

Lake County High School



Activity/Athletic Handbook

Updated 4/19/2017

INTRODUCTION

Welcome to the Lake County School District's activity/athletic program. The purpose of this handbook is to give you information about our program and our goals for the development of a student in academics, activities, and athletics. Hopefully, your decision to take advantage of our extracurricular and co-curricular programs will be educational, rewarding, and challenging. This handbook is given to you so that you might be more aware of the programs that are available and their inter-relationships. The Lake County School District encourages you to take advantage of as many programs as your time and talent will permit. **WE DO NOT ENCOURAGE SPECIALIZATION IN ONE ACTIVITY/SPORT; RATHER, WE WOULD ENCOURAGE YOU TO EXPERIENCE A VARIETY OF SPORTS AS WELL AS OTHER SCHOOL ACTIVITIES.** Naturally, due to conflicts in seasons, practice times, schedules, etc., some choices will have to be made by you and your coaches. This handbook will cover the student for open gyms, sports/activities camps and any voluntary practices for 365 days from signing. Good luck to you as you strive to grow emotionally, mentally, socially and physically through activities/athletics.

ACTIVITIES/ATHLETICS IN LAKE COUNTY

Grades 6-8:

Fall – Cross Country, Football, Volleyball, Boys Soccer

Winter I – Boys Basketball, Nordic Skiing, and Alpine Skiing

Winter II – Girls Basketball, Nordic Skiing, and Alpine Skiing

Spring – Wrestling, Track, Girls Soccer

Year Round - Band, Choir, and Student Council, Drama

Grades 9-12:

Fall – Cheerleading, Cross Country, Boys Soccer, Football, Volleyball and Boys Golf.

Winter – Cheerleading, Boys and Girls Basketball, Wrestling, Nordic Skiing and Alpine Skiing.

Spring – Girls Soccer and Track

Year Round - Band, Choir, Student Council, FBLA, Yearbook, , Link Crew, Drama, Newspaper, Knowledge Bowl, NHS, and Student Council.

PHILOSOPHY

We believe that interscholastic activities/athletics shall be an important piece of the secondary curricular program, and as such become a vital part of a student's total educational experience. These experiences contribute to the development of learning skills and emotional patterns that enable the student to make maximum use of his/her education. Student participation in any part of our activities/athletics is a **privilege** which carries with it responsibility to the school, to the activity, to the student body, to the community and to the student. This participation will help to develop the student physically, mentally, socially, and emotionally.

STUDENT RESPONSIBILITIES

As a student participant, you are in school to secure the best secondary education you are capable of achieving. Deciding to take advantage of THE OTHER HALF OF EDUCATION plays a significant part in your total educational development. However, with this decision to participate also comes certain responsibility that MUST be followed through with:

- Striving to achieve sound citizenship and desirable social traits, including emotional control, honesty, cooperation, dependability, and respect for others and their abilities.
- Maintaining academics and eligibility standards as established by the Colorado High School Activities Association and the Lake County School District.
- Learning the spirit of hard work and sacrifice.
- Learning to attain physical fitness through good health habits.
- Desiring to excel to the limits of your potential.
- Showing respect for authority, peers, yourself and property.
- Willing to accept the leadership role that is instilled through the activities/athletics program. Keep in mind that you are in the public eye and your personal conduct always must be above reproach. **You have an obligation to create a favorable image and gain the respect of your teammates, your student body, the Lake County School District, and the community.**

PARENT RESPONSIBILITIES

Be Interested:

Make sure your son/daughter knows that his/her academic progress is important to you. Attend all open houses and parent conferences. Know when each grading period ends, and see all progress reports and report cards as soon as they come in. ***Do not assume that someone will call you if there is a problem.*** If you do not see a progress report or a report card, call the school and request a copy.

Be Positive:

The best way to help your student is to be positive and to provide encouragement, both at home and in the stands. Know that you're the most important person in your student's life and that your student wants you to be proud of him/her regardless of the situation. Attend your student's activities and cheer positively for them.

Help Set Goals:

Sit down with your student at the beginning of each grading period and help them set realistic academic, activity, and athletic goals. Setting goals gives your student something to work for, and it makes them aware of what your expectations are.

Time Management:

Playing sports and involvement in other activities requires a substantial time commitment. Your student must therefore have good time management skills in order to get everything done. Encourage your student to use the time they are given in school to study and to work on homework. Help your student create a study plan, and then help him/her identify anything that might sabotage his play (Example: lying down on the couch to watch TV before his/her homework is done.)

Offer to Help:

Offer to help with homework, but don't give more help than is wanted. Keep in mind it is your student's responsibility to get his/her homework done and study for tests. Encourage your student to attend tutoring time which will be offered every weekday. The times will be established based on the tutor's schedule and availability.

Accountability:

It is human nature to be tempted to "slack off" when we are not accountable. Your student needs to know that you care and that you are monitoring their academic and athletic progress. They need to know that success will be recognized and that poor performance will be noticed.

Working with the School:

Teachers, counselors, coaches, and administrators are here to help your student get the best education possible. A family situation such as a divorce, health problems, death in the family, etc. can affect your student's attitude and performance. If such a circumstance should arise, please feel free to call the school counselor or your student's advisor. Share with them what is going on so that we may possibly be of some assistance to you and your family. If you have a concern that relates to a specific class, call the teacher.

Working with the Coaches:

First, attend the preseason coach's meeting. Then, if you have a concern about a particular coach, follow their expectations established during the preseason meeting and these guidelines:

Appropriate concerns to discuss with coaches:

1. Treatment of your student, mentally or physically
2. Ways to help your student improve
3. Concerns about your student's behavior
4. Concerns about your student's role on the team

Issues not appropriate to discuss with coaches:

1. Playing time

2. Team strategy
3. Play calling
4. Matters concerning other student-athletes

Appropriate communication:

1. Follow the coach's guidelines established during the preseason meeting and contact the coach first to discuss any issue.
2. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both parents and coaches. Meetings of this nature do not promote resolution and even exacerbate the issue.
3. Contact the athletic director if you have further questions or concerns after meeting with a coach.

SPORTSMANSHIP

“BE GOOD AND DO RIGHT”

That simple statement can guide all emotions and reactions from participants, coaches and sports fans at interscholastic contests. If you consider that interscholastic activities are meant to be fun and provide a supplement the education of these youth, the statement above has added meaning. Sporting activities are not life and death endeavors conducted for one group to show its supremacy over another. Interscholastic sports are for fun, character development, physical well-being and provide a vital part in a child's learning how to become a contributing member of society. As a result, participants, coaches and fans need to learn and indeed, demand that winning be handled with grace and humility; losing should be handled with dignity and with the respect given to an opponent who was ahead at the end of the contest. When a team can win on the scoreboard, but also show respect for an opponent, then the victory is even more special. Conversely, when a team loses a contest, the primary focus of this team should be to determine what each team member could have done to change the outcome. In interscholastic competition, both winning and losing should be a great learning experience. Learn the rules and play by the rules. This is another simple concept that can increase your opportunity for success (however you measure success), and also help you understand and explain the outcome of the game. It is gratifying that the participants themselves very often display the greatest displays of SPORTING BEHAVIOR at the interscholastic level. It is important for coaches and fans, as well as the participants themselves to consider their actions while at sporting events so that everyone can be examples of what is good and right about interscholastic athletics. Be a leader in promoting positive sporting behavior. Make your children, teammates, school and community proud of what your team represents. People notice and remember actions of their opponents. Make it a great memory. Good luck with your athletic participation and support. May it be all that you hoped for and provide special memories that last a lifetime.

Sincerely,

Paul Angelico

CHSAA Commissioner.

As a participant representing the Lake County School District, you have the responsibility for exhibiting good sportsmanship at all times. The moment you put on that school uniform, **you become a representative of your student body, your school, your community and, most importantly, yourself.** You will receive the ingredients of good sportsmanship through the teaching, coaching and examples of the coaching staff. Be sure to exhibit what you learn. A very important lesson we learn through interscholastic athletics/activities is that by hard work and dedication, we can improve. In America, we recognize we can take the ability given us and

through hard work and dedication become anything we want to be. No one can tell you what you must be. If you are willing to recognize the ability you possess and work hard, you can achieve success in athletics/activities. Attitude is one of the principle requisites in becoming a champion in any sport or activity and of course how you act, and how you feel and think in showing your disposition best define that. The desire to excel, to win, to pay the price, is all positive points or attributes of attitude that contribute to a winning philosophy. Yes, a winning philosophy is important. But likewise realize the importance of how the game is played as well as viewed. Simple acts or gestures of respect such as: displaying good conduct, cooperating with officials, shaking hands with opponents before and after the contest, showing self-control at all times, accepting decisions and abiding by them, accepting both victory and defeat with pride and compassion, and never being boastful or bitter, will aid you, the individual, and your team as well as to portray the standards of sportsmanship expected of athletes/participants in the Lake County School District. Actually, interscholastic athletics/activities are much like everyday life. America thrives on competition that has made the country as great as it is today. You might say it is the backbone of our great nation. Regardless of your plans in later life, whether to be in labor, management, sales, professions, or whatever, you must realize there will be competition. There are and will be disappointments in all of life's activities. It's how you react to these disappointments that will measure what values you have learned through activity participation and athletic play on the courts, fields, and mats during your high school days.

GAME AND SPECTATOR CONDUCT

All spectators, fans, and participants will be required to follow the expectations stated in CHSAA's Game Management & Sportsmanship Expectations Guide throughout the year. Failure to do so may result in being removed from a contest, loss of privilege to play or be a spectator during the season, or loss of privileges for the entire year. Thanks for your cooperation with this. Please see CHSAA's Game Management & Sportsmanship Expectations Guide at www.chssa.org or the copy that is kept in the office.

HAZING AND BULLYING

Definition of Hazing: Hazing occurs when an act is committed against a student or a student is coerced into committing an act that creates a substantial risk of harm to the student or to any third party in order for the student to be initiated into or affiliated with any school group, club, athletics team, grade level, activity or organization. Hazing includes but is not limited to:

- Any activity involving an unreasonable risk of physical harm, including paddling, beating, whipping, branding, electric shock, sleep deprivation, exposure to weather, placement of harmful substances on the body, and participation in physically dangerous activities.
- Any activity involving the consumption of alcohol, drugs, tobacco products, or any other food, liquid, or other substance that subjects the student to an unreasonable risk of physical harm.
- Any activity involving actions of a sexual nature or the simulation of actions of a sexual nature.
- Any activity that subjects a student to an extreme and unreasonable level of embarrassment, shame, or humiliation or which creates a hostile, abusive, or intimidating environment.
- Any activity involving any violation of federal, state or local law or any violation of school district policies and regulations.

Definition of Bullying: Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems.

In order to be considered bullying, the behavior must be aggressive and include:

- **An Imbalance of Power:** Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
- **Repetition:** Bullying behaviors happen more than once or have the potential to happen more than once.

Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

Lake County School District prohibits all forms of hazing, bullying, relational aggression, and student intimidation. Students participating in or encouraging inappropriate conduct will be disciplined in accordance with school district policy. Such discipline may include, but is not limited to, suspension or expulsion from school and removal from participation in activities or athletics. Students who have been subjected to hazing, bullying, or relational aggression are instructed to promptly report such incidents to a school official.

In addition, district staff, coaches, sponsors and volunteers shall not permit, condone or tolerate any form of hazing, bullying, relational aggression, or plan, direct, encourage, assist, engage or participate in any activity that involves hazing, bullying, or relational aggression. District staff will report incidents of hazing, bullying, and relational aggression to the building principal. The principal shall promptly investigate all complaints of hazing, bullying, and relational aggression and shall administer appropriate discipline to all individuals who violate this policy. The district shall annually inform students, parents, district staff, and volunteers that hazing, bullying, and relational aggression is prohibited. This notification may occur through the distribution of the written policy, publication in handbooks, presentations at assemblies or verbal instructions by the coach or sponsor at the start of the season or program.

Electronic Devices/Media

1. **Cell Phone Use by Student-Athletes** – The cell phone is a very powerful and useful tool in communication. Just about everyone has a cell phone and most cell phones have a variety of options which makes them all portable computers as well as a camera. We do not allow anyone to bring a camera into a locker room so we hold the same standard here. Students will not be able to use cell-phones in the locker room. Cell phones at practice can be a distraction and can be disruptive to the harmony of the team. Coaches are advised that cell phones should be banned during practice but can be used at coach's discretion.

BASIC GUIDELINES FOR PARTICIPATION

- Students are free to make their own selections as to activities/athletics in which they wish to participate. However, it is the Lake County School District policy that when a student is involved in two or more activities/athletics, the **student chooses a primary activity/sport and notifies their coaches as to what they have designated.** This way if a student faces a conflict between those two activities/sports the student and coaches know ahead of time which activity/sport a student will attend. Students are not to be penalized by the activity/sport not attended.
- Please understand that if you decide to make a commitment to a team, you have made the decision for the season. **Quitting is not an option; do not start something that you are not going to finish!!!** If a student makes a commitment, but does not follow through with the commitment to the end, the student may lose privileges to participate in another sport or activity that year.
- A student who makes a commitment to an activity/sport does so for the duration of the season. A student who has gone out for an activity/sport but quits of his/her own accord will not be eligible to receive a refund of the activity/athletic fee. Also, he/she will not be allowed to start practicing or pre-season conditioning for another activity/sport before the end of the competition in the activity/sport that was dropped unless the head coach (of the activity/sport that was dropped) signs a release form and the head coach of the new activity/sport involved accepts the athlete.

- All school sponsored trips must be cleared through the office and conform to the Activities/Athletics Handbook. Students on school-sponsored trips will be required to ride the school bus/van to all extracurricular activities unless arrangements have been made in advance with coach/teacher. Parents/guardians, who attend out of town competitions, may sign the student-athlete out with the coach/teacher to allow them to return with parent/guardian.
- Students are subject to all rules and regulations of the school while going to, during, and returning from a school-sponsored trip. Only Lake County students may ride on a school-sponsored bus.
- All students who ride the bus to and from any activities or athletic contests are expected to follow the bus rules as outlined in the student handbook and by the transportation department. Failure to comply with those rules will result in the loss of privilege to ride the bus.
- When leaving from home, students provide their own transportation to **in-district** events.
- Students who are allowed to drive to school may provide their own transportation to such practice sites if a signed parent permission slip is on file with the coach.
- If it is necessary to be **absent from practice**, the student is expected to **obtain permission from the head coach / sponsor** or notify the coach /sponsor of an absence prior to the scheduled practice.
- **Students must be in attendance a full day to participate in any activity scheduled for that day.** Exceptions are granted with **administrative approval** only. A student who is absent from any class without obtaining prior approval may not participate in practice or contests on the day he/she is absent. Students who do not obtain prior approval and do participate in practice or contests will result in the loss of playing time in the next contest after the violation is verified. **Friday will count towards any competition or event held on a Saturday.**
- Students in Out of School Suspension (**O.S.S.**) are ineligible for practice or participation for the duration of the suspension and until he/she has fulfilled the disciplinary requirements established by the administration.
- In the event that a student is assigned an **afternoon detention as the result of a classroom problem, he/she is not allowed to use the excuse of “I have a practice or a contest so I can’t stay.”** THE CLASSROOM OBLIGATIONS ALWAYS COME FIRST.
- Students must be passing all classes to be eligible for activities or competitions. Grades are checked every three weeks and the end of semester. If the student has any F’s at a grade check they are deemed ineligible. The period of ineligibility is three weeks, unless the student successfully appeals the eligibility findings. Students that fail 2 or more classes at semester are 6 weeks ineligible per CHSAA policy A.
- If a student believes that a grade on the eligibility report is inaccurate, they can talk with the teacher **after school** to make sure that the grade in Power School is accurate. A student MAY NOT ask a teacher to change a grade to make that student eligible for the week. Also, a student may not turn in any late assignments to the teacher and expect that the teacher change the grade to make them eligible for that the week. The only reason a grade should be changed to make a student eligible to compete in any given week is if the teacher made a mistake with the grade that was entered into the computer.
- The use of alcohol, tobacco, or controlled substances is known to be detrimental to the individual as well as the team he/she represents. Therefore, disciplinary action will be taken, which may result in his/her removal from the team, should he/she choose to use any of the above mentioned while he/she is a student at the high school. (This is more clearly defined in Code of Ethical Behavior Section.)

- Fighting, poor behavior in school and violation of the student handbook or code of conduct is detrimental to the individual and the team he/she represents. Therefore, disciplinary action will be taken, which may result in his/her removal from the team. (This is more clearly defined in Code of Ethical Behavior Section).
- Prior to starting practice each season, students will be expected to turn in paperwork, fees, insurance, and clear up any obligations from previous seasons before they will be allowed to practice with the rest of the team. Prospective students will not be allowed to practice or turn out for a sport/activity following another sport/activity until all issued material is checked in from the previous sport/activity and all fees are paid. **Absolutely no student athlete will be allowed to practice until all paperwork is returned to the coach and on file with the athletic department, no exceptions.**
- All students are required to have insurance; if you do not have insurance you may purchase the school insurance through the main office.

PROTECT YOUR ELIGIBILITY

The Colorado High School Activities Association, of which the Lake County School District is a member, is a voluntary, nonprofit, educational association of junior and senior high schools established for the purpose of working cooperatively in adopting standards for supervising and regulating interscholastic activities and contests. One of the primary functions of Colorado High School Activities Association is to establish eligibility standards that must be met by all students to attain the privilege of representing their school in interscholastic activities. Eligibility is a PRIVILEGE to be granted by the school to a student, which allows that student to participate in interscholastic activities/athletics. Eligibility is NOT A STUDENT'S RIGHT BY LAW. Precedent setting legal cases has determined that eligibility is a privilege to be granted only if the student meets all standards adopted by the school, which enables the school to grant the student such a privilege. Listed below is some information to acquaint you with the major rules and regulations you must follow in order to protect your eligibility:

A. You must be a creditable school citizen. Creditable school citizens are those students whose conduct, **both in and out of school**, will not reflect discredit upon themselves or their schools.

B. Academics

- You must be enrolled in courses offering 3.75 units of credit. (This is seven courses plus Extended Studies.) Seniors must be enrolled in a minimum of 2.50 units of credit. (This is the equivalent of five classes or internship hours.) DOOR students are required to be in good standing with their teacher.
- You must have earned 2.75 units of credit the preceding semester. Students may count up to two units of credit from summer school toward establishing their athletic/activity eligibility for the fall semester. Only classes, which are required for graduation from the local school, may be counted toward meeting the academic requirement. DOOR students are required to have earned 2.50 units of credit the preceding semester.
- Do not drop classes without first checking with your athletic director or counselor to determine whether it will affect your eligibility.
- Transferring Schools

A. If you have transferred schools you and your parents need to read and complete the : CHSAA Parent Handbook, Understanding the Transfer, Eligibility Procedure. There are copies of this in the main office. This needs to be completed before you start practice or competition.

- Participation Limits

A. You are eligible to participate in any sport for a maximum of eight consecutive semesters. Any part of a game played during a season counts as a season of participation.

B. Your eligibility in high school activities begins when you first enter the ninth grade and for the first eight semesters that you are enrolled in high school. Your eighth semester must immediately follow your seventh semester.

C. You must enter school within the first 11 days of the semester to be eligible.

D. If you reach the age of 19 prior to August 1, you will be ineligible for interscholastic competition the next school year.

- Awards Standards

A. You may not receive cash, merchandise or gift certificates for participating in an athletic/academic contest.

B. You may accept awards that are symbolic in nature, such as medals, trophies, ribbons, plaques, etc., for participating in a school athletic/academic program. These awards may be received only from your school, from a school hosting an event, or from the Colorado High School Activities Association.

C. You may accept awards for participating in non-school sponsored athletic/academic competition only if the awards are symbolic in nature, such as medals, trophies, ribbons, plaques, etc.

- Non-School Competition

A. You may not participate in any organized non-school athletic competition and your school team IN THE SAME SPORT during the same season without permission from the coach and Principal.

B. Players certified to participate as members of any high school sport team may compete on any other team, in any non-school activity or event in that sport during that sports season with the express written permission of the principal. Permission shall be granted if:

- 1) the students' class attendance is not compromised; and
- 2) the student is in good academic standing under the school's activities policy applicable to all students.

- C. Before you join any non-school team or enter any non-school competition involving athletics, check with your athletic administrator to make certain these standards are being met.
 - D. You may participate in an “audition” or “try-out” for a college team only after you have completed your last season of eligibility in the sport for which you wish to tryout.
 - E. Student-athletes who are planning on competing in college athletics must be aware of the NCAA requirements for participation. The National ACT Test and the NCAA Clearinghouse must be completed prior to participation in NCAA sanctioned athletics or activities. Please contact the Lake County High School Counseling Office to complete the NCAA qualification process.
- Sports Camps/Clinics
 - A. You may attend a non-school sponsored summer specialized sports camp for as long as you wish, where you do not receive instruction or coaching from a member of your school’s coaching staff.
 - B. You may attend a specialized athletic camp outside the school sport season during the school year.
 - C. You may attend a camp or clinic where your school’s coaching staff instructs or coaches for a period no longer than two weeks in duration. **REMINDER:** Any questions pertaining to eligibility that is not answered above should be brought to the attention of your athletics administrator.

ALTERNATIVE PE CREDIT

Students involved in athletics will have the opportunity to earn up to .50 PE Credit each semester or 1.00 PE Credit per year for participation in sports. In order to receive credit, athletes must complete a training log for the entire season which outlines what they do for training or competition on every day of the season. Students will submit the training log along with a two page double spaced paper that outlines what they learned by participating in the sport. This paper should include things that they learned about training, the sport itself, and life lessons that they can carry with them. The paper and training log should be submitted to the athletic director for approval.

CARE OF EQUIPMENT

In order to give the student a sense of responsibility and an appreciation of his/her equipment, each will be held accountable for the abuse or loss of it. **ANY EQUIPMENT LOST OR STOLEN MUST BE PAID FOR BY THE STUDENT IN WHOSE NAME IT WAS CHECKED OUT. Failure to do so will result in loss of privileges to compete in any other activity or sport until the obligation is taken care of.**

The following guidelines, if adhered to, will reduce the chances for lost or stolen equipment:

- Do not exchange or loan any of the equipment checked out to you to another teammate. If exchange is warranted, clear it on our checkout card by having the coach makes the adjustments.

- Except when you are in visual contact, keep your locker closed and **LOCKED** At all times. This includes when you are in the shower. School and personal equipment and belongings should be locked up at all times.
- Any loss of equipment should be reported immediately to the head coach, rather than waiting until the end of the season.
- Any protective equipment that does not fit properly or that has any defective parts should be reported to a coach immediately. Do not wear the equipment until the necessary adjustments have been made. This is for your protection.
- It is against the Colorado High School Activities Association regulations to sell or rent any equipment to individuals. Therefore, any equipment you may see out of the school environment does not belong to the individual(s). Please report any such violation to a coach or the athletic administrator. By doing so, you are not only helping the athletic department, but also the individual who must pay for the stolen item.

Code of Conduct

The Lake County High School Athletic/Activities Code of Conduct establishes standards by which student athletes are expected to conduct themselves as representatives of Lake County Schools. Parents are expected to discuss these regulations and consequences with their student athletes so that informed and appropriate decisions about behavior are made.

It is imperative that students and parents understand that the Lake County Schools Student Code of Conduct and the LCHS Athletic/Activities Code of Conduct are two separate sets of standards. The LCHS Athletic/Activities Code of Conduct, which is written specifically for student activities/athletics, is intended to be used concurrently with the LCS Student Code of Conduct, but the two codes differ procedurally and substantively. If a student athlete is suspended for a violation of the LCS Student Code of Conduct, then the student athlete will not be permitted to practice or participate in contests during the suspension. If the same misconduct also constitutes a violation of the LCHS Athletic Code of Conduct, then the student athlete will be penalized accordingly.

The LCHS Athletic/Activities Code of Conduct sets a high standard because of the school district's desire to help protect the health, safety and welfare of all students and community members. The LCHS Athletic/Activities Code of Conduct applies to **all** athletes and activity members. A student is deemed to be an athlete/activity member for purposes of the LCHS Athletic/Activities Code of Conduct once the student is notified by the coach/sponsor that the student has made his/her first team or group. Thereafter the student is deemed to be an athlete/member for the remainder of his/ her high school career. This also includes all students "in season" as well as those students whose season has been completed but who intend to compete in subsequent seasons or sports. The strenuous nature of athletics and the rigors of competition demand that a high standard of behavior on the part of student athletes be maintained at all times. Furthermore, the LCHS Athletic/Activities Code of Conduct provides parents with support in dealing with potential problems with their student, and it provides incentive for the athlete/member to deal appropriately with negative peer pressure.

The LCHS Athletic/Activities Code of Conduct applies to behavior that takes place **ON OR OFF** school grounds. These violations may take place at **ANY TIME** during the student's enrollment at Lake County High School, including the off season as well as the summertime. The LCHS Athletic/Activities Code of Conduct will be in effect 24 hours a day, 7 days a week, for 365 days a year. It applies to all athletes/members, whether

in season or out of season, on or off school property including, but not limited to, school sponsored/sanctioned events on or off campus, and private activities or events. When off-campus or private behaviors are proven to violate District Policy and/or the LCHS Athletic Code of Conduct, then consequences will follow if brought to the attention of the Athletic Director.

Consequences for violating the LCHS Athletic Code of Conduct will be in effect for non-league, league, district, regional, and state contests and championships. With regard to suspensions from contests, scrimmages do not count as contests. Consequences of athletic code violations will carry over from school year to school year and will be in effect for the duration of the athlete's high school participation. This means the student's record of LCHS Athletic Code of Conduct violations will follow him/her from one sport to the next, from one year to the next.

Athletics/Activities Tobacco, Drug and Alcohol Policy

The purpose of Lake County Schools' Athletics/Activities Drug and Alcohol Policy

is to create a positive, healthy, drug and alcohol-free atmosphere. In keeping with this philosophy of wellness, student participants are expected to refrain from the use or possession of alcohol, tobacco, and other regulated and or harmful drugs, including steroids. Students are expected to be leaders within the student population by avoiding environments where alcohol or drug consumption is taking place. Any student who is having difficulty making decisions in regard to use or possession of regulated or harmful drugs is urged to seek assistance from the coach, activities director, administration, advisor, or counselor. Lake County Schools is committed to offering resources to help students who are struggling with these and other decisions affecting their lives at school.

A. Drug, Tobacco or Alcohol Use, Possession, or Distribution

Student athletes are not to (regardless of quantity) use, possess, sell, distribute, or procure any amount of alcohol, tobacco, drugs, other controlled substances or drug paraphernalia or be under the influence of alcohol, drugs or other controlled substances. in public places, on school grounds, at other schools, parties or private gatherings, or at practices or games shall be considered in violation of this expectation. Coaches, school staff, police and sheriff departments, as well as other students may turn in a complaint against another student for violating this expectation. Every student will be given due process to determine the validity of the complaint against them. If a student is in violation of this expectation the following will occur:

1. **First Violation:** Students must a) meet with their parents, coach, activities director, counselor and principal to discuss their behavior; b) face suspension from play for at least 20% of the total season schedule; c) continue to practice and attend all team meetings and events at coaches'/sponsors discretion after serving any school suspensions; d) meet with a school designee regarding substance use/abuse. If a student follows through on all four of the above commitments, he/she may be reinstated to full team membership and may participate in contests again. These consequences are intended to help instill in students a sense of personal responsibility for their decisions which impact not only themselves and their families, but also coaches and teammates. Additionally, the student will face any additional consequences established by the Lake County High School's administration for violating the student handbook.

2. **Second Violation:** Students who violate Athletics/Activities Drug and Alcohol policy a second time The student will be suspended from the remainder of the season of the Activity he or she was participating in at the time of the conduct and, upon proof that the student has successfully completed an intervention class chosen by the school athletic director, the student will be suspended from the first 50% of the regularly scheduled contests of the next Activity that the student participates in for an entire season.

3. **Third Violation:** The student will be suspended from all Activities throughout LCSD for 1 full year from the date of the infraction, except that if a second offense suspension is still in effect, then the date of the third offense suspension will not begin on the date of the infraction, but rather will begin on the day after the second offense suspension ends.

If a student comes forward on his/her own before being confronted by a coach or administrator to indicate that he/she has broken training rules and is seeking help with decision making, the coach or administrator will have the option to suspend that student for only 10% of the total season schedule. NOTE: This only applies to first offense. The student will still be expected to confer with parents, coach, activities director and principal and will be expected to make a plan and follow through with the plan for better decision making in the future.

B. FIGHTING

Any student who is involved in a fight as either a participant or witness, on school grounds, in public places, at other schools, during school hours, at parties or private gatherings, or at practices or games will be considered in violation of this expectation.

1. **First Violation:** Students must a) meet with their parents, coach, activities director, counselor and principal to discuss their behavior; b) face suspension from play for at least 20% of the total season schedule; c) continue to practice and attend all team meetings and events at coaches'/sponsors discretion after serving any school suspensions; d) meet with a school designee regarding anger control. If a student follows through on all four of the above commitments, he/she may be reinstated to full team membership and may participate in contests again. These consequences are intended to help instill in students a sense of personal responsibility for their decisions which impact not only themselves and their families, but also coaches and teammates. Additionally, the student will face any additional consequences established by the Lake County High School's administration for violating the student handbook.

2. **Second Violation:** Students who violate the Fighting policy a second time will be suspended from the remainder of the season of the Activity he or she was participating in at the time of the conduct and, upon proof that the student has successfully completed an intervention class chosen by the school athletic director, the student will only be suspended from the first 50% of the regularly scheduled contests of the next Activity that the student participates in for an entire season.

3. **Third Violation:** The student will be suspended from all Activities throughout LCSD for 1 full year from the date of the infraction, except that if a second offense suspension is still in effect, then the date of the third offense suspension will not begin on the date of the infraction, but rather will begin on the day after the second offense suspension ends.

D. STUDENT HANDBOOK OR CODE OF CONDUCT VIOLATIONS

Any student who violates the student handbook or district code of conduct book which results in a discipline referral or suspension will be subject to the following penalties:

1. **First Violation Penalty:** The student accumulates **three** formal discipline referrals and/or one suspension in a sport season. The student shall lose eligibility to compete for a minimum of one contest or activities **but will be able to practice at the coaches or sponsors discretion.** The suspension shall begin with the next event the student would participate in. During the time of loss of eligibility, the student must meet other team obligations set forth by the coach/sponsor.

2. Second and any other Subsequent Violation Penalty: The student receives 4 or more discipline referrals and/or two suspensions in a sports season will lose eligibility for the rest of the sport season.

E. OTHER

1. If a violation occurs in two different categories the assessment of penalty will fall in the more severe of the two categories.

2. The suspension may cover two seasons if needed to meet the penalty. For example, if a student is suspended from three contests during the fall season, but only has one competition remaining in that season, the athlete will be ineligible to compete in the first two contests of the next season in which they participate.

3. All students participating in school sponsored activities or athletics must abide by the Lake County School District rules, local, state, and federal laws. Any infraction to the rules above will be investigated by the Athletic Director and/or Principal. Students are allowed due process. Any student found guilty of any infraction will have the ability to appeal the decision made by the Principal or AD, to the Superintendent within 72 hours of the initial decision.

These are only minimum guidelines, as all coaches/sponsors have the right to impose additional consequences with their respective programs.

Athletic Fees

The Lake County High School athletic fee is \$50.00 per sport and \$25.00 per sport for middle school students. The athletic fee will be charged for any sport a student plays throughout the school year. A family plan is available for \$250.00, which will cover all immediate family members in the school district for the academic year (This family plan needs to be purchased by September). **Unlike in the past, a student who plays three sports will have to pay the athletic fee for three sports. The athletic fee must be paid prior to the start of practice. This needs to be paid by the second week of practice. If a student decides to play two sports in the same season the cost of the second sport will be \$25.**

Gate Admission and Athletic Passes

Admission to each home athletic event is \$5.00 for adults 18 and over, \$3.00 for anyone under 18 years old. Seniors who are 60 years or older can get in to home events for \$3.00. All Lake County students and district employees are free.

Season and year long passes can be purchased at the Lake County High School Office, during registration, or at home athletic events. Passes are good for both high school and middle school events.

Athletic passes are as follows:

Fall Season Pass - includes football, boy's soccer, and volleyball - \$50.00 for adults (18 and over), \$40.00 for Non-Lake County students under 18 and college students. Seniors can purchase a pass for \$35.00.

Winter/Spring Season Pass - includes girls and boy's basketball, wrestling, girl's soccer, and track - \$ 50.00 for adults 18 and over, \$40.00 for Non-Lake County students under 18 and college students. Seniors can purchase a pass for \$35.00.

Year Round Pass – includes all sports in the Fall, Winter, and Spring seasons - \$75.00 for adults 18 and over, \$65.00 for Non-Lake County students under 18 and college students. Seniors can purchase a pass for \$60.00.

POLICIES INTREPRETATIONS (Questions and Answers)

Question#1: What is meant by team obligation?

Response: Team obligations are defined by the athletic director or coach/sponsor of the activity in writing (ex. sport handbook) to the participants.

Question#2: Do the rules cover the summer vacation?

Response: Yes. The rules include the school year and summer months. ***Creditable citizenship is a year round responsibility.***

Question#3: What is the meaning of the phrase: "Next event?"

Response: Following confirmation of the violation, the student would lose eligibility to participate in the next event(s) which occur in a consecutive chronological sequence. The contest(s) cannot be selected by the student.

Question#4: What solution is created by specifying loss of events as a penalty for all violations?

Response: Without loss of events as a penalty, a student could time an offense to occur over an open season, not lose eligibility form any activities and regain eligibility by the next season. Under the proposed policy, a violation can be held over to the next season and ensure all violations will have some for of penalty. The consequence also includes some required counseling to help students understand their choices and make better ones in the future.

Question#5: Does loss of eligibility carry over from one season to the next?

Response: Loss of eligibility carries over to the next season in which a student participates if the number of contests that a student is suspended for cannot be completed by the end of their current season. For example, if a student commits a violation during the last contest of the season, he/she loses eligibility (as per the consequence of the category involved) in the next season of participation. Thus, there can be a loss of contests in the next season that is carried over from the previous one.

Question#6: What needs to take place for eligibility reinstatement?

Response: The student must complete the competition suspension and show written proof meeting the counseling requirement. All counseling must be completed outside of school instructional hours. The student must also complete any other team obligations set forth by the coach/sponsor. The student must meet with the coach/sponsor after fulfilling all requirements to determine eligibility status.

Question#7: What activities are governed by this policy?

Response: Any high school activity or sport that competes in interscholastic competition sponsored by the Colorado High School Activity Association. Those activities include, but are not limited to, all sports, cheerleading and dance, music (instrumental and vocal), drama, speech and debate, knowledge bowl and NHS. Individual handbooks from the sponsor govern all other activities.

****** For additional information – please contact the athletic director. ******

CONDITIONING AND THE PREVENTION OF INJURIES

Proper sports conditioning will improve the power, speed and endurance of the athlete on the field or in the gymnasium. It will also help strengthen muscles and joints, increase flexibility and maximize agility through the channeling of aerobic as well as anaerobic power. In addition to the benefit of increased performance, statistics indicate that sports conditioning will assist in preventing injury. Year-round conditioning can increase athletic performance considerably. Training, unfortunately, is easily reversible and that is why year-round conditioning is so important. Opportunities are provided for athletes at the Lake County School District to be involved in year-round conditioning. It is strongly recommended that all athletes not involved in a sport during an off-season be participating in the conditioning program. Naturally, the best course of action is to stay involved in a competitive program each of the three seasons, where conditioning is built into the sport. All athletes want to perform to the best of their ability, yet often a sprained ankle, a bad knee or a pulled muscle will prevent one from doing the best he/she can. Though there is no guarantee these injuries will not occur, their frequency and seriousness can be reduced through simple measures such as the year-round behavior, and an awareness of the injury patterns in your chosen sport. Lastly, make certain to consult with an athletic trainer immediately if an injury does occur.

REQUIRED FORMS

There are forms that **MUST** be filled out with the online registration or turned into the office/coach prior to the start of practice. **No athlete will be allowed to practice any sport unless all required forms and a physical have been completed and returned, and the athletic fee is paid.** All paperwork will be on file with the athletic department.