The Athletic Department supports the School’s mission by striving to create an inclusive environment where our student-athletes are inspired towards competing at a high level and are positioned to achieve athletic excellence. Our Athletic Department is centered on our commitment to setting high expectations for our student-athletes while creating a positive, healthy culture where strong, trusting relationships are cultivated between teammates and coaches. Our coaches will require an intense commitment from our student-athletes, but with those high expectations comes consistent support and positive leadership from our staff of over a hundred coaches. The Newman athletic program is dedicated to developing character, a competitive spirit, and physical skills through a wide variety of individual and team sports. We develop highly competitive individuals who demonstrate teamwork, show respect for themselves and others, are honest in their efforts, and achieve quality in all they do.

Newman varsity athletic teams compete as members of the Louisiana High School Athletic Association (LHSAA) in Class 2A. Middle School girls and boys teams compete primarily in the New Orleans Athletic League consisting of several local parochial and private schools. The New Orleans Athletic League is committed to providing a competitive balance, a limited number of games per week, and an emphasis on skill development. Our eighth grade teams will not only compete in the NOAL League, but they will also compete against the larger Catholic schools from the greater New Orleans area.

Newman offers the following sports: Baseball, Basketball, Cheerleading, Cross Country, Football, Golf, Gymnastics, Lacrosse, Soccer, Softball, Swimming, Tennis, Indoor and Outdoor Track, and Volleyball. Last year 85 percent of Middle School students and 88 percent of Upper School students chose to participate in at least one of these activities. Whether a team has eight participants or 60, all have the same standing and support and are open to all interested students.

The Middle School athletic program’s purpose is to develop the necessary attitudes, skills, techniques, and behaviors as well as the concept of sportsmanship which are important to being a part of any successful team. While participation is a key emphasis, Middle School athletics helps to establish the foundation for our varsity athletic programs.
At the varsity level, the goal and the emphasis shifts to performance and fielding competitive teams. Therefore, the commitment to team goals and working together to achieve them are substantial.

The 98 State Championships and hundreds of District Championships earned through the years reflect a strong work ethic, a passionate dedication, and a thorough commitment to excellence by both student-athletes and coaches. Newman is exceptionally fortunate to have a caring, committed, dedicated, and professional coaching staff. The coaching staff, which includes faculty and non-faculty coaches, provides and promotes the development of each child’s potential. Newman coaches are expected to model behavior reflecting our Core Values of honesty, kindness, respect, and responsibility. This modeling is positive and constructive, and it has a significant impact on our student-athletes that cannot be over-emphasized. The result for our student-athletes is a wonderful balance and appreciation for the values obtained through athletics.

One of the first schools in the city to have a full-time registered nurse on staff, and one of the first high schools to have a Certified Athletic Trainer, Newman is fortunate to have not only three full-time Certified Athletic Trainers, but also the well-equipped Philipson Health Center. Certified Athletic Trainers are medical professionals trained in preventing, recognizing, managing, and rehabilitating injuries that result from physical activity. The Certified Athletic Trainers are on duty throughout the school day in order to care for the student-athletes. They also attend practices and home and away games throughout the school year.

In the fall of 2010, Newman athletic trainers brought the ImPact (Immediate Past Concussion Assessment and Cognition Testing) program to Newman to ensure the cognitive safety of our student-athletes who participate in contact sports. This innovative program, which assists our team physicians and athletic trainers in evaluating and treating head injuries (e.g., concussions), is the same program used by the NFL.

In 2016, Newman took a proactive and innovative step forward in student-athlete physical preparation with the creation of the High Performance Program. The High Performance program was created to provide sound strength and conditioning programming as well as education on nutrition, recovery, stress-management, and sport re-entry following injury for student-athletes. This progressive program gives student-athletes an edge physically, while also reducing the risk of injury with proper preparation for sporting demands and strict focus on movement quality. High Performance training is provided to all student-athletes both in and out of season. Training is offered throughout the school day as well as after school year-round.

For more information about athletics at Newman, contact Patrick Summerour, Athletic Director
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