

Lake County School District



LAKE COUNTY
PANTHERS

Activity/Athletic Handbook Grades 6-8

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, 7 & 8:

Fall – Cross Country, Football, Volleyball, Boys Soccer

Winter I – Boys Basketball, Nordic Skiing, Alpine Skiing

Winter II – Girls Basketball, Nordic Skiing, Alpine Skiing

Spring – Track, Girls Soccer

Year Round - Band, Choir, 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 student, to the activity, to the student body, to the school, and to the community. 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 (CHSAA) and the Lake County School District (LCSD).
- 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 are 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/her playing time. (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.

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:

If you have a concern about a particular coach, please follow these guidelines:

Appropriate concerns to discuss with coaches:

1. Treatment of your student, mentally or physically.
2. Ways to help your student improve skills to become a better athlete.
3. Concerns about your student's behavior at practice or during games.
4. Concerns about your student's role on the team.

Issues not appropriate to discuss with coaches:

1. The amount of playing time.
2. Team strategy.
3. Coaches play calling.
4. Matters concerning other student-athletes.

Appropriate communication:

1. Call 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. Call the next day to set up a meeting with the coach.
 3. Contact the athletic director if you have further questions or concerns after meeting with a coach.
- 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 most important principles in becoming a champion in any sport or activity and of course how you act, and feel, and think in showing your disposition best define that. The desires to excel, to win, to pay the price, are 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 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 www2.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.

The 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 two teams, you have made the decision for the season. **Quitting is not an option.** 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 enrolled students or parents of enrolled 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.
- If it is necessary to be **absent from practice**, the student is required 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 all of the school 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.
- Your eligibility in middle school activities begins when you first enter the 6th grade and for the first 6 semesters that you are enrolled in middle school. Your sixth semester must immediately follow your fifth semester.
- Students will be eligible for a maximum of 3 seasons in any one sport
- 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.

Eligibility (7th & 8th Grade)

- To be eligible, students must not have any F’s for *OVERALL (semester)* grades.
- Grades are checked every two weeks during the season.
- Eligibility will only affect school-sponsored athletics.
- Students will not be prevented from going on an academic field trip because of ineligibility.
- If the student becomes ineligible they have the ability to appeal this grade check. An appeal consists of getting all of their semester grades to passing (D or above). They must then bring a grade check to an administrator for approval. Once administrator approves they are immediately eligible.
- 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 insurance offered by the school. Information is available from the office and on the district website.

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.

- 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.
- B. You may participate on a school team and a non-school team in different sports during the same season; however, you may not practice or compete in non-school organized athletic competition **ON THE SAME DAY** that you practice or compete with your school team without approval of the school administration.
- 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.

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 make 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 Ethical Behavior

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

A. TOBACCO SUBSTANCES

Any student who is in possession of and/or uses tobacco 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 Penalty: The student shall lose eligibility to compete for a minimum of three contests or activities ***but will be able to practice at coaches'/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 all other teams obligations set forth by the coach/sponsor. The maximum penalty for a first violation is loss of eligibility for 365 days.
2. Second and any Subsequent Violation Penalty: The student shall lose eligibility for 365 days, beginning with the date of the violation. *Also, the student must undergo four (4) hours of tobacco counseling, outside of the instructional day, before he/she can be eligible to participate.*

B. ALCOHOLIC BEVERAGE/CONTROLLED SUBSTANCES

Any student who is found in the presence of, possession of and/or uses alcohol or any other controlled substance 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 Penalty: The student shall lose eligibility to compete for a minimum of five contests or activities ***but will be able to practice at coaches'/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 all other team obligations set forth by the coach/sponsor. *Also, the student must undergo four (4) hours of drug/alcohol counseling or rehabilitation and ten (10) hours of community service, outside of the instructional day, before he/she can be eligible to participate.* The maximum penalty for a first violation is loss of eligibility for 365 days.
2. Second and any Subsequent Violation Penalty: The student shall lose eligibility for 365 days beginning from the date of violation. *Also, the student must undergo ten (10) hours of drug/alcohol counseling or rehabilitation and twenty (20) hours of community service, outside of the instructional day, before he/she can be eligible to participate.*

C. 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 Penalty: The student shall lose eligibility to compete for a minimum of three contests or activities outside of any contests that they might already miss for being suspended outside of school. **However the student will be able to practice at coaches/ sponsors discretion as long as the student is not on out of school suspension.** The suspension shall begin with the next event the student would participate in once they return from out of school suspension. During the time of loss of eligibility, the student must meet all other team obligations set forth by the coach/sponsor. The maximum penalty for a first violation is loss of eligibility for 365 days.
2. Second and any Subsequent Violation Penalty: The student shall lose eligibility for 365 days beginning from the date of the violation. *Also, the student must undergo ten (10) hours of anger management counseling or rehabilitation before he/she can be eligible to participate.*

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. 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. The maximum penalty for a first violation is loss of eligibility for 365 days.
2. Second and any other Subsequent Violation Penalty: The student shall lose eligibility for 365 days beginning from the date of the violation. *Also the student must be placed on a behavior plan and meet those expectations before he/she can be eligible to participate.*

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 completion remaining in that season, the athlete will be ineligible to compete in the first two contests of the next season in which they participate.

Athletic Fees

The athletic fee for grades 6, 7, and 8 is \$25.00 per sport. 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). You may purchase this pass from Lake County High School. **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. **If a student decides to play two sports in the same season the cost of the second sport will be \$12.50.**

Gate Admissions and Athletic Passes

Admission to each home MS athletic event is \$3.00 for adults and \$1.00 for Non-Lake County students or college students with a school id. Seniors who are 60 years or older can get in to home events for \$1.00. 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, boys' soccer, and volleyball - \$50.00 for adults, \$40.00 for Non-Lake County students or college students. Seniors can purchase a pass for \$35.00.

Winter/Spring Season Pass - includes girls' and boys' basketball, girls' soccer, and track - \$ 50.00 for adults, \$40.00 for Non-Lake County students or 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, \$65.00 for Non-Lake County students or college students. Seniors can purchase a pass for \$60.00.

Year Round 2-Person Pass: \$125.00 Adults 18 and over, \$100.00 Seniors.

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: Why are the penalties for use of tobacco different than for alcohol and drugs?

Response: The use of each type of chemical will adversely affect the student’s health on a short or long-term basis. While the use of one of these chemicals may vary from student to student, the rules reflect the school’s concern that some chemicals create larger and more permanent problems than others for the students, team members or other significant persons in their lives.

Question#5: 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#6: 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#7: 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#8: What activities are governed by this policy?

Response: Any middle school activity or sport. 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.