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**LJA PARENT QUICK REFERENCE FOR ATHLETICS**

**Contact Information:**

* Athletic Director, Jana Fraser - [jana.fraser@lejardinacademy.org](mailto:jana.fraser@lejardinacademy.org)

(261-0707 ext. 1610)

* Gym Manager, Warren Johnson - [warren.johnson@lejardinacademy.org](mailto:warren.johnson@lejardinacademy.org)
* Administrative Assistant, Deidre Harrison - [deidre.harrison@lejardinacademy.org](mailto:deidre.harrison@lejardinacademy.org)

(261-0707 ext. 1140)

* Athletics Manager, Taylor Souza, [taylor.souza@lejardinacademy.org](mailto:taylor.souza@lejardinacademy.org)
* Athletic Trainer, Justin Drain (Athletic Trainer) - [justin.drain@lejardinacademy.org](mailto:justin.drain@lejardinacademy.org) (261-0707 ext. 1620)
* Strength and Conditioning Coach, Dave Cosier - [david.cosierJr@lejardinacademy.org](mailto:david.cosierJr@lejardinacademy.org)

**Required Forms:**

**ILH Participation Form** - must be completed yearly; student is not eligible without a current form on file. A mandatory 4-business-day waiting period is applied by the ILH to all forms submitted after the season has started.

**LJA 21-22 Parent Athlete Resource Guide** acknowledgement page. This must be signed online prior to participation.

**Athletic Department Communication**

**Athletic Website**: [http//lejardinathletics.org](http://http//lejardinathletics.org)

This site has announcements and schedules for the sports by season.

**LJA Facebook**: Le Jardin Academy

**Athletic instagram**: @lejardinathletics.org

**LJA Weekly Newsletter** distributed via email from the school.

**Athletic Attendance Polic**y: Students must attend 2 full class periods in order to participate in that day’s practice or contests. In special situations the Director of Athletics may waive this policy. In order for this to happen, the parent must contact the Director of Athletics prior to the absence and explain the special request.

If a student is absent on Friday, they are not eligible for events on Saturday.

A student is eligible for a contest once they have attended 2 class periods in one day leading up to the contest.

**Outside Participation**: ILH Policy 2.7.G.3 -- Explained in the Parent Resource Guideline Booklet. Exemptions are possible, but must be filed with the ILH. Parents are encouraged to contact the athletic office as early as possible. Our office is unaware of these conflicts unless the family notifies us.

**Equipment**:

**School Purchases:** All items MUST be returned.

**Family Purchases**: An example is team t-shirts, swimsuits etc. These are directly billed to the student’s school account. This may apply to sports such as golf, tennis, swimming, water polo, kayaking, canoe paddling and others.

**Chain of Command**:

1. If a conference with the coach is needed, we ask that you wait 24 hours before contacting the coach.

2. If after that time you still feel a conference is needed, please contact the coach to set one up.

3. If after this meeting you are not satisfied with the outcome, then set up a meeting with the Director of Athletics.

4. If you are not satisfied with this meeting, we will set up a meeting with the Head of School.

**Other websites:**

PAC-5 website: [pac5athletics.org](http://pac5athletics.org)

ILH:  [ilhsports.com](http://ilhsports.com/)

Scoring Live: [scoringlive.com](https://scoringlive.com/)

NFHS: [nfhslearn.com](http://nfhslearn.org)

**ILH Grab-N-Go Policy**:

Visiting teams & their parents, supporters, coaches & school representatives are PROHIBITED from consuming or distributing any snacks or meals on the campus of other schools. Teams & their supporters are to leave as soon as possible after the game. Only drinks can be distributed as the students leave the campus. This rule applies to school sites only.

**Participation commitment:**

**The Athletic Department strongly encourages all families to consider each team’s 2-3 month season as a COMMITMENT, and** **to accordingly schedule all trips and vacations around the practice and game schedules**. **The values athletics are building in the students - those of teamwork, dedication, commitment, decision-making, time management, sacrifice, among many others – are all diminished when players miss parts of the season.**