:

- be a Christian role-model
- uplift each athlete
- demand each athlete's best effort
- help mold each athlete into a responsible Christian
- come to know and care about each athlete
- dress appropriately for all athletic events
- be familiar with and enforce school codes of conduct
- respect their peers, NO GOSSIP!!

Coaches may not:

- become physical with any athlete
- address athletes in a derogatory manner
- use profanity or vulgar language
- demean athletes

### **Supervision of Students**

The head coach is responsible for the supervision of student-athletes during games, tournaments and practice. Coaches must stay with students after athletic events and practices until every student has been picked up.

### **Games and Practice**

Coaches are responsible for monitoring athletes as soon as they arrive for games or practice. Coaches should arrive before students and not leave until every student has left. Coaches should ensure proper dress code is enforced at all times. Coaches must notify the Athletic Director/Assistant Athletic Director of players' excuses for missed games or practices.

When a team has a substantial lead against the opponent in any sport, the coach is required to pull back his team by changing his coaching strategy. You may have to utilize this concept multiple times throughout the game.

- Soccer: more than a 4 point lead
- Basketball: 20 point lead
- Football: 4 touchdown lead
- Examples of ways to pull back may include but are not limited to: putting players in that do not normally get playing time, requiring no scoring, removing pressing, etc.

### **Facility Lock-up**

Coaches using the gymnasium and/or fields will be issued a key. It is the sole responsibility of the coach to lock up after games and practice. Keys must be turned in at the end of the season.

### **Removal of Coaches**

The Athletic Director, with the approval of the Principal, has the authority to release any coach, even during the season, for an act or acts which are deemed contrary to the spirit and letter of fair, honorable and legal competition or which in any way tends to bring the team or the school community into dispute.

***Coaches can be removed from their capacity if it is deemed that their words or actions are incompatible with the goals of the program or the mission of the school.***

### **PLAYER EXPECTATIONS**

Every player must participate for the entire season. Any student athlete, who chooses to quit a sport after rosters have been submitted to the league and prior to the end of the season, will not be eligible for the next sport in which he/she attempts to register, even if the sport occurs during the following school year. An excuse for a missed practice will be required prior to being allowed to attend the next practice or game. Players who miss one or two practices or games without a valid excuse are subject to being benched. Players who miss three practices or games without a valid excuse are subject to removal from the team. Coaches must notify the Athletic Director of excuses for missed games or practices.

Athletes in grades 4th - 8th will be required to submit an annual "Medical History Evaluation" prior to their participation in the first sport of the school year. The evaluation will be kept on file in the student's cumulative record at school. (see form in back of handbook)

Any student that registers for a sport then withdraws before official rosters have been sent out will not be allowed to re-register for that same sport until the next season.

The parent/guardian must make sure the coach is present before dropping off a child for a practice or game. Any child left without the coach present will be asked to contact their parent for pick-up.

Please make the Athletic Director aware of other sports a player may be involved in outside of St. Ignatius that may conflict with school practice and/or game participation.

This will allow teams to be formed with enough athletes to avoid situations where St. Ignatius would need to forfeit games because we do not have enough players.

Players who violate the following rules may be suspended or benched:

- Not exhibiting a positive attitude
- Missed practices or games
- If a parent does not work his/her scheduled time in the concession or gate area then your child will be benched. If a parent cannot work scheduled time, that parent is asked to find a replacement.
- Students who fail to turn in homework or class work
- Use of profanity

- Any unsportsmanlike behavior
- Ejected by an official

Players, parents and coaches are required to help maintain restrooms and facilities during practices and games. All garbage should be removed from the practice/game area.

### **Attendance Standards**

Please refer to the student handbook for attendance policies. Students must be present at school for at least three and 1/2 hours to be eligible to participate in any extra-curricular function held that evening. Exceptions to the attendance policy must be made for the following conditions:

- Death in immediate family
- Religious observance for immediate or extended family (funerals, prayer services, baptisms, weddings, etc.)
- School visits

If a player misses more than three and ½ hours of the school day, he/she cannot participate in any extra-curricular activities that day.

### **Eligibility**

A player in grades 3rd – 8th must maintain a 2.0 grade point average in core subjects (English, math, reading, science, and social studies) and have at least a C in conduct, Religion, and P.E. Students may not have an F in any subject in order to participate in extra-curricular activities. Report Cards/progress reports will be used to determine eligibility. If a player is placed on probation due to their academics, the player will be reevaluated with the following report card/progress report to determine eligibility. Fourth quarter grades determine eligibility for the upcoming school year.

Eligibility may be denied if an outstanding financial balance exists.

During any given sport, after a student serves two detentions or receives a suspension, he or she will be required to sit out the next scheduled game. He/she may still attend practices. If a student is sent home during the day for disciplinary reasons, he/she will not be allowed to participate in athletic events including practices and games.

A student will be declared ineligible to participate in any extra-curricular activity if any of those standards are not met. If a student is placed on academic probation, they may attend practices but must sit the bench during games. Eligibility or ineligibility begins upon receipt of the progress report and report card respectively. If academics have not improved to the requirements listed above the student will **NOT** be allowed to attend practices or games. Athletic fees are non-refundable for students on academic probation. The Athletic Director will notify the parents and coaches regarding ineligibility status.

### **PARENT EXPECTATIONS**

Your child is playing sports for fun. Everyone wants you to enjoy the game also. This information is being provided in an effort to assist you and your child in gaining the maximum benefit possible from each sport St. Ignatius School offers. Below are some

simple rules you should observe. Please consider them carefully before registering your child to participate in sports.

Cheer for your child when he/she plays well. However, remember your child is a member of a team. Let the other players know you support them as well.

Suffer in silence whenever something occurs that goes against your child's team or when coaches make what you consider a bad decision. A display of anger may inflame a delicate situation, resulting in embarrassment for you or your child. Coaches give their time to St. Ignatius School, so be patient during any sporting event. If you feel the need to discuss a particular situation about your child, follow the chain of command to express your concern in writing: Athletic Director – Administration.

Set the tone for good sportsmanship by adopting a positive attitude if your team loses. Compliment your child for his or her good plays and ignore the mistakes. The coach will point those out to him/her. Your child will be happy you noticed his/her good qualities.

The administration of St. Ignatius School, our coaches and our athletic staff give a great deal in terms of time and effort. Please be cognizant of these efforts when communicating with them. When establishing communication with coaches and staff, following the proper protocol is essential to a positive athletic program.

In order to improve sportsmanship, parents are not allowed to approach, interfere, or interrupt a coach or the Athletic Director before, during or after a practice or game especially in front of the students. **A wait time of 24 hours is necessary to avoid confrontation that will have a negative impact on the child. *If necessary, express your concerns about the coach in an email or written note to the Athletic Director.***

If needed, the Athletic Director will sit in on a meeting and mediate a resolution. If none can be reached, the matter will be referred to the principal.

Some issues that are appropriate to discuss with coaches are:

- emotional and physical treatment of the child
- ways to help child develop athletic skills
- concerns about student behavior

Some issues that are NOT open for discussion as they are left to the professional judgment of the coach are:

- playing time
- team strategy
- play calling

## **Concession and Gate Collections**

Parents are responsible for fulfilling the duty of concessions, score books, line judges, and gate collection. Once your child's schedule is released, the Athletic Director will have all volunteer opportunities listed under assignments in TeamSnap. Parents should volunteer for 3 games of their choice during the season. It is not required that they must work during their own child's game. Parents are required to work 3 games per sport their child participates in.



If a parent cannot work a scheduled time it is the parents' responsibility to find a replacement. If a parent does not work their scheduled time or find a replacement, your child will not be allowed to play in the game.

## **Uniforms**

St. Ignatius is not responsible for providing uniforms to students.

Uniforms will be purchased by the parent for each sport. The uniforms may be re-used the following year for each sport. If a uniform needs to be replaced, the parent is responsible for purchasing a new uniform.

Uniforms will be sold through our online Athletic Store. The items will only be available for purchase online. Once the set deadline date is reached the uniforms will no longer be available for purchase. If you fail to order a uniform within the allotted time frame, your child will not be allowed to play. If you have already paid the fees for the sport, they will not be refunded due to not purchasing a uniform in the allotted time frame.

Uniforms must be kept clean and in good condition. Players are representing St. Ignatius School while wearing their uniforms, therefore the uniforms should not have any holes, stains, or any other visual issues. If the uniform needs to be replaced due to its condition the parent is responsible for purchasing a new uniform.

The athletic director has the right to deem any player's uniform as being unfit for use. The parent must purchase a new uniform to replace the old uniform in order for their child to play.

Uniform shorts should be an appropriate school length. If a student wears inappropriate shorts they will be required to sit for the game.

**Parents who are dissatisfied with the enforcement of the above rules should contact the Athletic Director and/or the administration in writing.**

## **Transportation**

Parents are responsible for transportation to and from all games. Please remember that all students must be picked up on time from practice and games.

Parents are responsible for dropping off and picking up their child on time at the end of a practice or a game.

For a scheduled practice, parents should drop off only 10 minutes before the scheduled practice time.

Parents should check the gym or field to make sure the coach is present before dropping off a child for a practice or game.

Parents will pay a penalty of \$10.00 for each (15) minutes that the child is present after the practice has ended.

## **GENERAL EXPECTATIONS**

Athletes are not guaranteed playing time. It is suggested at the lower grade levels (5th and 6th grades) that playing time will be shared by all team members as equally as possible. At the junior high level, athletes are not guaranteed playing time.

Only players are allowed to sit on the team benches. Everyone else must be seated in the bleachers.

Players are not allowed to eat, drink, or chew gum while on the court or field. Exception would be water or sports drink. All drinks must have lids to avoid spills.

Only positive, supportive, encouraging language is to be used by the fans.

Siblings of athletes may not remain in the gym for scheduled practices. Siblings should either be picked up from school or sent to After Care.

Unsportsmanlike conduct by any player or parent will not be tolerated and may result in the child being benched or removed from the game. Severity of infraction could lead to removal from the team or parent barred from any home games.

A parent should not shout instructions to his/her child. The coaches have instructed the team of their game plan and shouting instructions to your child only confuses him/her.

St. Ignatius students and families are to be courteous to the referees. They should not shout insults or verbally abuse the referees. It is difficult for a child to learn respect for the referee or other officials when parents set a poor example. The referee has the power to stop the game if the crowd becomes discourteous. Coaches/Athletic Director will handle all situations.

***If you or your child has a complaint about any team situation or sport, please send your concerns in writing via email or written note to the Athletic Director first.***

**NO Sunday events - this includes practices, games, tournaments and meets. (Diocesan Policy: DP 4001)**

## **TEAM FORMATION**

The process to form teams will be left to the discretion of the athletic director and the principal. The number of participants will determine the number of teams and the best method to divide players into teams. A student can only play a maximum of two grades above their grade level or based on how the teams are divided by the athletic director and principal depending on the sport and league.

\*4th graders will be allowed to play basketball, volleyball, softball or baseball if we need

more numbers to create a team on the 5th grade level.

<b>ATHLETIC ACTIVITY</b>	<b>NUMBER OF ATHLETES TO FORM A TEAM</b>
<b>Football</b>	<b>Minimum 20</b>
<b>Basketball</b>	<b>Minimum 7</b>
<b>Volleyball</b>	<b>Minimum 8</b>
<b>Track</b>	<b>Minimum 10</b>
<b>Baseball</b>	<b>Minimum 12</b>
<b>Softball</b>	<b>Minimum 12</b>
<b>Soccer U6</b>	<b>Minimum 7</b>
<b>Soccer U8</b>	<b>Minimum 9</b>
<b>Soccer U10</b>	<b>Minimum 10</b>
<b>Soccer U12</b>	<b>Minimum 10</b>
<b>Soccer U14</b>	<b>Minimum 12</b>

## **ATHLETIC FEES**

All athletes are expected to pay a yearly one-time \$65 athletic department fee set by the athletic director and approved by the administration in order to be eligible to participate. The fees pay for maintenance of the gym and fields along with equipment fees and official fees.

There is a separate fee for each sport and the fee varies depending on the expenses for each particular sport. The administration reserves the right to adjust the fee schedule should an unexpected expenses arise to fund a particular sport. Athletic fees must be paid prior to the first game or event for students to be allowed to play.

### **Fee Schedule: \*Fees are subject to change\***

<b>Football</b>	<b>Fees set by other school</b>
<b>Volleyball</b>	<b>\$50</b>
<b>Basketball</b>	<b>\$50</b>
<b>Baseball</b>	<b>\$50</b>
<b>Softball</b>	<b>\$50</b>
<b>Cross Country</b>	<b>\$50</b>
<b>Track</b>	<b>\$50</b>
<b>Soccer</b>	<b>fee set by league</b>

## **Refunds**

**Fees may be refunded under the following conditions:** if there are not enough students to make a team, fees will be refunded.

**Fees will not be refunded for the following:**

- Student facing academic or disciplinary probation.
- Student is dismissed from school.
- Student voluntarily leaves the team.
- Student is removed from the team.

## **AWARD QUALIFICATIONS**

At the end of each school year, St. Ignatius School recognizes its student athletes. All students who have completed a season will be recognized for their participation in the athletic program. There will be a soccer recognition ceremony during our Spring pep rally for Pre-K3 -4th grade participants. We will have an athletic banquet ceremony to honor 5th-8th grade participants for all sports.

### **Athletic Banquet Awards to be presented:**

Participation Awards: presented to all students in 5th-8th grade who played at least one sport. (soccer, volleyball, football, baseball, softball, basketball, swim, track and cheer)

Scholastic Male and Female Athletes for grades 5th – 8th: the student who played at least one sport, including soccer with the highest GPA for each grade level.

Male & Female Athlete of the Year for Grades 5th – 8th: a male and female student-athlete for each grade level will be selected based on athletic ability, number of sports played and sportsmanship as determined by the head coaches and athletic director. The player should not have been suspended or removed from the team for academic or any other reason.

Mr. & Ms. Cardinal: 8th grade athletes only; selected by secret ballot by the 8th grade students. Students are asked to select the athlete who possesses athletic ability, exhibits Christian behavior and academic excellence.

Coaches Award: Grades 5th-8th One player is chosen from each team for each sport. This award goes to the player that always has a great attitude, plays with all their heart, never gives up, always encourages others, and shows all around great sportsmanship to their own team and others.

*Please understand that not every occurrence is listed in this book and some situations may arise that are not mentioned. However, if a question or concern comes up that is not mentioned in this book please email the Athletic Director. They will meet with the administration to see how to handle the situation and will notify all parties involved of the decision. The St. Ignatius School Administration has final interpretation of the policies and procedures set forth in the Athletic Handbook and reserves the right to amend the handbook if necessary giving prompt notification to parents.*



## **BASKETBALL & VOLLEYBALL GYM DIRECTIONS**

### **ACADEMY OF THE SACRED HEART**

Go North on I-49 to the Grand Coteau/Sunset Exit. At the stop sign turn right heading into Grand Coteau Continues on this road to the red light. At the red light, turn left and continue on this road. The road will take a hard turn to the right, staying on the paved road. Go down about ½ mile and the school is on the left.

### **CARENCRO CATHOLIC**

Go South on I-49 to Exit 4 (Burger King on the left at this exit). At the stop sign turn left heading into Carencro. Continue to the stop sign at the intersection with North Church St. Turn left onto North Church and continue to the intersection of Church and St. Peter HINT: St. Peter Church on the left, road on right. Turn right onto St. Peter. Continue on St. Peter through the red light. Carencro Catholic is on the right.

### **ESA in Broussard**

Merge on I-49 Heading South. Stay straight to go onto SW Evangeline Thwy/US-90 E. Continue to follow US-90 E. (7.55 miles) Take the LA-182 ramp toward Cade/LA-96/St Martinville. (0.13) Miles. Turn left onto E Main St/LA-182. Continue to follow LA-182.(4.09 miles) Turn right onto Smede Hwy/LA-92. (0.76 miles) Turn right onto Smede Rd. (0.09 miles) Arrive at 1557 Smede Hwy, Broussard, LA 70518-8117, 1557 SMEDE HWY.

### **FIRST BAPTIST CHRISTIAN**

Get on I-49 south. Drive to W Convent St. HINT: Convent is on the right exactly one block before the red light where the road splits at the intersection of Jefferson and Lee Avenue. Turn right onto Convent Street. Go down 1 block, school on the left.

### **LAFAYETTE CHRISTIAN ACADEMY**

Get on I-49 south. Take exit to I-10S. Turn right onto 182. Take a right on Portland Ave. HINT: Honda of Lafayette is at the exit. Keep right at the fork to go on LA-182 N. University. Go 0.2 miles. to Stone Rd. turn right. The school will be straight ahead on the right.

### **O. M. P.**

Take HWY 182 to S Rogers St. in Church Point. Continue through red light in town at the intersection of Main Street. Go to the 3rd block past the light and turn left onto Rogers Street. The school is a red brick building on the right - approx. 2 blocks down.

### **OPELOUSAS CATHOLIC**

Go North on I-49 for 19.1 miles. Continue on ramp at sign reading “Exit 19B US-190 West to Opelousas” and take a left onto 190 towards Opelousas. Continue on 190 to the intersection of 190 and LA-182. Turn right on LA-182. Continue of LA-182 for 0.8 miles then turn right onto Prudhomme St. /Lane. School should be visible.

### **OUR LADY IMMACULATE**

Take I49 south. Get onto I-10 W. Take exit 65. Sharp left on La97./Evangeline Hwy. HINT: Entergy Building will be in the curve. School is on the right.

### **OUR LADY OF FATIMA**

Take I-49 south. Take a right on Johnston. School is located on the left side of Johnston Street across from the Blackham Coliseum.

### **REDEMPTORIST**

Take I-49 South to I-10 West. Bear right on ramp at sign reading "Exit 82 LA-1111 to East Crowley". Turn left on LA-1111 and go to the 4-way stop sign. Continue straight. Yield to the right onto Hwy. 90. Continue on Hwy. 90 to the red light at the intersection of Eastern Avenue. Turn left onto Eastern Avenue and continue for approximately 1 mile to the red light at Elm St. Turn left onto Elm St. and the school is on the left - 1 block down.

### **SACRED HEART VILLE PLATTE**

Go North on I-49 to the Ville Platte exit. HINT: Gold Rush Truck Stop on the right at the exit. At the end of the ramp turn left onto 4-lane highway. Continue on this highway for approximately 15 miles into Ville Platte. This road turns into a 2-lane highway after the first red light. When you get into Ville Platte the road goes back to a 4-lane highway and splits a couple of blocks before the red light. HINT: When the road splits there is a Winn Dixie on the right. Continue through the red light. Go to the first block, turn left. Go down 2 blocks to the stop sign. HINT: Watch out for the 4-way stop sign at the first block. At this stop sign you can only turn left. You will see the Sacred Heart High School directly in front of you and the Sacred Heart Church to the left. Turn left and then turn right into the parking lot before the church. Follow the road on the side of the church. (The road is not very defined, no markings). The elementary school gym is behind the church on the left.

### **ST. CECILIA**

Take I-49 South. Continue to US 90 E to W Broussard. Turn right on N Bernard Rd. Turn left onto Pinhook. Continue onto W Main. HINT: McDonald's is on the left. The church and school is approximately one block from this intersection.

### **ST. GENEVIEVE**

Take I-49 South to I-10 East. Take the exit Louisiana Ave. Continue straight for 1.7 miles. At the 2nd red light turn left on E. Willow St. School will be straight ahead on the right 0.5 miles.

### **ST. LEO-SETON**

Take I-49 south. Take NE Frontage Rd to St. Leo St. (by the old Holidome). Gym on the right.

### **ST. MICHAEL'S in Crowley**

Merge onto I-10 W toward Lake Charles. (Travel 15.31 miles.). Take the LA-1111 exit, EXIT 82, toward East Crowley. (0.25 miles) Keep left to take the ramp toward East Crowley. (0.03 miles) Turn left onto Tower Rd/LA-1111. (0.66 miles) Turn slight right onto Crowley Rayne Hwy/US-90 W. (0.21 miles) Turn right onto E Northern Ave. (0.045 miles) Arrive at 805 E Northern Ave, Crowley, LA 70526-3061, 805 E NORTHERN AVE is on the right.

### **WESTMINSTER CHRISTIAN ACADEMY**

I- 49 towards Exit 15 Harry Guilbeau Road and LA-3233. At end of ramp, turn left on Harry Guilbeau Road and go west for 1.2 miles. Turn left on LA-182 and go south for 1.3 miles. Turn right on Montgomery Road and go west for 0.5 miles. Turn left on Westminster Drive and go south for about 400 feet to 160 Westminster Drive.





# LHSAA MEDICAL HISTORY EVALUATION

**IMPORTANT:** This form must be completed annually, kept on file with the school, & is subject to inspection by the Rules Compliance Team.  
Please Print

Name: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_ Date: \_\_\_\_\_  
Sport(s): \_\_\_\_\_ Sex: M / F Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
Home Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Home Phone: \_\_\_\_\_  
Parent / Guardian: \_\_\_\_\_ Employer: \_\_\_\_\_ Work Phone: \_\_\_\_\_

**FAMILY MEDICAL HISTORY:** Has any member of your family under age 50 had these conditions?  
Yes No Condition Whom Yes No Condition Whom Yes No Condition Whom  
☐ ☐ Heart Attack/Disease \_\_\_\_\_ ☐ ☐ Sudden Death \_\_\_\_\_ ☐ ☐ Arthritis \_\_\_\_\_  
☐ ☐ Stroke \_\_\_\_\_ ☐ ☐ High Blood Pressure \_\_\_\_\_ ☐ ☐ Kidney Disease \_\_\_\_\_  
☐ ☐ Diabetes \_\_\_\_\_ ☐ ☐ Sickle Cell Trait/Anemia \_\_\_\_\_ ☐ ☐ Epilepsy \_\_\_\_\_

**ATHLETE'S ORTHOPAEDIC HISTORY:** Has the athlete had any of the following injuries?  
Yes No Condition Date Yes No Condition Date Yes No Condition Date  
☐ ☐ Head Injury / Concussion \_\_\_\_\_ ☐ ☐ Neck Injury / Stinger \_\_\_\_\_ ☐ ☐ Shoulder L / R \_\_\_\_\_  
☐ ☐ Elbow L / R \_\_\_\_\_ ☐ ☐ Arm / Wrist / Hand L / R \_\_\_\_\_ ☐ ☐ Back \_\_\_\_\_  
☐ ☐ Hip L / R \_\_\_\_\_ ☐ ☐ Thigh L / R \_\_\_\_\_ ☐ ☐ Knee L / R \_\_\_\_\_  
☐ ☐ Lower Leg L / R \_\_\_\_\_ ☐ ☐ Chronic Shin Splints \_\_\_\_\_ ☐ ☐ Ankle L / R \_\_\_\_\_  
☐ ☐ Foot L / R \_\_\_\_\_ ☐ ☐ Severe Muscle Strain \_\_\_\_\_ ☐ ☐ Pinched Nerve \_\_\_\_\_  
☐ ☐ Chest \_\_\_\_\_ Previous Surgeries: \_\_\_\_\_

**ATHLETE MEDICAL HISTORY:** Has the athlete had any of these conditions?  
Yes No Condition Yes No Condition Yes No Condition  
☐ ☐ Heart Murmur / Chest Pain / Tightness \_\_\_\_\_ ☐ ☐ Asthma / Prescribed Inhaler \_\_\_\_\_ ☐ ☐ Menstrual irregularities: Last Cycle: \_\_\_\_\_  
☐ ☐ Seizures \_\_\_\_\_ ☐ ☐ Shortness of breath / Coughing \_\_\_\_\_ ☐ ☐ Rapid weight loss / gain \_\_\_\_\_  
☐ ☐ Kidney Disease \_\_\_\_\_ ☐ ☐ Hernia \_\_\_\_\_ ☐ ☐ Take supplements/vitamins \_\_\_\_\_  
☐ ☐ Irregular Heartbeat \_\_\_\_\_ ☐ ☐ Knocked out / Concussion \_\_\_\_\_ ☐ ☐ Heat related problems \_\_\_\_\_  
☐ ☐ Single Testicle \_\_\_\_\_ ☐ ☐ Heart Disease \_\_\_\_\_ ☐ ☐ Recent Mononucleosis \_\_\_\_\_  
☐ ☐ High Blood Pressure \_\_\_\_\_ ☐ ☐ Diabetes \_\_\_\_\_ ☐ ☐ Enlarged Spleen \_\_\_\_\_  
☐ ☐ Dizzy / Fainting \_\_\_\_\_ ☐ ☐ Liver Disease \_\_\_\_\_ ☐ ☐ Sickle Cell Trait/Anemia \_\_\_\_\_  
☐ ☐ Organ Loss (kidney, spleen, etc) \_\_\_\_\_ ☐ ☐ Tuberculosis \_\_\_\_\_ ☐ ☐ Overmight in hospital \_\_\_\_\_  
☐ ☐ Surgery \_\_\_\_\_ ☐ ☐ Prescribed EPI PEN \_\_\_\_\_ ☐ ☐ Allergies (Food, Drugs) \_\_\_\_\_  
☐ ☐ Medications \_\_\_\_\_

List Dates for: Last Tetanus Shot: \_\_\_\_\_ Measles Immunization: \_\_\_\_\_ Meningitis Vaccine: \_\_\_\_\_

## PARENTS' WAIVER FORM

To the best of our knowledge, we have given true & accurate information & hereby grant permission for the physical screening evaluation. We understand the evaluation involves a limited examination and the screening is not intended to nor will it prevent injury or sudden death. We further understand that if the examination is provided without expectation of payment, there shall be no cause of action pursuant to Louisiana R.S. 9:2798 against the team volunteer health-care provider and/or employer under Louisiana law.

This waiver, executed on the date below by the undersigned medical doctor, osteopathic doctor, nurse practitioner or physician's assistant and parent of the student athlete named above, is done so in compliance with Louisiana law with the full understanding that there shall be no cause of action for any loss or damage caused by any act or omission related to the health care services if rendered voluntarily and without expectation of payment herein unless such loss or damage was caused by gross negligence. Additionally,

- If, in the judgment of a school representative, the named student-athlete needs care or treatment as a result of an injury or sickness, I do hereby request, consent and authorize for such care as may be deemed necessary. Yes No
- I understand that if the medical status of my child changes in any significant manner after his/her physical examination, I will notify his/her principal of the change immediately. Yes No
- I give my permission for the athletic trainer to release information concerning my child's injuries to the head coach/athletic director/principal of his/her school. Yes No
- By my signature below, I am agreeing to allow my child's medical history/exam form and all eligibility forms to be reviewed by the LHSAA or its Representative(s). Yes No

Date Signed by Parent \_\_\_\_\_ Signature of Parent \_\_\_\_\_ Typed or Printed Name of Parent \_\_\_\_\_

## II. COMPLETED ANNUALLY BY MEDICAL DOCTOR (MD), OSTEOPATHIC DR. (DO), NURSE PRACTITIONER (APRN) or PHYSICIAN'S ASSISTANT (PA)

Height \_\_\_\_\_ Weight \_\_\_\_\_ Blood Pressure \_\_\_\_\_ Pulse \_\_\_\_\_

### GENERAL MEDICAL EXAM :

	Norm	Abnl
ENT	<input type="checkbox"/>	<input type="checkbox"/>
Lungs	<input type="checkbox"/>	<input type="checkbox"/>
Heart	<input type="checkbox"/>	<input type="checkbox"/>
Abdomen	<input type="checkbox"/>	<input type="checkbox"/>
Skin	<input type="checkbox"/>	<input type="checkbox"/>
Hernia	<input type="checkbox"/>	<input type="checkbox"/>
(if Needed)		

COMMENTS: \_\_\_\_\_

### OPTIONAL EXAMS:

VISION: \_\_\_\_\_  
L: \_\_\_\_\_ R: \_\_\_\_\_ Corrected: \_\_\_\_\_  
DENTAL: \_\_\_\_\_  
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16  
31 30 29 28 27 26 25 24 23 22 21 20 19 18 17

### ORTHOPAEDIC EXAM :

	Norm	Abnl
I. Spine / Neck		
Cervical	<input type="checkbox"/>	<input type="checkbox"/>
Thoracic	<input type="checkbox"/>	<input type="checkbox"/>
Lumbar	<input type="checkbox"/>	<input type="checkbox"/>
II. Upper Extremity		
Shoulder	<input type="checkbox"/>	<input type="checkbox"/>
Elbow	<input type="checkbox"/>	<input type="checkbox"/>
Wrist	<input type="checkbox"/>	<input type="checkbox"/>
Hand / Fingers		
III. Lower Extremity		
Hip	<input type="checkbox"/>	<input type="checkbox"/>
Knee	<input type="checkbox"/>	<input type="checkbox"/>
Ankle	<input type="checkbox"/>	<input type="checkbox"/>

From this limited screening I see no reason why this student cannot participate in athletics.

- [ ] Student is cleared  
[ ] Cleared after further evaluation and treatment for: \_\_\_\_\_  
[ ] Not cleared for: \_\_\_contact \_\_\_non-contact

Printed Name of MD, DO, APRN or PA \_\_\_\_\_

Signature of MD, DO, APRN or PA \_\_\_\_\_

Date of Medical Examination \_\_\_\_\_

Revised 6/18

This physical expires 13 months from the date it was signed and dated by the MD, DO, APRN or PA.