

ST. BERNARD SCHOOL



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“Once a Crusader, Always a Crusader”

Athletic Handbook for Students, Parents, and Coaches 2016-2017

**Rev. F. David Broussard, Pastor
Ray Latiolais, Principal
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*Prayer to help us remember why
athletics are important to us as
Catholics!*

God, let me play well, but fairly.

*Help me to learn something that matters once the
game is over.*

Let competition make me strong, but not hostile.

Always let me help my opponent up.

Never catch me rejoicing in the adversity of others.

*If I know victory, allow me to be happy: if I am
denied, keep me from envy.*

Remind me that sports are just games.

*If through athletics I set an example, let it be a
good one.*

Courtland Blanchard

St. Bernard School Alumni Class of 2013

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The regulations and other provisions outlined in this handbook are considered a contractual agreement between SBS and each student/parent enrolled in the school. In developing the rules and policies for St. Bernard Athletics, the administration has tried to anticipate as many issues as possible. As new and unusual situations may arise, the Principal and Athletic Director have the authority to use his/her discretion. Parental cooperation is essential for the welfare of the students. If, in the opinion of the administration, parent behavior seriously interferes with the athletic process, the school may ban the parent from the athletic event(s) and/or deny the student from participating in SBS athletics.

This handbook is a guide for parents, students, faculty, and coaches of St. Bernard School in Breaux Bridge, Louisiana. All guidelines, rules and policies contained herein are subject to change at any time by the governing bodies of the school. Parents will be notified of significant changes should any occur.

THE ST. BERNARD ATHLETIC PROGRAM PHILOSOPHY

St. Bernard School holds as its basic purpose the Christian development of the whole child. The School recognizes the need to provide a comprehensive athletic program for all interested students at all ability levels. This program should strive to foster the self-fulfillment of all participants as individuals and as members of the community.

Athletics should promote discipline and responsibility towards oneself and others. Further, the need for sportsmanship is inherent in promoting attitudes of fair play, teamwork and leadership. We recognize that supportive and involved parents are of paramount importance.

Athletics should provide an opportunity for fun and enjoyment along with teaching the fundamental skills to all participants.

“As it is, there are many parts, yet one body. The eye cannot say to the hand, “I have no need of you”, nor again the head to the feet, “I have no need for you.” On the contrary, the parts of the body that seems to be weaker are indispensable, and on those parts of the body that we think less honorable we bestow the greater honor, and our unpresentable parts are treated with greater modesty, which our more presentable parts do not require. But God has so composed the body, giving greater honor to the part that lack it...”

1 Corinthians 12:20-25

PARTICIPANTS GENERAL GUIDELINES

1. As St. Bernard School cannot anticipate all athletic situations that may arise, the principal has the authority to use his/her discretion as new and unusual situations occur. All SBS school policies remain in effect and may affect eligibility.
2. St. Bernard school is happy to host games and tournaments throughout the various athletic seasons. We are requesting that coaches and parents explain the following school policy to the players and students attending the games. The Bayou Teche and a very busy street border our campus. For this reason and liability reasons, students cannot be outside of the gym without adult supervision. Signs are posted at the gym entrances stating this policy. A SBS representative will escort any unattended students found outside to the athletic director. Please help us to make sure that our children adhere to this rule. Their safety is our greatest responsibility and of utmost importance.
3. If a player is dropped off at a game without parental supervision he/she must remain in the gym AT ALL TIMES. If this student is found anywhere outside of the gym then he/she will be asked to call his/her parent to be picked up. Failure to adhere to this policy warrants a detention.
4. All players are required to help maintain restrooms and locker rooms during practices and/or games (i.e. toilets flushed; informing coach of supplies needed, etc.). SBS will not tolerate objects of any kind being thrown in or around the toilets. Disciplinary measures will be taken.

5. Players will be assigned light maintenance duties to include, but not limited to, keeping up the gym floor before and after practices and/or games, picking up trash, straightening locker rooms, sweeping and/or mopping bleachers, etc.
6. Team members will not be allowed inside the gym after school for any reason without your coach present. No exceptions. You must remain at the bus port, with your parent, until your coach arrives.
7. Parents are responsible for transportation to and from all games. SBS is not responsible for student's carpooling with other parents, nor will SBS be responsible for making carpooling arrangements.
8. SBS will provide a registration period for each sport. If a player registers and pays the registration fee, but subsequently becomes ineligible because of his/her grade point average before the games actually begin, (determined by the administration and Athletic Director when report cards are issued) then the registration fee will be refunded. The registration period is important to give the Athletic Director ample time to find coaches, organize teams, make sure there are enough uniforms, and to ensure equipment is available. Only newly enrolled students will be permitted to register late for a sport.
9. Every player must participate for the entire season. Any student athlete who chooses to quit a sport prior to the end of the season, will **not** be eligible for the next sport in which he/she is attempting to register, even if that next sport occurs during the following school year. In addition, three unexcused absence from practices, games, or tournaments may result in suspension from multiple games, removal from the team and/or not being allowed to participate in the next sport (Action taken will be determined by athletic director and administration for each situation).
10. If a student is pulled from a team (by the school administration and athletic director) for grades the student will still be allowed to participate in the next sport. These students will receive a refund as long as teams have not been formed.
11. Participants may quit before practices begin with no eligibility penalty, but registration will not be refunded. If an SBS student transfers to another school and then returns to SBS during that same season, they are ineligible to participate.
12. Players must be picked up timely at the end of any school activity (within 15 minutes).
13. Death of any immediate family member is automatically excused. No written excuse is required (includes parents, guardian, grandparents, sibling, aunts, and uncles).
14. Transportation: Seatbelts for each child is required. Players are not allowed to ride in the back of a pick-up truck.
15. Players shall remain in the designated areas and not leave their team until the end of the game.
16. If a player remains as a spectator for additional games, he/she will be required to sit in the bleachers. No exceptions. This includes the scorekeeper's table! Friends who are not

on the team cannot sit or stand with the team on the sidelines or benches.

17. A player should promote good sportsmanship and school spirit through cooperation with other students, faculty and administrators.
18. Only positive, supportive, encouraging language is to be used by the players, coaches, and parents.
19. Players, coaches, and parents shall not use foul, degrading, demoralizing, embarrassing, or suggestive language!
20. The use of alcohol, tobacco or any illegal drug/substance is strictly forbidden.
21. Appropriate Attire: As a SBS student, you're expected to wear tidy clothing that is respectful of your surroundings and suited to your activity. Remember the B's Rule- No Bellies, Breasts, Bras, Boxers, Backs, or Butts showing! The following are considered inappropriate:
 - a. Ripped or torn clothing
 - b. Clothing with rude expressions or logos or that promote illegal activities
 - c. Excessively short skirts or shorts
 - d. Spaghetti and Halter straps as well as Strapless

ELIGIBILITY

Being a member of an SBS athletic team is a privilege not to be taken lightly. SBS prides itself on achieving this by having student athletes who exhibit high moral character, integrity and respect for themselves and their opponents. The following guidelines are set up to establish a student's eligibility.

1. Eligibility may be denied if any outstanding financial balance exists at SBS in any department.
2. All participation forms and fees must be returned in the specified time frame allotted:
 - ✓ Athletic Participation form (which includes medical information form)
 - ✓ All participants must provide proof of a physical exam by a physician before any practice.
 - ✓ Signed Athletic Handbook Contract form
 - ✓ Any and all other forms specific to each sport
 - ✓ Registration Payment (via RenWeb payment...we will no longer collect checks or cash)
3. A player must maintain a 2.0 grade point average without any "F's" on the quarterly report card, including conduct, in order to participate in extra-curricular activities. Fourth quarter grades determine eligibility for upcoming school year sport participation. Cheerleaders will not be allowed to enter cheerleading until the next report card is reported and all grades have met the above stated requirements. Exceptions are made for students with exceptionalities as identified by pupil appraisal teams. Further, a formal procedure and hearing may be conducted by the administration to consider special exemptions for students with extreme learning and/or behavioral disabilities. A formal hearing will be

scheduled by the principal when:

- (a) The student requesting a waiver of the grade requirement submits a written request for a hearing stating the reason(s) he/she should be allowed to participate in spite of substandard grades.
- (b) The student's parent(s) also makes a written request for waiver of the student policy.

Once the necessary papers have been filed and information is received from the student's teachers, the principal will call a special meeting within five working days. The student and parent will present his/her case in person and a final decision will be announced to the student's parents within forty-eight hours. The decision of the administration is final.

4. Students serving out-of-school suspensions or are placed on SBS probation, may not participate in any athletic event during the suspension or probation period.

NEW STUDENT ELIGIBILITY

1. Any student who has transferred to SBS from another school must check with the Athletic Director to ensure eligibility. This student is considered ineligible until cleared by the Athletic Director.
2. If a new student wishes to play volleyball, cheerleading, and/or football they must have maintained a 2.0 with no "F's" in grade or conduct from the 4th quarter grade of their last school they attended. Cheerleaders will not be allowed to enter cheerleading until the next report card is reported and all grades have met the above stated requirements.
3. New students entering in the middle of a season must comply by the same rules and regulations as stipulated and will be placed on the appropriate team depending upon the number of players, grades, etc.

PLAYER EXPECTATIONS FOR GAMES AND PRACTICES

1. Athletes are required to attend all practice and games. If an athlete is unable to attend a game or practice then it is the athlete's responsibility to inform the Athletic Director. An excuse for a game or practice missed will be required prior to being allowed to attend the next practice or game.
2. Only one (1) excused absence is allowed. After more than one absence, you will be asked to turn in your uniform.
3. If they do not communicate with the coach or Athletic Director about an absence, it will be counted as an unexcused absence. Coaches are expected to work with students involved **ONLY** in other SBS activities and those students who miss due to illness or death in the family. A missed practice or game because of detention will not be considered an excused absence. Students, who miss practice or games for other non-SBS related activities, will be marked with an unexcused absence.

4. Each student athlete (excluding Cheerleaders) will be required to donate one (1) case of Powerade or (3) cases of Dasani water per sport participated in to keep the cost of registration reasonable. If the athlete chooses not to donate these items, then the Athlete's Renweb account will be charged \$15.00.
5. Athletes should meet at the designated area at the time given by the coach. A child must never be left alone. A parent or coach must be present.
6. All players are to be on time for practice and are to be prepared to participate (Less playing time can result in failure to do so).
7. Students must serve an assigned detention before reporting to any game or practice.
8. Students missing school due to illness may not participate in a game on that same day if the absence is unexcused.
9. Players, coaches, parents, and spectators should exhibit positive sportsmanlike conduct at all times as well as shall cooperate with the coaches, the game officials, other spectators, and other team members.
10. A player should not eat or drink while participating in the game, on the field, or court (Exception: water or Powerade is allowed). All water/Powerade bottles should have a lid to avoid spills (Loss of playing time may result).
11. All athletes must follow all dress and grooming codes set forth in the school's general student handbook (i.e. make-up, etc.).

“Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! Again, if two lie together, they keep warm, but how can one keep warm alone? And though a man might prevail against one who is alone, two will withstand him- a threefold cord is not quickly broken.”
Ecclesiastes 4:9-12

DISCIPLINARY ACTIONS

1. Three unexcused absences will result in suspension from multiple games, removal from the team and/or not being allowed to participate in the next sport (Action taken will be determined by athletic director and administration for each situation).
2. If a player is ejected from a game, he/she will be benched for the next game. If a student is suspended from a game his/her playing time for the next game may be affected.
3. Any unsportsmanlike conduct including the use of profanity, spitting in hands, name calling, refusing to shake hands, vicious or malicious act to injure another player, and/or being disrespectful to other players, referees, and/or coach's will be reported by the coach to the Athletic Director who will in turn discuss consequences with the SBS administration.

4. Parents will be given a choice to work an individual event or game. They can choose to pay for the contracted worker (\$7.50 per hour or current minimum wage) or volunteer to work themselves. Once a parent makes a commitment to work; they must show up or will be charged \$20 per hour. There are no definite work schedules and more help may be needed throughout the season. St. Bernard will try to retain contract work for all championship tournaments that we host in order to allow you to enjoy your child's game; however, if workers cannot be secured, parents will have to work.
5. It is the player's responsibility to make sure they meet all uniform requirements. Failure to do so will result in less playing time.
6. Parents who approach the coach before, during, or after games or practice with inappropriate concerns, using a hostile or negative tone, will be suspended from attending the following game. Repeat violations may result in multiple game suspensions, or the loss of privilege of attending games for the remainder of the season. All concerns should be addressed with the Athletic Director during business hours.

PARENT EXPECTATIONS

It is our goal here at SBS to put forth an environment for our children that represent our school in the best catholic way. We have a few rules that parents should observe to reach this goal as well as help to assist you and your child in maximizing your enjoyment of the sport.

1. We encourage you to cheer for your child; however, please remember they are part of a team. Let the other players know you support them as well. Please refrain from saying anything negative to other parents, players, friends, or faculty about other students on the team.
2. A parent should not shout instructions to their child. The coaches have been hired to coach and teach your child. Shouting instructions to them during a game will only confuse them. If you wish to tell them something about their performance please wait to do so after the game.
3. Please be courteous to all referees as well as our visiting guests. You should not shout insults or verbally harass the referees. We are trying to teach our children respect for authority and others. If a parent portrays this behavior it sets a poor example for our students. The referee's have the power to stop the game or eject individuals if the crowd becomes discourteous. Bottom line - it does not represent SBS in a good catholic manor! If there is a problem, the coaches will handle all situations.
4. Parents, siblings, and any other students not on the team are not allowed in the dugout, on the field, or on the court...during games and practices. Failure to adhere to this policy will result in the parent being asked to leave the premise and/or prohibited from returning. Parents are not allowed to help the coach unless asked to do so by the head coach or athletic director.
5. Student Insurance: St. Bernard School is currently unable to provide insurance coverage to students. The school is working to obtain an affordable coverage plan which will be

offered to all St. Bernard School families. In the absence of coverage, it will be the responsibility of the families to provide insurance for their children in the event of an accident at school or a school sponsored event (athletics).

6. 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.

Communication Expected by Parents from Coaches:

1. What expectations the coach has for your child and the team.
2. The location and times of all practices and games.
3. The team requirements (i.e. practices, special equipment, etc.).
4. Disciplinary action that may result in your child being denied the right to participate.

Communications Expected by Coaches from Parents:

1. Notification of any illness or injury.
2. Notification in advance of missed practices and/or games.
3. Prompt arrival for practices and games.
4. Prompt departure from practices.

Appropriate Concerns to Discuss with Coaches

1. Treatment of your child emotionally and physically.
2. Ways to help your child improve his/her skills
3. Concerns about your child's behavior.

It is very difficult to accept that your child is not playing as much as you had hoped. Coaches make decisions based upon what they believe is the best for all students involved. There are certain things that can and should be discussed with your coach. Other matters, such as those listed below, must be left up to the discretion of the coach.

Inappropriate Concerns to Discuss with the Coach:

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student/athletes.

Some situations may require a conference between the coach and the parent and these are encouraged; however, it is important that both parties involved have a clear understanding of the other's position. To insure this, please follow the guidelines listed below:

1. Schedule an appointment contacting the Director of Athletics, at 332-5350 ext. 228. The Athletic Director will set up a meeting with the parent, student/athlete and the coach. The Athletic Director will attempt to mediate a resolution.
2. If a resolution still cannot be reached, contact the principal.

COACHING STANDARDS

All St. Bernard coaches are expected to be aware and supportive of the school's philosophy, mission statement, and athletic program philosophy. Coaches are expected to model exemplary conduct and respectability at all times. Coaching, like teaching, is a profession that wields great influence over the lives of children. We have great power and with it tremendous responsibility; therefore, all that we do must be carefully orchestrated to achieve the most positive results. The athletic committee recommends coaches and assistant coaches with final approval from the principal. Coaches are chosen based on playing experience, coaching experience, knowledge of the sport, and the ability to educate, evaluate and encourage children. Coaches will conduct themselves in a Christian and sportsmanlike manner.

All coaches must adhere to the following standards:

- Practice is intended to teach students the fundamentals of the sport and to provide opportunities for students to develop skills and teamwork.
- Students are to be afforded many opportunities for water or other fluids during practice sessions.
- Only positive, supportive, encouraging language is to be used by coaches and players. Never is a coach to use foul, degrading, demoralizing, embarrassing, or suggestive language. Further, such language by players is not to be tolerated.
- At no time is a coach to strike a student or touch a student in an inappropriate manner.
- The Athletic Director, with the knowledge and consent of the Principal, must approve off-campus practice locations.
- Coaches are responsible for securing the gymnasium after practices and games and for supervising players the entire time they are on the campus or at the games.
- Players who have been faithful to practice, have a good attitude and/or are cooperative will be given playing time (all levels of play).
- On the 5th and 6th grade level, every child is expected to participate in every game; however, in important games and in games where the score is very close a coach may choose to play only his most accomplished players
- In a game when the score is excessive (winning or losing), the coach will substitute players to allow more playing time to those players who do not start or do not receive as much playing time as the others. This applies to both 5th and 6th grade levels and Junior High level.
- When there is "running time" for basketball tournaments in 5th & 6th grade, students must play, but at the discretion of the coach. There is no minimum playing time for these types of tournaments.
- In the final league tournament only, for all sports, at all grade levels, playing time is not guaranteed. Coach's discretion will be used.
- Coaches are to be aware of policies regarding student eligibility and are to implement those policies.
- Coaches are expected to assist with the upkeep of the gymnasium by having players clean up after themselves.
- Coaches are responsible for all athletic equipment assigned to them. If equipment is lost or stolen the coach is responsible for the replacement. Coaches will not receive a paycheck until all equipment has been returned.
- Coaches will be restricted to being "head" coach of only one team, unless SBS is

unable to locate a 2nd coach.

- Coaches may not hand out any candy due to food allergies (esp. peanut butter).
- Coaches may not hand out any medication to players. In the case of asthma pumps, the coach must hold it and give it to the player if it is needed (a medical release with a doctor's signature must be in the school office for this situation).
- Practices are closed to parents. Parents should not interfere with practices or games or they may be asked to leave and may be prohibited from returning. Coaches will request parental help if they so choose, otherwise, parents should refrain from "coaching from the sidelines".
- Parents, siblings, and any other students not on the team are not allowed in the dugout, on the field, or on the court...during games and practices.
- **ALL** eligible players are to participate in the entire practice.
- Coaches represent SBS and are expected to present themselves as such. Coaches that are ejected from a game will serve a one game suspension from the next game. The Athletic Director, along with the approval of the Principal, will meet to decide if further action needs to be taken.
- Coaches are required to turn in all scores and attendance to the Athletic Director for all practices and home/away games at the end of each week. You may email, text, or fax the results.

PRACTICES and GAMES

1. As mandated by the Diocese of Lafayette, there will be no practice or games on Sundays.
2. The maximum practice and game time per week is 8 hours including weekends. Maximum practice time per session is 2 hours.
3. Practice sessions must end no later than 8:00 p.m. Games, matches, or meets must not extend past 8:30 p.m. There will be no more than two (2) games per week scheduled for all sports (excluding tournaments).
4. Practice schedules and game information will be given in a timely manner.
5. Practices may be canceled only for serious reasons and 24-hour notice (when possible) is to be given.
6. Students in grades 6th – 8th will not be allowed to practice during the week of midterms or finals nor will SBS participate in any tournament the weekend prior to midterms or finals. They are not allowed to participate in sports during Holy Week and ACT Testing week as mandated by the Diocese of Lafayette.
7. If a student chooses to wear biker shorts at practice, he/she must wear shorts over them (with the exception of volleyball)
8. Spaghetti strap shirts are not allowed at practice. Only modest attire that is appropriate is allowed.
9. Any additional practices or games added to the schedule will have at least a 24-hour

notice. The Athletic Director will then notify each parent on his or her team.

10. For rainy day practices in the gym, (softball/baseball) - 2 teams will be required to share the gym or each team can have an hour maximum time for practice.

11. Students on medical or excused leave from a sport are required to attend games and practices at the discretion of their coach.

CAMPS

Athletes (with the exception of cheerleaders) are not required to attend a camp; however, we do strongly recommend attending camp if one is offered. All Cheerleaders are required to attend a summer camp as a squad.

EMERGENCY INFORMATION and COMMUNICATION

Parents must provide coaches with information listing home and business addresses and telephone numbers as well as any additional information to be used if the parent(s) cannot be reached. In addition, the parent(s) must provide the name, address, and telephone number(s) of another person who has agreed to assume the responsibility when the parent(s) cannot be reached. This information must be kept on file with the team coaches and must always be current. Email is the preferred communication avenue; however, if you are not able to check email during the day, we will provide a text message to your phone.

TEAM COMPOSTION

A) VOLLEYBALL:

A minimum of ten (10) players is needed to make a team.

B) BASKETBALL:

A minimum of ten (10) players is needed to make a team.

C) BASEBALL:

A minimum of eleven (11) players is needed to make a team.

D) FAST PITCH SOFTBALL:

For 5th and 6th grades, a minimum of eleven (11) players is needed to make a team.

E) FOOTBALL

Football is open to 5th, 6th, 7th, and 8th grade students. A minimum of fifteen (15) players is needed to make a team (5th and 6th grades combine and 7th and 8th grades combine to make two separate teams). If not enough players are registered in 5th and 6th grade, the 6th graders will be allowed to play with the 7th and 8th graders with the understanding that the 8th graders will be given preference in playing time. SBS plays in an 8th grade league, so the 6th and 7th graders cannot be guaranteed playing time in the 8th grade games.

F) GOLF

A minimum of 10 students is needed in order to form a team. Students may need to check out of school early (with approval of principal) for matches played early in the afternoon. Players may bring a snack or money to purchase snacks at the clubhouse if they choose. Golfers will “walk” the course. Golf carts are used by adults only. Players cannot keep their own scorecard. The Athletic Director and coach will explain all other golf rules and etiquette.

G) TRACK

Track is comprised of boys and girls in the 5th, 6th, 7th, and 8th grades and has a minimum of ten (10) players needed to participate.

H) TENNIS

Tennis is comprised of boys and girls in the 5th, 6th, 7th, and 8th grades and has a minimum of ten (10) players needed to participate.

Additional Team Composition Notes:

- In any sport where SBS does not have sufficient numbers to constitute a “team” as stated above, grade levels may be combined at the discretion of the Athletic Director.
- No student is allowed to belong to more than one (1) St. Bernard School team roster, within the same sport, during one particular sport season. (i.e. Student cannot be on both the 7th grade and 8th grade basketball team rosters – only one of them)
- Tryouts will be held for any team exceeding the minimum number of participants.
- If SBS does combine grade levels, players are given the option to resign without a penalty within 2 days of the notification. Students choosing to play under these conditions must follow the guidelines of the “higher” grade level as stated in the handbook.
- No coed teams allowed except for track, tennis, golf, and soccer.

UNIFORM REQUIREMENTS

The player is responsible for the care of the uniforms. If a uniform is not returned in the same condition as issued or is not returned at all, progress and/or report cards will be held until the uniform has been returned or paid for. This rule applies to all athletic equipment as well.

1. Players are allowed to wear their uniform only in conjunction with school events.
2. Players shall wear only the uniform assigned by the coach for each sport.
3. All players are considered representatives of St. Bernard School and must be dressed appropriately on school grounds.
4. Uniform shirts must be tucked in at all times.
5. Any additional items to the uniform (t-shirts, jackets, headbands,...) must receive

approval by individual coach and/or administration.

6. If you are not in proper uniform - you will be benched.

- Volleyball: SBS jersey will be provided -- uniform to be returned to SBS at end of the season
Navy Blue Spandex (7th & 8th grade only) - certain type to be picked out by Athletic Director, but purchased by the participant.
Navy Blue shorts (5th - 8th grades) - provided by SBS and returned to SBS.
Plain white socks, socks with SBS logo, or a designated team sock- provided by the participant
Kneepads - provided by the participant
Volleyball shoes are highly recommended to prevent injury - provided by participant
Ankle braces are highly recommended to prevent injury – provided by the participant (7th & 8th grade)
NOTE: 7th & 8th grade girls are to keep shorts on over regulation spandex shorts until actual game time. This includes wearing shorts for warm-ups. Shorts are to be put back on immediately following completion of games.
- Basketball: SBS uniform jersey and shorts will be provided - uniform to be returned to SBS at end of the season
T-shirts can be worn under jersey (ONLY solid white or navy is allowed)
Plain white socks or designated team sock
Basketball shoes are highly recommended to prevent injury - provided by participant
- Baseball: Solid navy pants - provided by SBS (Paid by the participant)
Baseball shoes with rubber cleats - provided by the participant (NO metal cleats allowed)
SBS uniform jersey will be provided -- uniform to be returned to SBS at end of the season
SBS uniform hat available for purchase at an additional cost (hat is only to worn for the games)
Navy belt - provided by the participant
Navy (only) turtlenecks can be worn under SBS jersey in cold weather (provided by participant).
- Fast pitch: 3/4 Navy Blue pants - provided by the participant
SBS uniform jersey will be provided -- uniform to be returned to SBS at end of the season
Gold socks and navy belt - provided by the participant
- Football: SBS football game and practice jerseys – provided by SBS.
Helmet, shoulder pads, chinstrap, mouthpiece, black football cleats, socks, white game pants, practice pants, and pads to be provided by participant.
NOTE: Coaches will determine sock color before the season begins and will inform the parents and players.

- Golf: SBS golf team Polo shirt (purchased through SBS), khaki pants, golf shoes, and clubs to be provided by player.
- Track: SBS will provide a track jersey and short.
Track shoes are optional- provided by participant
- Tennis: SBS tennis team shirts (purchased through SBS)
Navy blue/white athletic shorts or tennis skirts to be provided by participant.
- Cheerleading: Uniforms are purchased by SBS. They include custom made tops and skirts, pom-poms, two (2) sets of camp apparel, an apparel bag to hold pom-poms and megaphone. Participant is responsible for navy bloomers, white ankle socks, bows, white cheerleading shoes, camp fee, and one set of practice attire.
- Pep Squad: An SBS uniform top and skirt will be provided by SBS. Participant will purchase a designated bow, pom-poms, white ankle socks, and white shoes.

Uniform Care Instructions:

- Machine wash in cold water with like colors
- Only use non-chlorine bleach when needed
- Line dry only
- No ironing (heat is not good for silk-screening)
- If the uniform is damaged or lost, the participant will be responsible for the replacement cost of the item.

CHEERLEADERS

All Cheerleaders are bound by all athletic rules and regulations provided in this handbook. Practices are mandatory.

Uniform and Appearance:

1. Each participant is responsible for the care of his or her own uniform.
2. You must wear your uniform only in conjunction with school events.
3. You must keep your hair out of your face at all times.
4. No jewelry is allowed during practices or games.
5. Cheerleaders must wear assigned uniform only.
6. Uniform includes hair ribbon, top, skirt, pompoms, socks, bloomers, shoes, smiles, etc.
7. Uniform and shoes should be clean and neat at all times.
8. No make-up allowed for games or practices.

Captain/Co-Captain

These positions will only be chosen through a process by the coaches and Sponsor if they so choose to have a Captain and/or Co-Captain.

Captain's responsibility:

- A. To call all cheers/chants.
- B. To work with the Co-captain and sponsor in organizing the game plan.
- C. To work with the Co-captain and sponsor on all pep rallies and special events.
- D. To have knowledge of all cheers, chants, dances, and games.
- E. To be a leader.
- F. Must be punctual and have perfect attendance.

Co - Captain's responsibility:

- A. To replace the Captain if she should be absent or unable to call cheers.
- B. To work with the Captain and sponsor in organizing the game plan.
- C. To work with the Captain and sponsor on all pep rallies and special events.
- D. To have knowledge of all cheers, chants, dances, and games.
- E. To be a leader

Cheerleader Eligibility:

- ✓ Must be in the 5th, 6th, 7th or 8th grade.
- ✓ Must attend cheerleader camp, which is paid at participant's expense.
- ✓ As a cheerleader, you can participate in other school-related sports in the Spring only.
- ✓ All members must meet all eligibility requirements as stated in the handbook.

ATHLETIC RECOGNITIONS AND AWARDS

There will be an end of the year Athletic Dance for all fifth through eighth grade athletes. All athletic recognitions will be presented during weekly masses throughout the year. All students will be recognized for their participation in a sport. Recognition is also given to those athletes who maintain Academic Excellence or Academic Achievement while participating in a sport.

Eighth grade plaques will only be presented to those 8th graders who have participated as an athlete in any sport over the course of their eligibility for two (2) or more years. The two years of participation in athletics does not have to be in two consecutive years, nor does it have to be in the same sport. These recognitions will be presented at the 8th grade Closing Ceremony at the end of the year.

Team accomplishments such as tournament wins will be recognized during weekly masses throughout the year.

CONCUSSION INFORMATION FOR PARENT, STUDENT, AND COACH

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that caused the head and brain to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

What are the signs and symptoms of concussion? Signs and symptoms of concussion can

show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports **one or more** symptoms of concussion listed below after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluation for concussion, says s/he is symptom-free and it's OK to return to play.

Most concussions occur "without" loss of consciousness. Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults.

Signs observed by coaching staff: Appears dazed or stunned, is confused about assignment or position, forgets an instruction, is unsure of game, score, or opponent, moves clumsily, answers questions slowly, loses consciousness (even briefly), shows mood, behavior, or personality changes, can't recall events *prior* to hit or fall, can't recall events *after* hit or fall, headache or "pressure" in head, nausea or vomiting, Balance problems or dizziness, double or blurry vision, sensitivity to light, sensitivity to noise, feeling sluggish, hazy, foggy, or groggy, concentration or memory problems, confusion, and just not "feeling right" or "feeling down".

Concussion Danger Signs: In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body she/he exhibits any of the following danger signs: One pupil larger than the other, is drowsy or cannot be awakened, a headache that not only does not diminish, but gets worse, weakness, numbness, or decreased coordination, repeated vomiting or nausea, slurred speech, convulsions or seizures, cannot recognize people or places, becomes increasingly confused, restless, or agitated, has unusual behavior, and/or loses consciousness (*even a brief loss of consciousness should be taken seriously*).

What should be done if you think you have a concussion: If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. *They can even be fatal.*

What should you do if you think your athlete has a concussion? If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is the key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

Attached are directions to the various schools participating in the Acadiana League. Please refer to this section before contacting the school for directions.

BASKETBALL & VOLLEYBALL GYM DIRECTIONS

ACADEMY OF THE SACRED HEART

Begin at 251 E. Bridge St. (SBS) and go to I-10. Turn left onto ramp and go west on I-10 for 6.0 miles.

Bear right on ramp at sign reading "Exit 103B I-49 North to Opelousas".

Go North on I-49 to the Grand Coteau/Sunset Exit. At the stop sign turn right heading into Grand Coteau

Continue 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, stay on the paved road. Go down about 1/2 mile and the school is on the left.

ASCENSION DAY

Take the Breaux Bridge Hwy to Lafayette. Turn Left on Louisiana Ave.-which turns into Johnston. Stay on this road until you reach University Ave. Take a right on University and then another quick right on Lee St. The gym is at the corner of Lee and Ave. B. (1 block)

CARENCRO CATHOLIC

Begin at 251 E. Bridge St. (SBS) and go to I-10.

Turn left onto ramp and go west on I-10 for 6.0 miles.

Bear right on ramp at sign reading "Exit 103B I-49 North to Opelousas".

Go North 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.

CATHEDRAL CARMEL

Begin at 251 E. Bridge St. (SBS) and go to the Breaux Bridge/Lafayette Highway LA-94.

Turn left onto LA-94 and go northwest for 6.9 miles.

At the red light at the Golf Course turn left onto Louisiana Avenue.

Proceed to 2nd red light and turn right onto Simcoe.

At the next light (Pontiac Point), veer left onto Jefferson Street.

Continue on Jefferson Street and cross both lanes of the Thruway, go under the underpass and continue on Jefferson to the red light at Vermilion Street. (4th light after underpass)

Turn right onto Vermilion Street and continue to the stop sign at the intersection of Vermilion and St. John Street. 848 St. John Street will be directly in front of you.

CATHOLIC HIGH OF NEW IBERIA

Begin at 251 E. Bridge St. (SBS) and go to the Breaux Bridge/Lafayette Highway LA-94.

Turn left onto LA-94 and go to the red light at the intersection of Pinhook Road.

Turn left onto Pinhook and proceed to the red light at the intersection of Pinhook and Surrey.

Turn left onto Surrey and proceed to the red light at the intersection of Hwy 90 and Surrey.

Turn left onto Hwy. 90 and proceed down Hwy. 90 towards New Iberia to the Exit at Hwy. 14.

HINT: Look for the Holiday Inn.

Take Hwy 14 exit and go under the overpass. Hwy 14 is also known as Center Street at this point.

Continue on Center St. to the intersection of Center and Admiral Doyle. HINT: McDonald's on the right. Turn right onto Admiral Doyle and the school is approximately 1 block on the right.

CATHOLIC HIGH (NEW IBERIA MIDDLE SCHOOL)

Highway 90 to Exit La14, turn left. This should be Center Street.

Continue on Center Street; go past the Best Western and the Holiday Inn and across the railroad tracks. At the second light take a right. There will be a Mobil Station on the corner. This is Weeks Island Road. The school is on the left.

If you can get to Center St. in New Iberia, go to Center, turn right, cross tracks, go down 3 lights, cross 3rd light, go down to the next light, turn left. School will be on the left.

E.S.A.

Take Hwy. 31 to St. Martinville in front of old Martin Mills. Stay on Hwy. 31 going out of St. Martinville. Douet Motors will be on the right. At the caution light after Douet Motors take a right. Go down several miles till you get to a red light. HINT: Store will be on the left. Go straight thru red light and cross railroad tracks - school will be on the right about 100 yards.

FAMILY LIFE (ROBICHEAUX CENTER)

I-10 West towards Lafayette. Exit at Ambassador Caffery turn left at the red light. Cross the bridge go thru 2 red lights. HINT: McDonalds will be on the right veer to the right onto Ambassador Caffery. Turn left on Gaubert Road, which will be the first street on the left. HINT: Immediately before sharp left curve. At the stop sign turn left on Eraste Landry Rd. the Robicheaux center is on the right.

FIRST BAPTIST CHRISTIAN

Begin at 251 E. Bridge St. (SBS) and go to the Breaux Bridge/Lafayette Highway LA-94. Turn left onto LA-94 and go northwest for 6.9 miles. At the red light at the Golf Course turn left onto Louisiana Avenue. Proceed to 2nd red light and turn right onto Simcoe. At the next light (Pontiac Point), veer left onto Jefferson Street. Continue on Jefferson Street and cross both lanes of the Thruway, go under the underpass and continue on Jefferson to Convent Street. 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.

HANSON MEMORIAL

Exit Hwy 90 at the only Franklin exit. You will exit to the right and take a left on Northwest Blvd. (under the overpass). Continue until you reach a 4 way stop. Turn right onto Chatsworth and travel to a 3 way stop. (Iberia St.) This is the first available left. Take a left onto Iberia, go over the RR tracks to another 3 way stop at Anderson St. Take a right on Anderson and travel about 1/4 mile. Hanson is on the right. You will pass in front of the school to a stop sign. The building before you is the gym.

Immaculate Heart

Begin at 251 E. Bridge St. (SBS) and go northeast on E. Bridge St. toward Washington St. Take a left onto Rees St. Turn left onto E. Mills Ave. Turn left onto E. Pinhook Rd. Turn right onto Surrey St. Take the 1st left onto 12th street. 800 12th St. on the left.

LAFAYETTE CHRISTIAN ACADEMY

Begin at 251 E. Bridge St. (SBS) and go to I-10.
Turn left onto ramp and go west on I-10 for 7.5 miles. Take Exit 101 Carencro/Lafayette.
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.

Begin at 251 E. Bridge St. (SBS) and go to I-10.
Turn left onto ramp and go west on I-10 for approx. 17 miles.
Take the Rayne Exit. At the end of the ramp turn right onto Hwy. 35 heading into Church Point.
Continue on this road for approximately 13 miles.
Continue through red light in town at the intersection of Main Street. (In other words - continue across Main).
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

Begin at 251 E. Bridge St. (SBS) and go to I-10. Turn left onto ramp and go west on I-10 for 6.0 miles.
Bear right on ramp at sign reading "Exit 103B I-49 North to Opelousas". 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

Begin at 251 E. Bridge St. (SBS) and go to I-10.
Turn left onto ramp and go west on I-10 for 43.4 miles.
Bear right on ramp at sign reading "Exit 65 LA-97 to Jennings/Evangeline".
Turn left on LA-97 and go southwest for 1.5 miles to 600 Robert Avenue.
HINT: Entergy Building will be in the curve. School on the right.

OUR LADY OF FATIMA

Begin at 251 E. Bridge St. (SBS) and go to the Breaux Bridge/Lafayette Highway LA-94.
Turn left onto LA-94 and go northwest for 6.9 miles.
At the red light at the Golf Course turn left onto Louisiana Avenue, which becomes Johnston Street.
Continue southwest on Louisiana Avenue/Johnston Street.
School is located on the left side of Johnston Street across from the Blackham Coliseum.

RAYNE CATHOLIC

Begin at 251 E. Bridge St. (SBS) and go to I-10.
Turn left onto ramp and go west on I-10 for 21.4 miles.
Bear right on ramp at sign reading "Exit 87 LA-35 to Rayne/Church Point".
Turn left on LA-35 and continue across railroad tracks.
Turn left on E. Perrodin St. (Auto Parts store on right - Church on left) and go east for about 300 feet.
Turn right on S. Polk St. and go South for less than 100 feet to 407 S. Polk St.

RAYNE HIGH SCHOOL

I-10 West towards Rayne. Take the 1st Rayne exit-- at the stop sign turn left. Stay in the left lane at the 1st red light turn left. HINT: Police Station should be on the right. Go straight and at the stop sign the school is on the left.

REDEMPTORIST

Begin at 251 E. Bridge St. (SBS) and go to I-10.
Turn left onto ramp and go west on I-10 for 27.2 miles.
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

Begin at 251 E. Bridge St. (SBS) and go to I-10.
Turn left onto ramp and go west on I-10 for 6.0 miles.
Bear right on ramp at sign reading "Exit 103B I-49 North to Opelousas".
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

Begin at 251 E. Bridge St. (SBS) and go to the Breaux Bridge/Lafayette Highway LA-94.
Turn left onto LA-94 and go northwest for approx. 5.9 miles to the red light at the intersection of Pinhook Road.
Turn left onto Pinhook and proceed to the red light at the intersection of Pinhook and Surrey.
Turn left onto Surrey and proceed to the red light at the intersection of Hwy 90 and Surrey. You will pass Beaver Park and the airport.
Turn left onto Hwy. 90 and proceed to the red light at the intersection with Morgan Street.
HINT: McDonald's is on the left.
Turn right onto Morgan Street and proceed to the red light and the intersection of Morgan and Main Street. At the light turn right onto Main Street. The church and school is approximately one block from this intersection.

ST. IGNATIUS

Begin at 251 E. Bridge St. (SBS) and go to I-10.
Turn left onto ramp and go west on I-10 for 6.0 miles.
Bear right on ramp at sign reading "Exit 103B I-49 North to Opelousas".
Go North on I-49 to the Grand Coteau/Sunset Exit. At the stop sign turn right heading into Grand Coteau Continue on this road to the red light.
At the red light, turn left. The gym/school is on the right about 1 block down.

ST. GENEVIEVE

Begin at 251 E. Bridge St. (SBS) and go to I-10.
Turn left onto ramp and go west bear right at next 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. JOSEPH

Take Hwy. 31 in front of old Martin Mills. Hwy 31 will go straight into New Iberia. New Iberia School Board Office will be on your left the road will curve to the right. At the stop sign and/or stoplight this will be a one way out of town. Cross over to the next stop sign and/or stop light this is a one way into town turn left you will be on Hwy.182. Stay on Hwy.182 you will pass in front of Dautrieve Hospital and Jeanerette High School on your left. You will be approaching the Ford dealership which will be on your right take a left at the dealership cross the bridge on Hwy.87 road will curve to the right school will be 1 mile on the left.

ST. LEO-SETON

Begin at 251 E. Bridge St. (SBS) and go to I-10.
Turn left onto ramp and go west bear right at next exit Louisiana Ave.
At the stop sign turn left. At the 1st red light turn right on Alexandria St.
Continue on Alexandria St. through the next red light at Moss St.
Continue straight till you get to Dale Street which will be the the 7th street on the right.
Take a right and at the stop sign take a left.
Gym on the right.

ST. MICHAEL

Begin at 251 E. Bridge St. (SBS) and go to I-10.
Turn left onto ramp and go west on I-10 for 27.2 miles.
Bear right on ramp at sign reading "Exit 82 LA-1111 to East Crowley".
Turn left at stop sign onto LA-1111 and go to the red light.
Continue straight to the yield sign and proceed to the right.
Take the 1st street (on the right) after the hospital, which is Northern Avenue.
Proceed to 4-way stop sign. The school is on the right at the stop sign.

TEURLINGS CATHOLIC

Begin at 251 E. Bridge St. (SBS) and go to the Breaux Bridge/Lafayette Highway LA-94.
Turn left onto LA-94 and go northwest for 5.9 miles.
Turn right on Teurlings Drive and go north for 0.3 miles to 139 Teurlings Drive.

WESTMINSTER CHRISTIAN ACADEMY

Begin at 251 E. Bridge St. (SBS) and go to I-10.
Turn left onto ramp and go west on I-10 for 6.0 miles.
Bear right on ramp at sign reading "Exit 103B 1-49 North to Opelousas" and go northwest for 15.7 miles. Exit on ramp at sign reading "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.

BASEBALL & FASTPITCH PARK DIRECTIONS

ARCENEUX CITY PARK

Take the Breaux Bridge Highway at the 1st red light turn left on Pinhook Rd. HINT: The red light after Calvary Cemetery. At the next red light turn left on Surrey Street. HINT: The street the airport is on. Go straight till you get to the 2nd red light, which will be the intersection of Hwy.90 and Surrey turn left. Go down Hwy.90 until you get to Broussard the red light at the intersection with Morgan Street. HINT: Mc Donald's will be on the left. Turn right on Morgan Street go straight at the red light take a left on to Main Street. HINT: Church will be on the right at the light. Go straight cross the railroad tracks and the park will be down on the left.

CARENCRO CITY PARK

I-10 West to University/Lafayette exit. At the red light veer to the right. Go straight through 3 red lights. HINT: At the 3rd red light Dominique Stock Yard should be on the left. At the next red light turn left the park will be on the right.
HINT: Swifty Food Store is on the left at the light.

CROWLEY CITY PARK

I-10 West towards Crowley. Take the 2nd Crowley exit at the stop sign turn left. Go straight through town the road will go around the courthouse. Keep to your right go straight you will then cross railroad tracks. HINT: Rice Mill will on the right. Turn right at the red light. Go straight and on the left will be the stadium and the park will after the stadium.

To get to the girls fields same directions. When approaching the stadium turn left on the side of the stadium. Turn right on the 1st street after the stadium. HINT: Next to the cemetery.

FOSTER PARK (YOUNGSVILLE)

Take the thruway to the South Park exit and stay straight cross over Pinhook; pass the Kart Ranch and keep going about a quarter mile until you come to a sharp right at church. Youngsville Middle School will be on the right and on the left across the street will be 4th Street. Turn left and go all the way down and you will run into the park.

NEYLAND CITY PARK

I-10 West towards Lafayette. Exit at Ambassador Caffery turn left at the red light. Cross the bridge go thru 2 red lights. HINT: McDonalds will be on your right veer to the right onto Ambassador Caffery. Turn left on Galbert Road, which will be the first street on your left. HINT: Immediately before sharp left curve. At stop sign turn left on Eraste Landry Rd. the park is on the right.

PARC HARDY

Begin at 251 E. Bridge St. (SBS) take a left on Bridge St. At the 1st red light turn left Rees St. Continue straight 0.6 miles HINT: Winn Dixie on the right. Take a right next to the Golden Sun Restaurant. Continue straight to the 1st gravel parking lot. Turn left into the parking lot.

PELICAN PARK

Begin at 251 E. Bridge St. (SBS) and get on I-10 west bound to Lafayette. Turn left onto ramp and go west on I-10 for 7.5 miles. Take Exit 101 Carencro/Lafayette. HINT: Honda of Lafayette is at the exit. Keep right at the fork to go on LA-182 N. University. Continue straight into Carencro.

HINT: Pizza Ville will on your left at the red light turn left on Prejean Rd.
Park will be on the right.

RAYNE CITY PARK

I-10 West towards Rayne. Take the 1st Rayne exit at the stop sign turn left. Stay in the right lane at the 1st red light turn right. HINT: Police Station should be on the right. The park will be down on the right. Behind the station.

ST. EDMUNDS

SOFTBALL/FASTPITCH

I-10 West to Crowley take the Crowley/Eunice Exit. Take a right towards Eunice. At the T-- which will be Maple Avenue take a left. Go straight about 11 blocks HINT: Champagne's Grocery will be on the left. Field will be on the right. HINT: Maple Avenue Pharmacy will be on the right.

BASEBALL

I-10 West to Crowley take the Crowley/Eunice Exit. Take a right towards Eunice. At the T-- which will be Maple Avenue take a left. Go straight about 11 blocks HINT: Champagne's Grocery will be on the left. HINT: Maple Avenue Pharmacy will be on the right. Take a left at the Pharmacy you will be on Juanita Street go straight 4 blocks and you will see the field.

VILLE PLATTE CITY PARK

Begin at 251 E. Bridge St. (SBS) and go to I-10.
Turn left onto ramp and go west on I-10 for 6.0 miles.
Bear right on ramp at sign reading "Exit 103B 1-49 North to Opelousas" and go northwest to Ville Platte Exit 23. Turn left, continue straight till Luke's Grocery and Shell Station.
At the light turn right. Go to the next red light and turn left on Lincoln Rd. cross the RR tracks.
Go down (5) or (6) blocks park will be on the left.

FOOTBALL FIELD DIRECTIONS

BREAUX BRIDGE HIGH SCHOOL

Begin at 251 E. Bridge St. (SBS) take a left on Bridge St. At the 2nd red light take a right on S. Poydras Highway LA-328. At the 1st red light take a left on Grand Pointe Ave. LA-347. Continue straight at the caution light 1.3 miles take a right on Doyle Melancon Rd. Continue straight 2.4 miles take a left on Breaux Bridge Sr. High Rd.
HINT: Breaux Bridge High School on the left.
Take a left at the 1st side street. Field on the right.

CLARK FIELD

Begin at 251 E. Bridge St. (SBS) and go to the Breaux Bridge/Lafayette Highway LA-94. Turn left onto LA-94 and go northwest for 6.0 miles. Cross the Pinhook intersection, at the next red light turn left. (Johnston St.) At the next red light turn right on Mudd Ave. The 2nd street on the right will be the entrance to the field. Field will be located on the left.

ST. EDMUNDS

I-10 West towards Lake Charles. Take the Eunice/Crowley exit. Go North on Hwy 13. Go straight until you get to a (3) way stop intersection. Take a left at the intersection and go over the RR tracks. Take a right at the next red light. Continue straight until you get to Hwy 13-US 90 -at the red light, turn left. Continue straight - at the 3rd traffic light take a right.
Hint: Shell Station on the right (Eisenhower St)—football field is straight ahead.

ST. THOMAS MORE

Begin at 251 E. Bridge St. (SBS) take a left on Bridge St. At the 1st red light take a left on Rees St. at Wal-Mart take a left. Continue on the Breaux Bridge Hwy. towards Lafayette. At the 2nd red light Pinhook Rd. take a left. At the 2nd red light Surrey St. take a left. Continue towards airport and Hwy 90. Take a left on Hwy 90 towards New Iberia. At the 1st red light turn right @ Kallie Saloom. Continue straight until Amb. Caffery intersection HINT: Walgreens on the left. Continue through the intersection next street on the left Farrell turn left. Continue straight STM will be on the right after the hospital.

GOLF COURSE DIRECTIONS

SQUIRREL RUN

Begin at 251 E. Bridge St. (SBS) turn left on S. Main St. Continue straight towards Parks LA-31 6.7 miles at the stop sign turn right. Continue straight through St. Martinville, LA-31/Main Hwy. Bridge. Turn left on Martin St./ LA-31 13.9 miles. Continue to follow LA-31.

THE FARM

Begin at 251 E. Bridge St. (SBS) take a left on Bridge St.
At the 1st red light take a left on Rees St. HINT: Wal-Mart/Martin Cheverolet take a left.
Continue on the Breaux Bridge Hwy. towards Lafayette. At the 1st red light turn right on Berard St. LA-31. HINT: Chevron Station on the right.
Continue straight 2.4 miles cross the I-10 overpass.
Turn left on next road Daugereaux Rd. At the stop sign take a right on LA-354/Sawmill Hwy.
Turn left on next road E. Gloria Switch Rd. travel 1.9 miles cross the bridge.
Immediately after crossing the bridge, turn right on Beau Bassin Rd. 2.0 miles course on th left.

VIEUX CHENES GOLF COURSE

Begin at 251 E. Bridge St. (SBS) take a left on Bridge St.
At the 1st red light take a left on Rees St. HINT: Wal-Mart/Martin Cheverolet on the left.
Continue on the Breaux Bridge Hwy. towards Lafayette. At the 2nd red light Pinhook Rd. take a left. At the 2nd red light Surrey St. take a left. Continue towards airport and Hwy 90. Take a left on Hwy 90 towards Broussard. Continue to travel 4.2 miles turn right on South Park Rd. LA-89. Continue to travel 2.2 miles turn right on Rue Des Vieux Chenes/Old Youngsville Hwy. Course is 0.2 miles.

TRACK MEET DIRECTIONS

ST. THOMAS MORE

Begin at 251 E. Bridge St. (SBS) take a left on Bridge St.

At the 1st red light take a left on Rees St. at Wal-Mart take a left.

Continue on the Breaux Bridge Hwy. towards Lafayette. At the 2nd red light Pinhook Rd.

take a left. At the 2nd red light Surrey St. take a left. Continue towards airport and Hwy 90.

Take a left on Hwy 90 towards New Iberia. At the 1st red light turn right @ Kaliste Saloom.

Continue straight until Amb. Caffery intersection HINT: Walgreens on the left.

Continue through the intersection next street on the left Farrell turn left.

Continue straight STM will be on the right after the hospital.

PLEASE COMPLETE AND RETURN TO THE SCHOOL OFFICE

**St. Bernard School
251 Bridge Street
Breaux Bridge, LA 70517**

**ATHLETIC HANDBOOK CONTRACT
SY 2016 - 2017**

This contract must be signed by the parent(s) and student(s) and returned to school within five days of receipt thereof.

My children and I have received, read and discussed the contents of the St. Bernard School Athletic Handbook for the SY 2016 - 2017.

We understand and agree to abide by these policies (and any amendments which may be forthcoming during the year) during the term of this contract: SY 2016 - 2017.

PARENT SIGNATURE & DATE

PARENT SIGNATURE & DATE

STUDENT ATHLETE #1

DATE

STUDENT ATHLETE #2 (Sibling)

DATE

STUDENT ATHLETE #3 (Sibling)

DATE